

LIGHT/LINES

THE FIRST TWENTY-FIVE YEARS

THE QUARTERLY NEWSLETTERS
OF L/L RESEARCH

1982 - 2006

DON
ELKINS

JIM
McCARTY

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ISBN: 978-0-945007-26-5

Published by L/L Research

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About the cover photo: (Jim McCarty) *“In the cover photo I am transcribing a channeled session from the Ra contact while our Himalayan kitten, Chocolate Bar, keeps me company. This electric typewriter is the same one I used to type up the first dozen or more issues of the Light/Lines Newsletter. I had to switch to using a computer eventually, since stores stopped repairing typewriters and selling typewriter ribbons and carbon paper.”*

DEDICATION

To Ian and Romi with infinite love, light and thanks.



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INTRODUCTION

This large volume had its unpretentious start in 1962, when Professor Donald Tully Elkins of Speed Scientific School, a researcher into the paranormal, found Walt Rogers' *Brown Notebook* and decided to produce an experiment in creating extraterrestrial communications.

Elkins had been researching in the area of UFO contactees for seven years when he found Rogers' little notebook of recorded extraterrestrial messages allegedly received from a group called The Confederation of Planets in the Service of the Infinite Creator. When he read the simple directions for creating more of these contactee messages, he felt that it was an experiment worth doing. He selected a dozen of his best engineering and physics students and asked them to join in the experiment. I, a friend of one of these students, and a 19-year-old college student "across the street" at the College of Arts and Sciences of the University of Louisville, asked if I could join the group.

In January of 1962 we commenced this experiment, which consisted of gathering together once a week for an evening of silent meditation. Within six months, most of the members of the meditation group had begun receiving telepathic communications. The messages were quite similar to the messages received by Walt Rogers and his group in Detroit, Michigan.

The experiment continued through the decades as the original group at first swelled to over a hundred members and then gradually almost died out. I became a channel, at Elkins' request, in 1974, at a point when the original channels had moved away and the experiment was close to being forced to an end.

As I practiced channeling, the messages I received became longer and more eloquent. However, it wasn't until 1975 that Elkins felt the experiment had come of age and was worthy of being archived, at which time he began recording my work on audio cassette tapes.

In 1980 Elkins and I joined forces with another researcher, James Allen McCarty, to form a 501 (c) (3) charity to support this work. We gave it the publishing name of L/L Research, since we had already published a book, *Secrets of the UFO*, using that name. It is a "doing-business-as" name and is the publishing arm of The Rock Creek Research and Development Labs, Inc., our official name, the name which the IRS knows and to which it granted non-profit status.

By the spring of 1982, when L/L Research published its first newsletter, which we called *Light/Lines*, our work had become better known. We had published some of our channeling in books which later became republished under the title, *The Ra Material*. These modest volumes were originally titled, simply, *The Law of One*. Our readers wanted to keep up with our work, and the newsletter was a response to this demand.

At times, the sessions contained channeling by a circle of channels, especially in the early years. In more recent years, the number of channels dwindled to two, Jim McCarty and myself, and then to only me. However, the voice of the Confederation has remained quite consistent, no matter who the channels are.

As I write this introduction in the summer of 2009, L/L Research's experiment continues. We inaugurated the first Channeling Circle in two decades two years ago to develop new channels, and hope that we may continue to produce these contactee messages for some years to come.

Reading through this volume is a quick way to see how the channeling has developed through the years, as the issues of *Light/Lines* always contain either portions of several sessions or one session, whether abridged or complete. Twenty-five years have passed, yet the message remains the same. What is amazing to me is how varied and interesting the sessions are, as the Confederation seeks to tell its story of unity and unconditional love.

We at L/L Research hope that you will enjoy this collection. ✨

Carla L. Rueckert

July 4, 2009



Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SPRING 1982, NUMBER I

LOVE

Hatonn, March 22, 1981

Greetings, my friends, in the love and the light of the Infinite Creator. It gives me great pleasure to greet each of you. It is a great privilege to speak to you, and we could not be more grateful for the opportunity to share our thoughts.

My friends, we have spoken to you often of love. We know that those to whom we speak are seeking that ineffable power and substance that is the creative force of all that there is, the simple, single substance of creation and yet how hard it is, my friends, to constantly remember that we are seekers, and that what we are seeking is love, for do we not seek other things, my friends, during the day? How many other things have each of you sought during this day? Many, many times it may seem to you that you are on a run-away freight train, as this instrument would put it; that you have begun a sequence of events, gotten on a track from which there is no removing yourself.

My friends, this is not so and is a condition of the illusion which is reinforced only by your belief in it. There is no track which cannot be replaced by one which you truly seek. The secret lies not in catching the right train but in knowing yourself; knowing enough about yourself to seek your deepest desires.

It has often been said that there are many things that simply cannot be expected to work out well, that this understanding is a part of becoming more mature. You have often heard from many sources a great variety of things that should be, ought to be, must be, and need to be the models on which to build

your expectations of yourself and of others. And we come to you and suggest a substitute for all of these things; the substitute being love.

There is a passage in one of your holy works which states clearly, "Love is not puffed up." This is to be remembered, my friends, for part of the track of that freight train that you may sometimes feel yourself to be upon, part of what makes it complete in your existence, is your belief in a puffed up, proud sense of the rightness of certain ways of being. If there is something within your existence that is not pleasing to you, re-examine those concepts of which you were proud and evaluate them in a simple, single, all-encompassing light of love. Wash yourself in that love and, so purified, re-examine your concepts. You will find that the path that you are on is not what is making you less than comfortable, but rather it is your expectations, your preconceptions, and your feelings about how things should be.

This, my friends, is why meditation is so centrally important to the seeker, for while you are bathed in this illusion you are susceptible to many, many influences, and if the balance wheel of your central self has not been nourished in the silence of love, and praise, and thanksgiving you will continually be generating freight trains to places you didn't want to go.

We speak in groups such as this one in the hope that the simple words which we share might kindle within this nucleus of entities who seek love a seeking of the radiance of the One Infinite Creator. We hope that they might take this kindled flame with them to their homes, to their work, to their

family, to their friends, to strangers whom they meet on the street each day in the daily round of existence that they might radiate yet one more small spark of love to those upon your planet who seek this love and do not know that they seek. Yet they shall recognize it when they come in contact with those such as yourselves. They shall recognize that they have been touched by love and they will be nourished by this contact.

It is with this hope in our hearts that we send love to your group, to each of your beings, that they might carry, as do vessels, the love of the Infinite Creator to all those with whom they come in contact so that the desire that is so strong among your peoples to know the Creator, to experience the love of the Father, might be realized in even a small way, for when any realizes the love of the Creator, are not all enriched thereby?

It is with this simple hope in our hearts that we rejoice at each instance and each meeting of your group during which we are able to establish contact. Each gathering such as this provides us with yet one more opportunity to share that which is the simplest, yet too often the rarest of delicacies upon your planet.

My friends, this time is a very important time in the history of your planet. The lessons that have been learned are about to culminate. My friends, graduation is at hand. The lessons shall shortly change, and you shall move to new lessons, lessons where love will be understood, not as an intellectual concept or expression of feeling, or emotion towards others. Love will be understood as a living being, will be understood in all of its essence as the foundation for everything that is. As you become aware of this form of love you will then be aware of the true creation. My friends, the true creation is love. There is nothing else.

Shortly, as I was saying, you will be fully into this vibration, fully into this new experience or density if you will, the density of love. Many, many of the peoples that now inhabit the surface of your planet will not have the opportunity to enter this density at this time but will necessarily re-experience the lessons through which they have just passed.

This is neither unfortunate for them, nor fortunate for you. It is just simply the condition of existence.

For each it is the total freedom to choose the path that he walks. For this reason we contact those who seek our teachings, who seek our understanding, who seek our love. For this reason we cannot contact those who do not seek. They seek what they desire. This, my friends, is their right and their privilege. They are in no way less than yourselves or us. They simply choose a different path.

All of the creation experiences the same path. Each walks it a slightly different way. We hold out our hands to those who would follow our footsteps. We hold out our hands to you at this time to try to express our understanding of the creation, our understanding of its essence, our understanding of its love. Think on this very carefully, my friends, for if you have chosen this path, walk it carefully. It is a narrow path and mis-footings are many. Be aware of your footsteps. Choose each step with accuracy.

We have but one purpose: to reach to those who would reach to us for our understanding; our understanding, my friends, is as you know simply stated. It is that the creation is made of, and is, love. If you can, at each moment of awareness, see each being you meet as the total expression of love that is the Creator, if you can see yourself as that total expression of love that is the Creator, if you do these simple things, my friends, you have then found the Creator within yourself and within others. There is nothing else.

Find that understanding in its complete totality and you have found everything that exists. You have found your path and walking it becomes obvious. Practice this understanding. We are all one.

FREE WILL

Latwii, January 25, 1981

Each of you has programmed certain lessons in order to learn the ways of love. There are many times that each of you has decided not to learn a particular lesson. This lesson immediately returns in another form. You again may choose. You are never hopelessly lost.

This instrument has the expression in her mind, "All roads lead to Rome." This is true of your journey in this lifetime. If you miss a turn there is always another turning that will bring you back to the correct path. Perhaps a few detours have been experienced by each of you. This is not a cause for

discouragement. When you see a person who has had a great deal of stimulus for learning, you see a person who has chosen to go from New York to Tanganyika by ark. This is difficult, but the lessons are rewarding. In the life of the soul that is what is important, not the ease of the journey.

WHAT IS THE CONFEDERATION OF PLANETS IN THE SERVICE OF THE INFINITE CREATOR?

Latwii, January 4, 1981

When we attempt to speak of who we are it is a confusing thing, for we are, in fact, a vibration communicating through the mind of this instrument. We are, in your density, quite insubstantial. To attempt to give you our origin is very impractical and would be an occasion for general hilarity among this group due to this instrument's total lack of geographic sense.

We do not lay any emphasis upon who we are but ask you only to consider us as messengers bringing certain information for your consideration and discrimination, urging you always to use your powers of discrimination to take that which may be of use and to toss away the rest without a second thought.

We are not infallible. We are your brothers and sisters. We see a bit further than you do. We are a bit more displaced from, as this instrument would say, some of the more difficult games that your people are involved in. We are not bound by so many restrictions, but we are brothers and sisters because we share consciousness, and that, my friends, is the gift of the One who is All.

LAUGHTER

Latwii, January 11, 1981

My friends, the value of humor is a pale shadow of reality. Reality, as we understand it, is likened to what this instrument would call an orgasm, that is the basic ecstasy or joy of the universe that is the energy that is love. It is existent in all levels of being. Laughter is one outward expression of the emotional state of what you may call orgasm. However, it would not be advisable to call it this during your working hours while speaking to your workmates, or they might think you a little strange.

You must understand that this particular word is known clearly to you as a common human experience, whereas it has never been understood that laughter, when entered into totally and wholly, rather than nervously or embarrassedly, is another form of the same energy. Laughter is available to all. Laughter is a healing, comforting, lovely energy and indeed is one of the most highly prized of all states of being. We find the universe to be full of the laughter or the song of joy.

My brothers and sisters, we hope that we have been of service to you and we hope that you may find joy in your hearts, and in your lives, and in each other, for all of those things are the Creator. There is nothing outside of the Creator. There is nowhere to trip, to fall, to stumble, or to fear. You are in the universe of love. Rejoice. We shall rejoice with you. I am Latwii. I leave you in that love and that light of the Infinite Creator. Adonai, my friends. Adonai. Vasu. Varagus.

NOTES TO OUR READERS

For those of you who are interested in the material that we are getting from the social memory complex, Ra, we would like to let you know that Books Two and Three of THE LAW OF ONE will soon be available. We only received half the donations necessary to print these books, but we decided to go ahead with their publication with the hopes that they might be of service to those who sought them and that future donations would cover the remainder of their cost of printing. If anyone had a question as to why we're classified a non-profit organization, this should clear it up nicely!

If you have already made a donation for Books Two and Three we will send them to you as soon as they are back from the printer. If you have not yet made a donation for either book but are interested in receiving them, a contribution would be greatly appreciated, and of course you'll be added to our list of recipients. Book Two contains Sessions 27 through 50 (54,000 words), and Book Three contains Sessions 51 through 75 (74,000 words). As always, we will send whatever books you order for whatever amount of donation feels comfortable to you, and you may return any books that you have read and do not want to keep and receive your donation in return. We are most grateful to each of you for your support of our research. ✨

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SUMMER 1982, NUMBER 2

EARTH CHANGES AND THE NEW AGE

Hatonn, April 18, 1982

I greet you, my friends, in the love and in the light of our Infinite Creator. I and my brother Laitos thank you for the opportunity of blending our vibrations with yours. It is a great blessing to share consciousness with you. We would speak upon the subject of those times that are in what you call your immediate future. We are aware that this topic is upon the minds of many and we wish to thank each of you that you have not single-mindedly attempted to discover details of prophecy concerning specific events which are part of your planetary entry into the full dimension of love.

My friends, it is not that we cannot speak to you of these things. We would take this opportunity to attempt to express to you our perceptions of the difficulties involved in the transference of specific information through conscious channeling.

The contact such as we have through this instrument is a free will contact. This instrument receives impressions of concepts of a crystalline nature; that is, they are below or other than words. This instrument then cloaks these concepts in the vocabulary with which this instrument is most comfortable. In any free will contact of this nature we expect and encourage a certain amount of communication by the instrument through the instrument as well as communication by the Confederation through the instrument. This portion by the instrument consists of those biases, concepts, and ways of approaching subjects that are unique to that instrument and, therefore, make our very simple

message more varied, more inspiring, and more interesting to those who seek and who listen to these communications.

This same free will, my friends, causes specific information to be quite difficult to transmit, for as we transmit, we, ourselves, are functioning in free will. We cannot know that which is the future to you but can only know probabilities, for it is your free will which determines which future your peoples shall achieve. Therefore, when an instrument is repeatedly asked for specific information, for dates, for places, and for plans of catastrophe there are others willing to be less than truthful, willing to give specific dates and places and plans, and so we lose our instrument. It is a gradual process and one which we are very glad has not yet begun with this group at this time for, my friends, there are important concerns in your immediate future, as you call it, that have to do only peripherally with the undoubted fact that the topography of your Earth will change somewhat as a result of the stresses within it at this time as it must adjust to the new vibrations of the New Age, as you call it.

That which is important to you, my friends, is your own inner balance, your own inner awareness of your identity, your essence and your beingness, for as long as you breathe the air of this planet you will be able to offer, under any circumstances whatever, that beingness, that essence, that identity. One of your great poets, many, many of your years ago wrote: "Yea, though I walk through the valley of death I shall fear no evil." This was, of course, a translation from another language, but the concept,

my friends, is infinitely important compared to the details of Earth changes.

We ask you to be aware that at each moment presences guard you in life and in death. Your consciousness is not subject to this death. You have, before incarnation, chosen some things which you may wish to do. You did not make these plans with the intention of knowing them ahead of time. You made these plans knowing that at each point if something was required of you, you would have the free will to choose the manner of your beingness.

We realize that in your daily illusion the events, the cataclysms, and the mounting strangeness of the times in which you live may well seem to be far more important than your own disciplined understanding of who you are but, my friends, your seeking of that understanding is the only burden to carry in those days to come, for the more of your identity that you are able to fathom, the greater your light will shine in a very dark world, and like the great lighthouse which guides the ships to harbor and warns of a craggy rock and a dangerous gale, those within the view of your simple beingness will gain a kind of safe harbor until they themselves can begin to seek for themselves.

The days to come, my friends, are indeed a life and death situation, but these are the ingredients of which your illusion has always been made. That which is different is that the harvest is upon you. Prepare that part of yourself, therefore, which shall endure. Prepare, not for catastrophe, but for joy, not for darkness, but for light, not for fear, but for hope. And never doubt that you are one with many, many brothers and sisters who share with you the hope of love and light for all of the peoples of the Earth.

ENDURANCE

Hatonn, October 18, 1981

We would speak to you this evening of an aspect of love that is seldom understood among your peoples. It is an aspect of love that is one of the most creative and offering the most freedom of all the aspects of love. And that my friends, is endurance.

In the vicissitudes of each of your lives as you experience them at this time, there are many peaks and many valleys and when you reach the peaks you feel that the experience that you have gained, the high points that are the equivalent of the soaring of

the eagle or the rejoicing of the angels will surely carry you through all that may lie ahead of you but, my friends, this is not to be. There is no mountain high enough to bridge the valleys and when you are in those valleys, the difficult and dreary times, times when it seems that it is impossible to find a positive reason for your existence and being, it does not seem possible to find a positive reason for your existence and being, it does not seem possible that there will ever come to you again the euphoria of the experience of the empyrean heights, bliss, thankfulness, joy and shared laughter; and yet again this is not so, for there is no valley deep enough to keep you from scaling the next height.

The changes of your life experience are intended to give you cause for thought and reason for action. It is not intended that you should have an uneventful life. It is, rather, intended that your life offer you whatever peaks and vales that you may need in order to experience the joy and the sorrow of your humanity to such an extent that you learn how to endure. How easy it is, my friends, to love and to be loved upon the peaks of your life, how easy to express the graceful phrase, the caring thought, the heartfelt deed. And when you have once again walked into the vale and are locked in the cage of sorrow, how then can you reach through the bars and offer up love and offer yourself to be loved, for you are a prisoner of your sorrow and know not how to do these things.

And yet, my friends, if you experience the alternation of joy and sorrow to a great enough extent and with a great enough clarity of perception, you may discover in this very cycle one enduring thing. That, my friends, is yourself. Your mind finds peaks and rejoices in freedom. Your mind creates valleys and is always your mind, your consciousness, your beingness, the totality of which never changes, never alters and does indeed endure.

And who are you, the being experiencing these changes, seasons and cycles of life, of love and sorrow? We suggest to you, my friends, that you are part of an original thought, part of that which we might call love, and as long as your consciousness endures, so shall love. Love is not a property of the heights of joy, nor are you bereft of it in the utmost depths of despair, for you are love. It is always with you, for it is here, no matter how distorted your perception of yourself and of your experience, how

separated you feel from the warmth and the safety of love, yet you cannot deny or ignore your being. You cannot escape your thoughts or your nature.

Therefore, my friends, it is well, from time to time, to imagine yourself as one who watches a picture that moves upon the screen. This picture is yourself as you act from day to day, moving as the winds of experience move you. Yet you yourself, my friends, are the watcher and as the watcher you may see, not only the folly of this illusion, not only the missteps, the grand moments and the failures that you fear, but something far deeper, for the watcher sees the reality behind all of these actions. The watcher sees love.

ABUNDANCE

Latwii, January 31, 1982

Each of your peoples inhabits an illusion. The illusion has many lessons to teach. Each entity chooses before the incarnation those lessons which it most needs in order to learn those things necessary for the graduation to the density of understanding, the density of love and compassion. An entity, through many incarnations, may have encountered the difficulties upon difficulties without end, shall we say, and may have learned the lessons which the outer expression of difficulty and the meeting of difficulty have to teach. Such an entity then may determine that there are other types of lessons which are of value in the upcoming, shall we say, incarnation. It may be determined, for example, that the lessons of abundance might need to be explored, for what is abundance? Where can it be found? Is abundance found in the life of leisure? Is abundance found only with a family that meets the standards of success described by your culture? Is abundance found in friends who stimulate the mind with conversation? Is abundance found in any part of this illusion other than in the heart of the seeking of the One Creator within the center of the being? Many are the lessons which your illusion has to teach. It would seem to many entities upon your planet that the materially abundant life is the life which holds the promise for each entity within your illusion, and we do not say that such cannot be so, but we do suggest that there might be a much greater difficulty, shall we say, in obtaining the lessons of love for an entity experiencing those material abundances which

are so often sought among the peoples of your planet and especially the nation in which you reside.

The love of the One Creator is available in each moment. The ability to perceive and share this love depends only upon the strength of the desire of the entity seeking this love. One may have, indeed, found the love of the One Creator and may indeed be experiencing it moment by moment. It may also be true that one shall use the illusion in which one lives to deepen that experience by removing the illusion of love in material things to uncover the pearl of great price which resides within the heart of one's being and which no Earthly treasure can match.

THE CHOICE

Hatonn, April 18, 1976

You are in the condition that you are in at this time, as are all those who dwell upon the surface of your planet, primarily to experience a condition of voluntary choice. Each thought that you think is yours to choose. It is necessary to choose wisely if you are to progress, but the choice must always be up to the individual, and not impressed from some external source. This is the method by which the individual grows in understanding. This is the only method by which he grows. My friends, each of you is aware enough to make wise choices in your thinking. All that is lacking, shall I say, is possibly diligence in choosing thoughts. This is the way of the masters.

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

It is, shall I say, a strange and devious path to this understanding. But if it were not necessary, it would not exist. Become aware of each second of your existence. Know in fullest detail the motivations of

each of your actions and each of your thoughts. Meditate and become aware. Use this awareness, then, to act. It is not necessary to make complex plans for future activities. It is only necessary to meditate. In your meditation the understanding that you seek will be easily revealed.

It is necessary that the individual gain knowledge in this manner, for only in this manner can he become able to direct his own thinking. In any other manner, my friends, he is not truly evolving, but simply reacting. and the name of this game in which you now find yourselves is evolution. That is the secret behind all the activities upon your planet: an evolution of mind.

NOTES TO OUR READERS

Books Two and Three of THE LAW OF ONE are now available and everyone who ordered copies should have received them by now. We sincerely appreciate each donation which helped to make their printing possible. If any of our readers have a typewriter, a tape recorder, some free time, and the desire to help us transcribe the large backlog of Sunday night meditations which provides the material for these newsletters, we would be most grateful for any such assistance. ❁

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FALL 1982, NUMBER 3

RESPONSIBILITY

Hatonn, March 8, 1981

Our stories and our speeches are always and ever those attempting to give you an understanding that is very simple: an understanding of Love. And once again we shall tell you, shall we say, a parable in order that you may turn in your mind another facet of the understanding of Love and its workings in your life as you live it at this time.

Imagine yourself, my friends, as a young man at the dawn of years contemplating with some despair the difficulties and limitations of responsibility and adulthood. Imagine then a guide, a guardian coming to this young man and saying, "Come with me and I shall show you the alternative to your difficulties and your limitations." And the young man awakes in an enchanted forest. He is cold and wishes himself better clothed, for it is somewhat chilly, and immediately he is garbed in a warm and comfortable garment. He looks about and wonders if there might be water and suddenly a brook gurgles verily at his feet. Recklessly he thinks to himself: "Well, I'll just think myself a house." And it is there, a comfortable, furnished cabin. Outside he finds beehives gardens, all things as he would wish them to be. And it is many days before this young man begins to realize that he is not happy in this tremendous freedom from limitation and from responsibility.

It is not many more days than that before he recalls his guardian. "Great Being," he says, "you have shown me what it is to be free of responsibility and limitation and I now understand. I wish to go back." And back he is in a world with responsibilities,

sometimes of a crushing nature, of limitations of all kinds, and of other people.

My friends, cherish each other and understand that in each entity you view the Creator. In each entity, beginning with yourself and spreading outward through all of your life you meet Love, beings born and made of Love. It is a responsibility to live in such a world, but, my friends, it is an honor to be able to share woe and weal alike with your fellow beings in a common understanding that you are one with the Creator, a Creator of infinite Love.

How can you keep this in mind as your back bends under responsibilities you may not wish to bear, limitations and situations you might wish to be different? As always, my friends, we offer you the suggestion that time spent in meditation is time spent out of time and in the kingdom of heaven. These moments are with you through the days as you need them. You may call upon them if you but will.

THE BANQUET

Hatonn, June 6, 1982

My friends, there was once a great kingdom beneath the sea. Beneath the green waters and the sand lay golden doors. And some beings there were who, under enchantment, could enter that majestic world. In this world, my friends, there was no aging. There was no work. There was no ugliness or lack of any kind. All were beautiful. Each meal was a banquet, the only drawback being that the entities of this enchanted land could eat nothing.

All was laid for the people. But that which one could taste, select from, was denied. People found that though all was theirs, save this one thing, they could not find contentment or peace for they could not have this one pleasure. Those who had lived within the kingdom for some time tried to ignore this thing. They went about their lives with one part missing. But for some, that which they did not know became ever heavier on their minds.

The people reacted to their difficulty in many ways. Some chose to respond in anger, choosing at first to blame one another for their deprivation. Others chose to feel within themselves antagonism toward the deprivation itself and sought to destroy all that was associated with the untouchable, the unattainable. Others elected to attempt to forget that which they seemed unable to control. It became an accepted practice, as time passed among these people, to ignore that which lay before their eyes, to pretend that it never had existed, and to belittle any reference on the subject as mythical, as childish fairy tale, as something absurdly illogical. "For if it were true," they said, "would we not all see it?"

Years passed. Generations grew to maturity, died, and left to their children many stories of the mythical prohibition. Entities soon came to feel a great confusion concerning this almost forgotten tale of the great banquet set before their ancestors which could not be eaten. And then there arose from time to time among these people a few entities who spoke of having some knowledge of this food. Their speakings were largely ignored. Some, however, felt a type of kinship for what was spoken, perhaps because they had retained childish ways, said many. Yet, did some knowledge continue to grow, and word spread on occasion that there was indeed such a banquet, and indeed were means known to some for partaking in its plenty.

After much persuasion, one of these who knew of the means of partaking of the banquet was able to bring others to the appointed place where such a banquet was said to have been many, many years past. To the great surprise of all present, magically, a banquet appeared. One reached eagerly for the delicious food, but as he touched it, it vanished. One

who said he knew the means for taking of this reached out and picked a piece of fruit from the table, held it in his hand and gave it to the one that so eagerly reached for the vanished fruit. Amazed, he ate it.

This entity, tasting the delicious fruit, took the example of the first and offered food to another, and that third offered it to a fourth, and so on, until each at the table, in feeding an other instead of himself, was satisfied. For no food had ever been so delicious, so luscious, and so delectable.

My friends, those who seek dive in deep waters, and very quickly a golden door is opened unto them. All about the seeker who is in meditation there is glamour, there is nothing but beauty. In meditation, the seeker can look, can explore, can walk the universe, and every activity is wonderful. But, my friends, as the seeker does this, he has not yet found the fruits of his seeking.

Each who finds himself beginning to reach the table soon finds that as an entity, he is not alone. As each gets closer, he finds that to truly reach forward, he needs to share that which has been found. Each does so in his own manner. Each who has received will find the giving is indeed more fulfilling.

My friends, each of you by now is aware of the fact that your own craving for spiritual sustenance cannot be satisfied by yourself alone. Each of you has chosen a path upon which your own sustenance is derived from the sustaining of others, that your own growth occurs as a result of the efforts of others.

Consider for a moment, my friends, that structure which you call a pyramid. It is composed of a number of massive, powerful, unyielding blocks of stone, each of which to the observer is quite impressive, but each of which, my friends, is but form without function when standing alone. For it is only when each stands upon the shoulders of his otherselves that the form is produced through which each purpose may be accomplished, through which each service may be performed.

My friends, be aware that your sustenance comes to you as a result of your efforts to assist and sustain your brothers and sisters as they grow and change.

Each of you must perform his or her tasks without the expectation of receiving the fruits thereof, for the fruits of service belong to another and the fruits of their service will belong to you.

Your journey as seekers is indeed one which must be pursued in solitude within the deepest portions of your being, and as you travel this path you shall find that there is a greater responsibility which shall be necessary for you to assume in the sharing of the fruits which you find on that inward journey. The seeker cannot be aided in such a manner that work is done for it. Yet, as it travels this path and removes the distortions which separate it from understanding, there must needs be a sharing of this growing fruitfulness, else the path shall not be able to be continued. For this path, though traveled in solitude, is one which unites the seeker with all, and the reflection and manifestation of this unity then requires the seeker to go out into that world which is hungry and naked, sick and poor, to point out the direction to sustenance, clothing for the soul, and the support of Creator to Creator.

The meditative journey, my friends, is so entrancing that it is like some siren beckoning sailors from their course. It can be pursued endlessly, and all experiences are good. Never forget, my friends, the one thing that is missing in that kingdom beneath the waters of your illusion in the enchanted land where the illusion gives way to the first view of reality. That one thing, my friends, is the creation. To reach for it is to lose it. If you reach in solitude to offer it to another, you manifest it, and in the world of manifestation does the enchantment become the food and drink of the spirit.

LOVE

Hatonn, March 8, 1981

We of Hatonn are simple messengers with a very simple message, a message which you know as a message of Love, the experience of Love, the recognition of Love, the living of Love, the giving of Love. For, my friends, Love is that force which binds all that is into the one great being that we serve and call the Infinite Creator. We speak of Love for there is nothing else of which we can speak. The Love that is the source of your very being surrounds you each

moment of every day that you experience upon this planet you call Earth.

The Infinite Creator has set in motion the force of Love to carry each of His creations on a journey, a journey of awakening, a journey of realizing the oneness of self with all that is, with Love, with the Creator. This journey has many routes available. Each of you in your own free will may choose how to make this journey. Each of you in your daily activities, as you go about that which is your work, meets those who are, like you, pilgrims upon this path of awakening. Each of you in your daily lives has infinite opportunities to realize that you share Love with each other in each moment.

It is for this reason that we suggest again and again that you pause for a moment in each day to sit with yourself in the silence of meditation so that the realization of your oneness with all might be made more profoundly clear in your life, for amid the hustle and the bustle of activity contained within each of your days in such great profusion it is easy to lose the sight and the feeling and the realization of your oneness with all. It is easy to forget that the force which propels you through all your activities is simply the force of Love. It is easy to overlook the most obvious of realities and, sadly to say my friends, so often is Love overlooked. So often is the Creator forgotten. Though you meet the Creator in every activity in every face in every day, it is so easy to forget whom you meet.

For this reason we suggest that meditation might be the means by which you make this connection with the foundation of your being on a daily basis. This meditation can become likened unto a fire, a light which burns within your being and illuminates your being, burning brighter until those around you notice a change in your very being and are inspired by the light that shines from your being, from your words, from your thoughts, and from your actions. In this way the Light and the Love of the Infinite Creator may find means of manifestation in your third dimensional reality, a reality that contains the Creator in every degree, but a reality which, as all illusions, hides that which is its foundation.

We of Hatonn are privileged to be able to speak these simple words to your group and thank you for the opportunity that you offer for our service to you to your fellow creatures. Open yourselves in meditation whenever possible. We extend our love

and our light to those to whom these words, poor as they may be, shall be sent. We are only messengers, as we have said, of the great news. You may feel the Love. It does not come from us, but through us. May it also come through you and bless the lives of all those whose lives you touch.

I leave you now in the Love and the Light of the Infinite Creator, in the beauty of His great caring, in the joy of His creation. I am Hatonn. Adonai, my friends. Adonai. Vasu.

NOTES TO OUR READERS

Book IV of THE LAW OF ONE, already 23 sessions long, may be ready sometime after the first of the year. Its length may equal Books II and III as it covers the archetypal mind and the path of the adept in great detail. Our thanks to those who have made donations to reserve their copies. Also, many thanks to those who have helped us transcribe our backlog of Sunday night meditations. All of the material in this newsletter was typed by such volunteers. Our backlog is smaller now, but we would still be most grateful for any additional help. As John Paul Typist said, "We have not yet begun to transcribe!" ❄

Light/Lines is a quarterly
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Louisville, KY 40255-0195
ISSN 1534-567X



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WINTER 1982/83, NUMBER 4

CHRISTMAS

Hatonn, December 13, 1981

I am Hatonn and I greet you, my friends, in the love and the light of our Infinite Creator. It is a great privilege to be asked to share your meditation and we send each of you a blessing and our love, for what else could we do as there is nothing but blessing in each moment; nothing but love in every iota of the one creation.

Your streets are crowded. We feel within you the tensions and the expectations of this season which you call Christmas. We sink into gray evenings, the crowded parking lots, crowded schedules, many concerns. We find that you are not alone, but that your people, as a whole, seem to have a great overdose, shall we say, of civilization. To the simple joys of a season in which the trees are bare and the roots rest deep, so much has been added that it almost seems that it is a gaudier season than the bright colors of June. My friends, are the thoughts with which you fill your minds as beautiful as flowers, as sweet smelling as the evergreen trees which you use to help celebrate this season?

We realize that it is easy to lose yourself in the crowded maze of your civilization, and we ask you to remember that this is a season also when the trees are bare, when all has gone to seed and lies quiet in the ground, when the surface of things does not really matter. In the world of the Creator this is the season for true birth, for true nurture and for that great focused silence which brings new growth.

You will remember also that in your holy work which you call the Bible, details of the life of the one

known to you as Jesus are full of times spent alone. Perhaps you cannot find a wilderness in these crowded days, but we would ask that you consider the possible virtue of finding that silence within yourself in which you cease to follow the road of everyday life and find yourself upon the trackless desert where nothing is previously set or known. Allow yourself to listen within yourself. There is a source of love which can only speak to one who asks. The content of that speaking cannot be predicted, but there are qualities that can certainly be shared: clarity and sweetness.

As you go into meditation seek for that love which is within. Do not expect the road to be already drawn for you, for the wilderness is trackless, and yet, my friends, from each meditation the way before you becomes less crowded, the road more wide, and the possibilities for love more evident.

SEIZE THE OPPORTUNITY

Latwii, January 31, 1982

To maximize the learning in any situation, whether it be of the mind, the body, the spirit, or the emotions that are the distortions of the mind and the expressions of the feelings, the entity seeking the learning available may look to the moment with an openness and what you might call a vulnerability which does not seek any reward other than the opportunity of being of service and of learning what love the moment can teach. The difficulties for many upon your planet come when they attempt to get something in return for that which is given. This particular attitude does, then, hinder and inhibit the free exchange of energies between the entities

involved in the learning situation. This attitude of seeking reward for that which is given does, then, color the situation so that love which is available in the moment to each becomes reduced and hidden, for each holds on to that which it could give the other until some sign is given that it will receive, in a balanced fashion, equivalent reward or exchange for that which it gives.

To make a long story short, seek ye to give freely; seek ye to learn love; and that which ye seek shall be drawn unto you.

CHRIST CONSCIOUSNESS

Maitreya, October 17, 1982

We find the call this day to be for us to speak directly to one point. That is that no matter what you must do to follow the light and love which you seek, the thing left undone shall be greater. Shall you change your mind in one opinion in order to be a better group? Shall you love deeply and serve well? Shall you covet nothing, give all, preserve justice and peace? Very well then, my friends, you have only begun. Not for one moment, then, allow the feeling of a plateau to comfort you. If you seek, do not seek comfort. For seeking is uncomfortable. Joyful it may be. Loving it may be. But comforting? Never. Not if you keep working.

We answer a call, a calling which has come to us, and our answer is: take up your tutelage. Take the next step and do not seek comfort. Because you are spiritual, seek only to seek. You must know, and we shall repeat it to you, that in your own way you shall be transformed by this seeking of yours. Be thankful for the support of each other and carry on. For as you love, so shall you be given the next lesson, and the next, and the next. And as you seek more and more, so shall more and more of the creation move with you, seek with you, blend with you, feel with you and be transformed with you.

The teacher known as Jesus said, "You shall all take up your crosses if you wish to follow me." Remove all that which is surrounding those words, which may be misinformation, and gaze upon the cross of transformation. May glory come to each of you as you seek, and as you seek, and as you seek, ever again, ever new.

You have asked yourselves, do you wish to be perfect? Do you wish to be so serious? Consider well,

my friends, the potential of each perfect being, and find within yourselves tears and reconciliation upon that most inner plane where you set your face toward the rising sun and never again glance away. Fear you then the failure, the glancing away, the dropping of the cross, the mishap? Do not fear. Someone stands beside your road ready to burden you with your own evolution. That someone, whatever its manifestation, is you.

YOU ARE LOVE

Latwii, July 27, 1980

It is said that we must know who we are in reality in order to become one with all that is, with each of our fellow creatures in the universe. We say to you that your identity is of utmost importance to you at this time, your true identity that resides in every cell of your being and every part of the universe. This identity is one which you have carried with you throughout aeons of what you call time and it is an identity that you shall continue to carry with you and that you shall continue to realize more and more fully as you evolve in your conscious awareness. It is an identity that is ever-expanding love. It is, at its core, love, which manifests in as many ways as can be imagined.

Each of you, as you perceive the world around you, as you perceive the means of the interaction that you share with your brothers and sisters, each of you has within your being that central source of love. Each of you perceives this in your own way. We would ask that you search more and more diligently and finely for that identity of love within yourself. We would ask you to look carefully and intently as to how that central source of love resides within your being—and more—how that central source of love is manifested in your daily interaction with your brothers and sisters, with all creatures, and all creations of your reality, for we say to you that this central source of love which is within your being is also within the being of each of your brothers and sisters and is within the being of each particle of creation upon your plane.

When you fully realize this simple fact, that all about you is the creation of the Father, when you have the understanding and the realization to carry forth that manifestation of that love on a conscious level in each of your interactions with all whom you meet in your daily life. It is this carrying into action of the

realization of love at the core of your life, at the core of your identity, that is the key to your growth individually and as a people in your reality.

Each of you now seeks in your own way to know more fully that identity that is yours and how you uniquely manifest that which is love. Seek to know more and more fully that central source of your self which is love. Seek and ye shall find. Ye shall find that it is an ever-expanding joy, an ever-expanding mystery.

CYCLES

Hatonn, January 4, 1976

Is it not so that both illusion and reality, to the extent of our understanding, are made up of cycles, so that what you call the cycle of your world is rooted in meaning, the cycle of numbers echoed in the natural cycle of the creation of the Father. The ingredients of this cycle are what you call love and light. At what is known as the New Year, the future is just coming to be and the past is dead. At this time, as you would call it, you are able, even within the illusion, to see that this is so. You see, it does not matter how deep into the illusion you may go. The pathway always follows directly back to the Creator. Even though the days and the dates and what you call holidays are truly a creation of man, yet they lead directly back to the creation of the Father, to the very essence of life and death that makes up the cycle of this progression.

The infinite creation is wrought of these cycles. Treasure, therefore, the lesson of this New Year. And know that, eternally and for each moment, your past shall be dead and your future shall lie aborning before you. There is, eternally, both the night that has passed and the day that is to come, the sunset and the sunrise.

What does this mean to you? How can this understanding lead to a richer experience

for you within this illusion? The secret within the illusion is reality. The entire challenge of your life, as you know it, is to comprehend the reality around which the illusion is wrapped. As you act out your part within the illusion, you are acting out a path which leads directly to the truth. If you understand your pathway, you have arrived at an instantaneous understanding. This is not separate from your lie but at the very core. We ask that you meditate so that

you may remain in contact with the reality that lies at the center of this illusion which you call physical life.

It is so easy not to pay attention. It does not seem that the cycle will end and that death as you know it will succeed life as you know it. It does not seem that you will be called to account, not for the illusion but for that mysterious center of reality that you have been nurturing all of your physical life. Yet this is so. There will come a day when the old year of your physical life will expire and the New Year of your life within spirit will succeed it. Upon that day, the past shall be dead, and the future will be aborning.

It does not happen, in all cases, when it is expected. At each moment, allow your energy to penetrate to the center of your world so that you live not only the drama of illusion but the reality at the center. And what is this reality? Love, love within all, and all within love. "The least of these, my brethren, is the same as I," said the master known to you as Jesus. Reality for you, my friends, lies within each meeting. Even the least of those has been born in love and if you can realize this love within him, you have given him the reality within his center. Such service as this is what links you to your center, is what keeps you within reality. The consciousness of love will continue forever. Your consciousness of love will be your spiritual personality for eternity. Within this consciousness, the cycles of life and death are merely periods which seem as meaningless as the ticking noise of a clock seems in a year.

Within the consciousness of the physical illusion, life and death are weighty and serious matters, and shocking even to discuss. Within the consciousness of love, all is one and there is nothing to fear and no one to resist. All that you see is love.

THE FLAME

Hatonn, March 22, 1981

We speak with the hope that the simple words which we share might kindle within the nucleus of entities who seek love the radiance of the One Infinite Creator, with the hope that they might take this kindled flame with them to their homes, to their work, to their family, to their friends, to strangers whom they meet on the street each day. There are those upon your planet who seek this love and do not know that they seek it, yet they shall recognize it

when they come in contact with those who have been touched by love, and they will be nourished by this contact.

ADONAI

Latwii, December 13, 1981

We hope that each entity will take those words which have meaning with it and will leave those words which have no meaning behind. We of Latwii are humble messengers of light and bring our love to share with you when we are called. It is a great honor to be called. We come as brothers and sisters. We come as messengers of the One Creator. We come as Creator to Creator, for are we not all one? We leave you now in the love and in the light of the One Infinite Creator. I am Latwii. Adonai.

NOTES TO OUR READERS

Thanks so much to all those who are helping us transcribe our backlog of Sunday night meditations which provide the material for these newsletters. Book Four of THE LAW OF ONE is progressing slowly but surely and continues to fascinate us, but numerous delays and the constantly expanding nature of the material make it impossible for us to know when it will be available. It will be printed and everyone who has made a donation for Book Four will receive a copy. Our best wishes to each of you for the New Year. ✨

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SPRING 1983, NUMBER 5

SPIRITUAL COMMUNITY

Hatonn, May 23, 1982

We are aware, my friends, that you seek not only to know the truth of the one original thought, but also to establish a company of people with whom you may make this pilgrimage of seeking, companions on the way, supports upon the journey. The questions of how to structure a community which is centered in spiritual seeking are ones which are impossible for us to answer, for each group of entities is a unique blend of needs. However, our own community is one based upon just such seeking, and, therefore, we may offer some thoughts which may aid you. We surely hope that this may be so.

As you sit in community you are experiencing the heart of that which community is: a shared experience, a shared ideal, a shared desire. As these moments of unity pass, and as you discover each other's individual needs, the community becomes as complex as the entities within it. There may be one who needs sympathy, an outstretched hand, and a loving smile. There may be another who needs the understanding of solitude, the support of that solitude, and the protection of that solitude, and yet these two entities are seeking the same ideal, are on the same pilgrimage, are sharing the same experience.

There are some who identify community with those who live closely. This sharing, rightly understood, is greatly helpful, but there is a sharing of periodical community, such as meditation meetings, which is also extremely helpful, and the structures necessary to offer this community vary from the structures

necessary to offer a completely common human experience. There is a greater community, the community of those who know that this group sits in circle and shares the Light, and these entities are apparently not you and they form a community also, shall we say, a community of the flock. They accept with great thankfulness the products of the service which you offer as you sit in meditation and share your energy in unity that channels such as this one may speak to you, and not only to you, but to the larger community.

And there is that one last great community without which no idea of community is complete; that is, those who do not yet know of such a community. To have a structure available for those who wish to know about such a community is a service that aids greatly in the community's polarity towards service to others. It is well that such a companionship is open to any who wish to attend. It is well that you ask only that simple preparations of reading and study be accomplished. For there will be those attracted to any polarized group, and an entrance should be fashioned to greet them, one as full of friendliness, love, and light as the one which greets each of you.

We have spoken through instruments such as this upon the simple subject of the original thought, love, for many of your years, and in that time, many are those who have listened and have gone forth, keeping the knowledge of these thoughts within their hearts. This is a great fruit, a great bounty to us, and it is well, when you think of community, not to forget the unity, regardless of time, of all those

which have sat in this circle of shared experience, who have shared ideals, and shared seeking.

As you seek, as you meditate, become sensitive to your needs; become sensitive to those who share your path at this time; become aware of the opportunities for community, not as you would model a business or a society, but as your ideals, your visions and your love show you. It has been written that the Kingdom of Heaven is within you. The community of that Kingdom is one of the great blessings of the shared experience of that Kingdom. Rejoice in your friends. Rejoice in the strangers with whom you may share your love and your light. And rejoice most of all because the comfort, the confidence, and the power which supports those who desire to love each other is abundant in every atom of the creation. I would at this time leave this instrument. I am Hatonn. I leave you as a voice upon the winds. But you must know, my friends, that we are always with you, as are all those who desire to aid you and hearken to your call. We leave you in that great companionship, that great community that is yours for eternity. I am known to you as Hatonn. We leave you in the love and the light of our Infinite Creator. Adonai. Vasu. Boragus.

FREEDOM OF LOVE

Hatonn, May 17, 1981

We speak to you, my friends, of the freedom of love. Many, many times it comes to the attention of all of those who seek, that there is a concept called right and wrong, virtue or sin. This concept is much like one who willingly builds a jailhouse and locks himself within it. We are not suggesting in any way that lawlessness prevails or that nihilism is an appropriate stance for those who seek the truth. We suggest only that that which is appropriate for each being is known to some portion of that being; is known within, and the entity which seeks the counsel of society, of accepted modes of conduct and behavior without discrimination, is like unto the willing prisoner. Perfect love is perfect freedom. Perfect love is an entrance into a fresh field of flowers from the dark dungeon of fear. Love does not bind or unbind according to one man-made law.

We speak to you in this wise, because we understand your desire to go further than the surface of seeking. Therefore, it is time, if you will allow us to use this term, for each to take the responsibility for the use of

discrimination in the ascertaining of those actions which are appropriate, not in the eyes of others, or of a society which is faceless, but in the eyes of the self facing the self in meditation. This is the law of love that binds and unbinds. This is the law, which, when used correctly, causes the entity to take upon itself the raiment of the co-Creator that each of you really is. Only when you choose the responsibility of seeking in love your own answers, your own formulations of questions, can you become one who acts rather than one who reads. The abilities of one who allows the original thought to energize his being are many. The ability to serve others is immensely enhanced when the seeker ceases pondering the rightness and wrongness of action, but rather takes it to meditation and releases it, allowing then the original thought of love to have a clear channel through which to work. My friends, as the new vibrations mount about you and you see both the very beautiful new things and those most disturbing of the older things occurring about you, it is very advantageous for you, if you would be of service, to take these thoughts into meditation with you, to seek what virtue there may be in them.

WHAT DO YOU DESIRE?

Hatonn, January 2, 1983

We wish you blessing and glory and peace. It has often been said among your peoples, "Wishes are not worthwhile. Wishing is not substantial." And, my friends, it is this point of love to which we would speak this evening. What a great invisible web there is that connects all that there is, but in your density especially what a great connection there is betwixt each entity upon your planet. The one known to you as Jesus suggested that if an entity fed or visited or aided another entity, even one which was looked upon as not important, the entity was feeding or visiting or aiding the Creator. That is your unity. That is your reality. You are one because you are all the Creator, each shining in your unique facets like the jewel that you have made of yourself, yet each a portion of the whole that is the creation. How many times have you wished and had it become so?

We suggest to you that the faculty of hope, of faith, of wishing, of dreaming is one of the most powerful resources of your mind and that it alerts your entire being so that what you call your future is designed again and again by each wish, each desire in order

that you may receive that for which you wish. In your illusion the connection between wishing and having is usually invisible, for in the illusion time walks with you like an unwieldy giant, distorting true relationships and making them appear unreal.

However, the faculty of hope operates in what you may call time/space where there is no time as you know it, and there the connection between hope and the desire fulfilled is quite plain. Therefore, the first thing we would suggest that you do is be cautious and careful in your wishes, your hopes, and your desires, for you do inevitably set in motion those things which will occur in order that your hopes may be fulfilled. You shall not hope in vain, but if you hope without depth, without heart, then what you receive shall be shallow and unsatisfying.

In winter, your plant lie has completed its hope, for each seed that lies within the deep and dark ground awaiting the biting frost is the hard shell of a living wish for lie, for growth, for service. That is the second thing that we would suggest that you would consider in relation to wishing. When you wish, hope, desire or seek there shall in natural patterns occur a season of incubation. You have planted the seed; you must now release that seeking to the hard frost of meditation and silence. In time, upon your planet, comes the spring and behold, the seed that has fallen on good ground blooms and flourishes and graces many by the richness of its flowering.

So shall your desires come to you, bloom upon bloom, ramification upon ramification, until all is a hundred-fold more than you could have wished. This is the third thing we would suggest to you, that in many cases the seed that you have planted by desire, wishing, by hope, blooms into a bloom that is not recognizable, for you as an entity will have been changed by that same silence. You will already have become transformed and you will be seeking yet further, and when you find manifestations flowering about you, it may be most difficult to apprehend the personal nature of an impersonal event. You may say to yourself, "Can this be what I hoped for?" Yes, my friends. Each thing that occurs is a flowering of what you hoped for. Each event has been incubated and has grown. Meanwhile you, yourself, have grown beyond the person that you were when first you hoped.

We describe to you a difficult road, a sometimes confusing road, but it is the road of transformation

and it shall, as you continue to discipline your desires, your wishes, and your hopes for your future, begin to offer to you a great multitude of blessings, the flowering of many previous hopes and meditations. We ourselves hope to be of service to you.

Our only purpose in speaking through instruments such as this one is that in some way we may aid you as you move through moonlit nights in your inner search, through the brightest noons in your outer search, through all conditions and all surprises. We are aware that each finds inspiration in a different manner. We can only hope that we can be of some small aid to each, for it is our way of learning and growing. As we are of service to you, so our hopes come into full power and our inspiration is a hundred-fold multiplied.

HELPING OTHERS

Latwii, January 2, 1983

It is not possible to directly learn another's lesson for that entity. What occurs in your daily round of activities is a natural progression of interaction which allows the opportunities to be presented to each entity to learn those lessons that are desired. You may feel that you interfere with another. Yet, if you will observe the so-called interference you will see the opportunity to learn a lesson being presented. Do you wish in this instance, may we hypothetically query, to impose yourself upon another? If this is not your desire, how then do you balance the actual or supposed imposition? By removing the self. So, you see, what you might see in one instance as the interference with another's learning is simply your own learning seen from another perspective. Whatever your experiences within your illusion, the opportunity to learn the lessons you desire is always available. You cannot make mistakes. You may learn more quickly or more slowly, more efficiently or less. Yet, always, do you learn the lessons you desire and always are those about you offered the identical opportunity.

As one refuses to give in certain areas, then one is, in truth, refusing to give to the self, for are not all one? To bring this point more clearly home, the entity often asks on the subconscious level to know more clearly the truth of this unity. In such cases there are those presences which aid the entity by seeing to it that a certain thing which has not been given

suddenly disappears within the lie of the one refusing its gift to another. This allows the entity to discover that the action of refusing to give to another is the self refusing to give to the self, for whatever action you experience in relation to another is most clearly seen as your relationship to yourself.

Therefore, as you love others, the love for the self grows. As you feel anger towards others, the anger for the self grows. This is the way of the creation, for the Creator must learn from Itself, and you are the Creator which learns from Itself, whether it be that self encased by your physical vehicle or any other self with which you come in contact.

NOTES TO OUR READERS

Again, we thank all those who continue to help us transcribe the backlog of Sunday night meditation tapes which provides the material for this newsletter. The illnesses which stopped our work on Book IV over the winter are healing and we are eager to get back to work. Book IV will be printed, though we do not know when, and we thank you for your patience. Book I should be available at your local bookstore in about two months under the title, THE RA MATERIAL, published by The Donning Company of Norfolk, VA. ✿

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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SUMMER 1983, NUMBER 6

THE DOOR

Hatonn, March 20, 1983

We show this instrument a picture of a door, a steel door with a steel handle. The walls about the door are blank and there is no designation for this place. This is a gateway. Yet impressed upon the heart of those who face this door is a phrase taken from one of your holy works, "The first shall be last and the last shall be first." You who stand before this door are not only capable but are also actively and continuously monitoring your supposed spiritual readiness to move through this door. And as you see those things in your existence which may seem to you to be of a simple nature, of a trouble-free nature, you may think to yourself, "I shall not spend my time thinking and analyzing upon these portions of my life experience, for then, perchance, I should miss the thinking and the contemplation that must be done for these other portions of my life which are not simple and easy."

There is no one barometer which says that an experience is spiritually neutral, has been handled well, or is in need of examination. However, we shall surely tell you this: each of you has many, many portions of life which are greatly, in your own estimation, in need of work. And in your own estimation, perhaps you feel the time that you have for meditation and contemplation should be spent in these areas. It is as though you are ten minutes late to an ever-running appointment with your life. You are forever behind; you are forever attempting to catch up. That which is of the spirit is not neat, nor is it tidy, and unless you are a prophet, you will not find order as you seek the love and light of the

Creator. In prophecy is order. In love there is divine confusion and we come to you as messengers of love. We ask you, my friends, to look most carefully at the halcyon, tranquil, and peaceful moments that make up your daily lives. There is as much work to be fruitfully done in this examination as in the constant repetition of your penitence at being ten minutes late for your appointment with life.

Do you think love wears a wrist watch, my friends? Do you think that you could miss a portion of an appointment, a part of a ritual designed to offer you your birthright? No, that is not possible. You made a journey to a far distant land and took upon yourself a heavy chemical body. And as if this body were a ship, you embarked upon a marvelous odyssey, and you sailed, and you sang, and you observed the stars, took your bearings and headed your course as you wished it to go. And so you do now.

You cannot be late, nor can you miss that which is within you. It is an illusion that you are experiencing, that of missing, that of needing to be penitent. To recognize an error in calculation is sensible, and this will come from balancing your various emotional feelings in meditation. But to find what is behind the curtains of those good times that are not seasoned with the salt of love is also a fine thing to balance in meditation.

Have you loved as the Creator loves you? Have you cherished the joy of those about you? Have you nurtured those who do not yet know their own divine identity? Take your ship and let the wheel hum beneath your hand. Let the rigging sing with the sounds of the crystalline winds of creation. There is no need to accept those things which are unhappy

without balance. There is surely the same need to examine good fortune. Until your experience sings with joy, there is more to do.

Now, my friends, we speak in most general terms and have not attempted to speak to the subjects of each entity with himself or of entities within families. These are separate subjects and the questions that come to mind as one examines these far more personal questions of the great ship, the illusion, have to do with the intensity and the rapidity of reaction to the experiences that occur. It is far easier to work spiritually with an acquaintance than with a mate, and yet the deepest work is done with mates and friends who are held in an oath of perfect honesty and perfect love, so that there are no lies, good or unfortunate, no flattery and no dodging. This is much more difficult.

When you arrive at yourself you find the most personal work of all and the one requiring the most perfect honesty. It is difficult to be responsible for your thoughts and yet, if they are unhappy, within your being shall you be balancing them. And if they be contented, within your being shall you gaze beyond those curtains of contentment to find life and joy and sometimes that which is discontentment which has been ignored, as if some leftover guest at a party had forgotten to go home.

You are in some ways many people and you stand before a door. We have described this door to you as being of steel. For though in some messages the door betwixt conscious and unconscious in the roots of mind has been called, "veil"; we call it, "steel." Let us not deceive you as to the difficulty of what you attempt to do. On your side of this blank and featureless door you work with yourself consciously and prayerfully. If you have the will and the faith to reach in your dreams and open the door, you may see that those things about yourself, your families, and your entire life that seemed so full of contentment, had many a hidden guest. You will see that your difficulties produced much gold. One glimpse beyond the lintels of that doorway is an enormous aid.

May we ever more strongly suggest a continuing effort in meditation. And as you balance, balance all, judge nothing, and view without rancor, bitterness, or bias all that occurs. Remember that you are a creature of love. A great power created sun and galaxy and universe and consciousness and you.

Center yourself upon that point and go forth with your mind filled with love and your heart full of light that you may do those things which are truly prepared for you, and may you rejoice in doing them that you may be who it is you wish to be, that you may smile and dream and laugh. For is it not your birthright to encompass all creation? And is not that creation unspeakably beautiful?

We leave you now, my friends, in the love and the light of the Infinite Creator. We are known to you as Hatonn. Sail forth, oh sailors of life and know that the winds are with you, and there are those who shall always answer your call. Adonai, my friends. Adonai, vasu.

THE PEACE-FILLED FOOL

Latwii, May 10, 1981

The peace of which we speak is not the peace of your peoples, for your peoples have no true peace, but only distraction and the numbing of the senses. As you become able to view your experiences in a conscious and loving manner, multiplying the true peace of your existence, that vision will cut through the feelings and the preferences of those about you who do not prefer true peace, but rather the illusion. If you seek peace, know this. It is truly worth that which is paid for it, and yet it may sometimes seem like loss.

Rest, then, in your meditation, in the true peace of love, and as you find your understanding causing you to act in such a way as to cause those about you to observe a difference in your actions, understand that those who radiate love may also be counted as fools.

A great part of the peace that is true peace is service to others. Moment by moment you have unending opportunities to view your situations as opportunities to be of service, to sow a seed of calm, of love, of kindness. Again, many times you may be counted as a fool, but, my friends, it is the fools of this world who shall be in joy. Only a fool can love without judging. Only a foolish person can desire to serve those who are unlovable, can pray for those who are unattractive and cold in their misery. Be fools, then, and join a joyful host of such fools, for those who love will always be such. It is to be remembered that those ways of judging among your peoples are greatly various. It is to be remembered that it is impossible to judge, but through the grace

of the inner light and love available to you, it is possible indeed to love.

THE NARROW WAY

Hatonn, February 27, 1983

You all go out seeking the adventure of learning, and so have men gone out seeking that great adventure since consciousness began. The track is irresistible and yet there are many ways by which the seeker may slow himself down. Very often the wide paths, the most traveled and the most popular, are those which accommodate those entities who desire to move at a slower pace. We are aware that each in this group desires to quicken the pace and so we would talk to you this evening about courage.

It has perhaps been suggested to you that the end of your seeking will be knowledge and understanding, that you will find the answers that you seek. Indeed, we have suggested that you will find the answers that you seek. We have never intentionally suggested that you will find a key to the understanding of those answers, only that you are heard and that answers are forthcoming. The path which is narrow is a path the end of which is the realization that you do not know anything. The reason this path is narrow is that not knowing is uncomfortable and continuing for any length of time upon a path which promises further unknowing as the fruit of your current unknowing simply is not a very delectable path and, therefore, it is not much traveled by your peoples.

But we ask you to look around you, my friends. What do you understand? Having considered what you may understand, we ask that you evaluate its importance in your spiritual quest. Are you seeking to know who you are? Very well, a noble and great quest is this, as it contains all of creation in its depth and breadth, for you and creation are one. Seek to know who you are. But if you seek with integrity you will find that your answers do not leave you smug. You do not ever know. It takes a great deal of courage to go far along on the path on which you discover the feelings and the character and the fruits of who you are and still are able to face the ultimate mystery of your identity. Those without courage will settle upon an answer and that answer will keep them from changing, or at least changing as quickly.

How much courage can you bring to your quest? Love is ever and always clearly manifested to those who quest, and that love is blinding in its power.

And you know it is there, and you seek more of it. Do you have the courage to accept your conscious unknown? Surely you have spent enough hours in despair because your actions were but a shadow of what you know, as you say. You think, "My will is strong and my heart shall be light and I shall meet all obstacles with love, that love that I know, that love that I feel, that love that I seek." And yet, these things you do not always do. You do not know. It is the seeking, continuous, balanced between seriousness and joy, fresh each day, that accelerates your rate of speed and leads you upon an ever narrower path. And this is good. For it is the narrow path, the path of courage, the path of fearlessness in the face of not knowing that will grant you more and more a sense of being able to reach into the resources of your Higher Self, of your deeper self, of your inner self, of Christ consciousness, and manifest the true joy of faith and will.

It has often been noted that justice is blind among your peoples. We would further note: so is love, so is seeking. Do not let the dimness of your mirror images ever discourage you for long. Do not let your own lack of manifestation ever discourage you for long. Do not let any error, as you may consider it, discourage you for long, for this creation is the Creator's. You live in a creation of love and in an illusion of mystery. See far enough to find the love and have the courage to release yourself from the responsibility of certain knowledge. Those who are certain about philosophy and those things of the spiritual evolution simply have placed themselves on a slower path where they will be borne upon the shoulders of their comrades, given more encouragement, offered frequent rests, and sustained by many comforts.

Courage, my friends! You who have it shall inherit a great mystery of being as can no one who seeks certain knowledge. You seek the wind. It is invisible; it is infinite; and it will come and go when it will. Do you suggest that you shall know it, that you shall measure it, and put it between the pages of a book? Or do you instead seek to be it? Lift your wings, and soar in the love and the light that is yours for the seeking, yours for the taking, and yours to manifest in glory.

TROUBLES AND TREASURES

Latwii, March 27, 1983

As you find yourself confronting the confusions, the frustrations, the angers, the doubts and dissension with those for whom you feel love at the base of your being, know that in each opportunity lies love. Know that the difficulty of the testing to find the love develops the strength to find it. As you are in the midst of those lessons you have programmed to learn, you will often feel quite helpless and despairing. At these moments it is helpful to remember that your life is whole and perfect as it is, that you experience at that moment the illusion of difficulty for the very purpose of finding the wholeness, the balance, and the love within your being and the being of each entity around you. Be not discouraged when the lesson is difficult, but find the heart of love at the heart of your being through the faith and the will to continue. The Creator has given you each experience as a treasure, and through each experience do you then grow closer in oneness to that Creator.

NOTES TO OUR READERS

Those who ordered Book Four should be receiving it sometime in August. Thank you all for your patience. If you are interested in attending a workshop sometime this winter which would be focused on the material in THE LAW OF ONE volumes, write us and describe your interest, and we will send you further details. Thanks to all who are helping us transcribe our Sunday Night meditation tapes which provides the material for this newsletter.

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Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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FALL 1983, NUMBER 7

DISCIPLINE

Hatonn, August 14, 1983

We would speak with you this evening about that which you may call discipline. Many and many are the sources and the messages which you may read or hear which are of an inspirational nature which express to you the perfection and the unity of the present moment. And many are the blissful moments that you may gain from taking in such beautiful and consoling thoughts. We would suggest that you make a practice of availing yourself of this idealism, this beauty, this vision of perfection and unity on a daily basis, not only through meditation but, insofar as you find it helpful, through inspirational works.

However, if you do seek truly, you will find that inspiration carries with it a mandate for action and it is that action which takes a discipline of the inner self. Such disciplines are not much understood in your culture. The discipline of the mind, the character, the personality is hardly recognized unless it bears substantial and obvious fruit in the social life and is, therefore, not much valued by the cultural web in which you find yourself experiencing the illusion at this time. However, without the discipline to take responsibility for what knowledge you have gained, you will find yourself on a treadmill and you will in the end be disillusioned, if you will excuse the pun, and you will consider that all the inspirational writings and speeches that you have heard are foolish and that there is no use in them.

When we speak to you of love and light and peace, we do not expect to do anything more than to

inspire you to begin or to intensify your own efforts at seeking, that probing of the unknown which holds within it the treasure which you call the truth. And as you seek, you will find on your own a subjectively interwoven series of apparent truths. If you do not claim them as you discover them, they will escape you and you will have to discover them again and again and again. If you claim that which you know and begin the unending attempt to manifest within your being that which you have learned, then you shall proceed, and the penetration of the illusion which hides from you the true nature of love will be accelerated accordingly.

My friends, it is so easy to think that the feast, the love and the unity that you experience in moments of inspiration, will be a natural fruit of your attempting to manifest these qualities through your being. However, this is far from the truth. When you choose to seek the truth, you embark upon a very personal journey and one which will differ from person to person because of the unique nature of each being. Therefore, the first fruit of seeking may well be dissension. And the peace that you find will only be found at the end of a process of communication that may be very painful.

When you seek the truth, you are acting as a creature inspired by an ideal. You move according to the winds of your own particular needs and energies, and those closest to you, if they are also seeking, shall also be in motion. Perhaps you may look with dismay upon this first fruit of seeking and yet we say to you it is entirely necessary within third density to use the illusion in order to open communication to the level of spiritual verbalizations.

If you have a disagreement, count yourself blessed, for you may then use your manifested seeking to turn towards another self openly and fearlessly. Without seeking and grasping the principles of the discipline of the self, it is almost impossible to communicate clearly and with a minimum of bias. The chance to do so is precious indeed, and because success is so hard won, it is worth a great deal.

We come among you only as brothers and sisters and do not wish to add to your burdens. But we do challenge you to retain that fine sense of the ideal, that great seeking for the one original thought while gazing with a clear and careful eye upon each situation that seems to be quite out of keeping with all the effort and all the love you have given to that situation. Do not let your heart falter because there are great difficulties, minor disagreements, or poor feelings. Know that your third density is doing what you planned for it to do and now is your chance to use it wisely.

When you were a child, did your parents see fit to discipline you? How much more wise is your Higher Self which offers you disciplines? You are not weak to be patient or poor in heart to strive for cheerfulness. You are not failing your brother or your sister when you step back from a confrontation that would leave a brother on one side and a sister upon another and strive to reestablish by clear communication through dissension the final understanding that you are one being. If you have compassion, then you must seek discipline.

Take refreshment from all that you can. Drink deep in the glory and the beauty that is around you, but do not feel betrayed by apparent disharmony. Isn't it just like you, each of you, seekers all, to plan for yourself some hard times, some rough knocks so that you might more clearly express your grasp of the truth and your penetration of all apparent separation? We give this instrument a vision it does not understand. This instrument sees the hammer descending upon the anvil and the rock breaking. We attempt to say to this instrument that that which is not tempered will break. Go through the fire of experience willingly, and be tempered a bit at a time, that with experience you may bend and learn and become stronger, and serve more and more that great ideal that you so cherish. On the surface the spiritual path seems poetic and dramatic and will attract many who will become weak-hearted. Know,

my friends, that the spiritual path is for those who are tough and wish to become tougher. Perfect compassion involves an unbelievable personal discipline, for how in this great illusion can you naturally believe that all others are one with you?

THE WHIRLWIND

Hatonn, November 1, 1981

There was once a young woman whose talent with an instrument you call the violin was so great that all who knew her were aware that this young woman was truly remarkable. She had, in the early days of her childhood, been given a small instrument and had been given lessons by a teacher who was neither bad nor good, and this child prodigy learned so quickly that she soon out-stripped her teacher. There was no effort in her excellence. It flowed from her as a gift and it was as little thought of. As a young woman this entity had quickly achieved great fame and she traveled and played before great audiences and received applause and acclaim for this great gift which she had, yet she did not appreciate it, learn from it, nor think of it, for it had always been with her and there was no effort involved in her art.

One day she came to a city thinking that she was to play a certain violin concerto with the orchestra which had hired her. She was informed that her information was incorrect and that the orchestra had practiced a different piece, one which she did not know. It was a piece for a virtuoso and she had only hours to rehearse. The unfamiliar score stared at her like an enemy and she felt fear. She picked up her instrument and began to work as she had never worked. Each difficult place made her want to weep, for she had so little time to understand the music, so little time to understand the fingerings, so little time to grasp the scope and the feeling of the piece and to play the notes correctly. Much was expected of her by the audience which would surely come. Feverishly, desperately, she worked. Not once could she play the entire piece with no errors. The young woman's time was up. She dressed; she came to the concert; she took her bows and stood before the full house.

The music which she had so feverishly practiced was jumbled in her head and yet she knew she must remember it. She had always made mistakes and yet she knew she must not, and all the faces looked expectantly towards her. The conductor lifted his

baton and she played as she had never played before. If notes were missed they went by so quickly that the reviewer missed them, for the piece was played with passion and with feeling, and she went away knowing for the first time the experience of joy in her chosen part.

My friends, there are many, many times when in your experience those things about you flow easily. Gifts are given to you and you accept them thoughtlessly, for they are not hard-won. Then a whirlwind seems to hit you—a dilemma, a difficulty, an argument—and you begin to wonder why you must go through this experience. It is your chance for growth. In the situation where you are tried, where you are tested, you are also given a great opportunity and your response, no matter how flawed, will bring you joy if the response contains the best that you can give. It is good to experience the calm times, the quiet times, but to be taken by the whirlwind is a great privilege, one which is given to those in your illusion, that you may make the great choice to love and to be of service. How easy it is to be pleasant when there is no reason not to be. The world about you often seems to be calm. This is an illusion.

In your geographical location many are violent, many hungry, many in pain, many in the depths of sorrow and somehow you find your perceptions those of one led into a quiet cove. Use those times, my friends, in meditation, in appreciation of those things about you which you can so easily take for granted and when the whirlwind takes you, realize that this is most appropriate for those experiencing your density. This is the way that work is done within your understanding. This is the way your experience may be utilized to the utmost by your seeking consciousness. Know always that the whirlwind is of the Creator and it will place you safe once again in that quiet cove of calm where you may once again seek in meditation to understand and seek in the giving of yourself to express that understanding of love, for the whirlwind is the Creator.

Love is far beyond that which you think of as love. The characteristics of this great creative force include those characteristics of the whirlwind which ceaselessly beat against your life to aid you as you wish to be aided, to change you as you choose to change. Know trouble as your friend, for all things

and all qualities are of the One Creator whose only wish for each is love. The ways of this love are many and varied, but all ways are love; all difficulties lead to calm, to light, to beauty. All the false images of your illusion lead to the one original thought which is the truth which you all seek.

SECURITY

Latwii, June 12, 1983

We do not mean to discourage you by suggesting that the concept which you call security is an illusion, but to seek that which does not exist is to chase the dream which evaporates upon the waking. Your illusion is constructed in such a way that that which you call security is often seen as a desirable goal and for those who seek such, there are most important lessons to be learned. For as we have previously stated, there are no mistakes; there is only learning. Within your illusion it would seem that if one could only pull together certain ingredients—the financial stability, the family and friends with secure and rewarding relationships, the recognition of peers, the path of traveling into the future which seems steady—then one could be secure. Yet, as the child upon the beach building the castle of sand, as one element is gathered for but a moment, another seems to slip away, as the waters of the illusion and the catalyst erode what seemed to be secure.

My friends, this is not an accident. As your attention becomes focused on those difficult situations, it becomes honed as the blade of a knife and becomes able to focus upon deeper and deeper aspects of the illusion, of the self, and of the journey through the illusion by the self. The catalyst of difficulty works as a file upon the blade, sharpening that attention that it might see deeper and cut further through the illusion to the center of the being of the self. The blade of the attention, then, reveals layer upon layer of the truer nature of the being. And each lesson is seen to contain two portions in polar reflection; that is, to know love, one may experience much anger; to know clarity there may be much confusion; to know patience, there may be much impatience. Therefore, when you are experiencing any of the polar emotions, look then in your meditations to the opposite which seeks to be known.

We feel that it is most helpful to suggest meditation for those times which are difficult. The limitation of the viewpoint is that which causes the distortion of

the viewpoint to be experienced. If you can expand that point of viewing so that the unity of all creation is more available to your seeing, then you shall see with new eyes and those answers which have eluded you in your past shall appear to the new sight.

THE RAINBOW BEING

Hatonn, October 25, 1981

We speak of unity using water as a symbol because water is indeed a very appropriate symbol for the path that each of you, as drops of water, may understand himself to be taking as you seek the infinite sea of the creation. A drop of water may seem to be quite powerless and you as an individual may feel lacking or limited in some way in some situation. But water is continuous and is not separated from itself. It may fall in drops in service to the fruits of the earth, but as it gathers and moves towards the great oceans, does it not carve out mighty channels from sheer luck that men could not hew so well with all their might? Water is quiet, and yet when stirred can be the most mighty of avengers, changing physical landscapes in minutes. In your meditations, then, take each limitation and lack that you may feel that you have experienced, each disappointment that you feel in yourself or in others, and offer them up as drops of water, to see them dissolve in a pure, clear ocean of the Infinite Creator. Then, let the rainbow of sunlight, through this water, fill your heart and send you forth to serve the Creator, each in your own way and yet each a part of the great ocean of being. You are serving yourself, for all that you meet and all that you seek is yourself. If you love the ocean of the Creator, then, you will learn to love each drop of water, each apparently individualized portion of that ocean, yourself and all others, circumstances and times.

NOTES TO OUR READERS

Our thanks to those who transcribe our meditation tapes and make this newsletter possible. ❀

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
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humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 1983/84, NUMBER 9

GIFTS

Amira, December 20, 1981

My children, you call to me and I come, but am I not always with you? Is my peace not in you? My incarnation is known to you and still you seek as if I were not here. I am with you always and yet it is not I, nor all those things which I say, but those things given me by the Father: let them be so with all.

YOUR SOURCE

Hatonn, April 17, 1983

What is your source? That is a question central to your quest for truth. For that from which you come binds that which you are. If you can imagine a moment incredibly far distant in time, as you call it, when you took all of creation into your hand and flung it from you, then you can imagine the impulse which guides your destiny. You are as a whole person abiding still in the Creator, but a splinter of your consciousness was flung for each, and that splinter of consciousness has become you as you now sit in meditation.

The journey has been a long one. You have seen creations and planes and densities and lives, and through all of them you have been under the influence of that force of yourself which flings you outward and at the same time calls you home.

As you sit in meditation, parts of that journey flash before you. Colors and visions and the sensation of speed come to this moment of peace. This is the precious moment of all creation. This instant is the excellent instant, far excelling past or future, for here

your heart lies and your consciousness rests, and you can receive and give forth the breath of creation, love, and light. In and out, you are filled with nothing but light, nothing but love. How interesting that you arranged this illusion so that it would be impossible for you to go through your incarnation in this state without renouncing nature, the nature of your body, your mind, and your emotions.

Do you trust yourself? If you do, then you must know that you had good reason to hide from yourself the perfection of this moment. There were some points that you wanted to learn better than you knew them before. There were some parts of the spectrum of your light and your love that you wished to emphasize and explore. As you move forth from meditation, attempt to keep in mind that you did not make a mistake of any kind in choosing the circumstances and the seeming accidents of your life. You chose well, each of you. You gave yourself food and you gave yourself an appetite. You gave yourself mental food, the food of the intellect and the mind, the food of analyzing, synthesizing, attempting to know and understand. You gave yourself emotional food, desires for love, experiences of love, experiences of apparent lack of those emotions you need. You wanted to catch your own attention and fix it. You wanted to make a point or perhaps several points for yourself and to yourself.

It is not just the physical body that needs food. Spiritually speaking, you consume far greater amounts of experience and digest far more experience than ever you do earthly food. For it is for the food of the mind, the heart, and the spirit that you have indeed stopped here, a splinter of

light, for a split second in a long journey on this orb you call Earth, to experience.

And what of your future? You are an eternal and everlasting part of the One. Although in the One there is properly no past, present, or future in the subjective terms of this illusion which you now experience and which we share with you, time is passing and there is, a future before you. It is a future in which you call that splinter of yourself back to yourself as the lessons are understood, as the points are made. As you experience yourself in yourself and with others, more and more you shall be drawn closer once again to the source whence you were flung with such a greedy and extravagant hand before the beginning of time. Breathe in, then, the joy of this moment and sense the relaxation, the resting, and the peace that you share with those who dwell in meditation as do you. There are some not with you. And yet, because they are in the same condition of experience, you are together in joy, together in peace. Your time will pass and some may read these words and will then sit in meditation and still you shall be able to join that blessed company of all those who seek and sit in the glistening silence of your joyful quest.

We share your joy and thank each of you for the great privilege of blending our joy with your own. Let your hearts be light as a fluttering gauze curtain at a window in the sunny breeze, for the wind is rich with blessings, and there is music amongst the trees.

THE VEIL

Hatonn, March 6, 1983

You exist within an illusion within which you find a portion of yourself seemingly divided from another portion; that is to say, your conscious mind does not seem to have a ready access to that which you may call your unconscious mind. This, shall we say, darkness of knowing, or veiling, which separates one portion of yourself from another, in effect makes it possible for your conscious choice to be free of the great overview which the unconscious mind can provide. For the unconscious mind is your direct link to all of the creation, and were its resources fully available to you, you would have no doubt as to the nature of your being, that is, of the One Creator.

The advantage of not being able to tap this resource easily is that the choices you make with your conscious mind as you travel through your illusion

are choices which then carry much more weight in your total beingness. The portion of the Creator that resides within you then is given greater experience with much more intensity, variety, and purity than would be possible were you to rest in the blissful state of knowing your unity with all which the unconscious mind can provide. Therefore, as you move through your illusion, you will find your ability to accomplish the movement, the experience, the growth, and the learning of the lessons of love enhanced by the choices you make.

THE FABRIC OF THE MOMENT

Hatonn, June 5, 1983

You are aware that you live in an illusion. You see the illusion made foolish and blurred many times in an incarnation. You see the string that holds up the conjurer's hat. You see the hidden dove in the pocket. From time to time you are given glimpses of a finer and more carefully tuned reality or, as we prefer to call it, illusion, for there is nothing but illusion out of which to make your consciousness that of the Creator. It is simply a choice of which illusion you wish to select.

One choice which affects subsequent choices quite centrally is the choice of what to desire. When people become aware that they live in an illusion, it is often a logical response to desire to experience that which is not illusion. It is an illogical response—and one which you will not learn listening to our words—to assume that in the receiving of this desire you will find a constant and unremitting happiness, peace of mind, or tranquility. We promise you no such foolishness. If you wish peace of mind, we urge you to go back to sleep. However, we are aware that each of you has already irrevocably chosen to awaken, to know the illusion for what it is, and to choose the experiences that you will have. Of course you wish to experience tranquility, peace of mind, and happiness. And so you shall. But when these things are goals in themselves, you reduce the speed with which you will be able further to untangle your illusion to a near standstill.

The one who is on the way will experience some discomfort, for there is always the discomfort of travel. You do not have everything that you had in your domicile. You have not packed for every possibility. You are caught short and stranded and made uncomfortable because you put yourself at risk

against the unknown. In seeking the truth, the truth is always beyond the next bend. The truth escapes at precisely the speed you travel so that it is always in front, and you have always learned more than you knew before, if you take responsibility for what you have already.

Now let us return to our comments about the moment. One decision that you may make which will profoundly affect the many choices that you shall make is the decision to seek love, not any kind of love, not any description of love; but simply to seek love. To seek love is to seek one of the primal distortions from the Infinite Creator. To seek love is to seek the great intelligence that fills the energetic consciousness of the universe with purpose. To seek love is to seek that which is omnipotent, omnipresent and closer to you than anything that you will ever experience or seek to experience. The experience of finding that love is rare. Even so, that love is so close and so near and so transparent and so powerful that it will pick up your life and move it at an ever-increasing acceleration towards truth. The reason for this is that people expect love to mean something, a physical thing, a mental experience, an emotional onslaught, a sweet peace, the great "AHA!" of philosophy. Whatever people expect, it is not what love is, because love is in this moment and has been in every moment that you have experienced this day.

As we speak to you, the moments tumble by, numberless, limitless, thousands and thousands of moments. Can you reach out and grasp even the tiniest moment filled with love? Ah, you can feel that about which we speak because you are becoming tuned to love; you are resonating with love; you are being filled with love at this moment, and you become thereby a powerful person. But it is now another moment. And when you are not sitting in meditation, you are often in the situation of manifesting the love that is in the moment.

Now you know why we urge meditation. Now you can feel the love of the moment, be taken by the rush of the wind of love, be stormed and overcome, and be in the moment. There are those who are in that moment for a short period of your time and there are those who find that moment and do not leave it for hours or weeks or years as you measure time.

But you choose to come out of meditation and go about your daily life. Now you see how the choice of what you decide to seek affects so many other choices in your life's experience. If you desire happiness or peace or tranquility, there are many moments that must be discarded. If you desire to know love which is the thought, the one word or first thought, the Logos, of the Infinite Creator, then you will be uncomfortable and accountable at the same time. You may be attempting to find the love in a moment that does not intrinsically appeal to you. And this will occur time and again because you will be learning.

We do not say to you that it gets easier; we say to you that it becomes more exciting, that the possibilities for service to others grow greater, that there are certain advantages to declaring yourself clearly in a universe which is crowded with intelligence, for there are many kindly and loving intelligences which will tabernacle with you as you glory in the unity of the love of the One Creation in its infinity.

THE WORDS OF SILENCE

Hatonn, November 11, 1975

You have heard many of our words, and it is as though we appear to you as tailors, measuring and cutting and detailing and analyzing, and attempting to tailor for you the spiritual path, using our tools and laying it all together in a measured way. This, of course, is because we have used these channels and we have used words. In reality, we are not tailors, and there is no measure. In reality, our message is infinite, and there is no set pattern for progress. That which we truly have to give you lies within the silence. We find that each of you is aware of this, and yet the words are comforting, so we are very happy to speak with you.

You must know that in many ways, you are no longer dependent upon these words, for you carry within you the ability to receive thoughts. Each of you does not need the channel any longer. Yet there is within each of you that which desires always to let go for a moment and simply be taught, be led. This is proper, so we welcome the opportunity to speak.

Latwii, March 6, 1983

We see that we have passed from the silver-tongued speech to the golden silence. We thank each in this

group for allowing us to speak this evening. We remind you that our words are but guideposts, hopefully pointing the way to an inner seeking which will provide you with the true treasures of your being. Take what words we speak as lightly as the wind that blows in your spring season and move gently along the path in peace. We leave this group at this time, rejoicing with you in light and love, in peace and in power. We thank you, my friends. We are known to you as Latwii. Adonai. Vasu. Borragus.

NOTES TO OUR READERS

Please help us clean out our mailing list and send us a postcard if you wish to continue receiving LIGHT/LINES. We want to be sure that everyone who wants LIGHT/LINES gets it, but we know that many of the addresses on our mailing list are obsolete and we need your help in identifying them.

Soon we will have a 30-page coloring book for kids (of all ages) available, with charming illustrations drawn around a story from Hatonn, "What is Love"

Our recent move—and probable future move—means that our workshop will be delayed. When it is available, we will announce it through LIGHT/LINES.

Once again, our heartfelt gratitude to everyone who is helping to type our Sunday night meditation tape backlog which makes this newsletter possible. ♣

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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SPRING 1984, NUMBER 10

WHEN THE MOMENT COMES

Laitos, December 8, 1981

How bright and snowy is the winter. How blue the cerulean sky. One lone eagle stalks far above, watching. The air is crisp; the day is long. The eagle is patient. There is a rush, a sudden emptiness where once the eagle soared. The eagle has found its food. The beauty of the sky, the whiteness of the mountain and crispness of the air do not disturb the hunter, for its seeking is quite specific. In this fair creation of the Infinite Creator which you call Earth are not only difficulties but many pleasant distractions, many lovely things. Find, then, within your being room for the eagle that seeks, keen-eyed and patient, for the bread of heaven. Those things which will aid you will not come to you in a moment, until that moment comes. Keep awake.

THE HUMAN HOLOGRAM

Hatonn, March 27, 1978

Within you, my friends, is the wisdom that is totally and completely aware that you are part of a being called the universe. As you look out into what you call outer space, know that within you is the true reality of which outer space is only the picture. Your consciousness is an incredible and infinite geography peopled with an infinity of creatures equipped with the collective wisdom of eons of experience. For within some part of your being, some deep and for the most part completely hidden part of your being, you have all knowledge, all power, all compassion. It is as though they were in files within a room to which you had lost the key.

Do you wish, then, to explore terrestrial space, to repair the great damages, or do you indeed think that it is hopeless? Take these attitudes away from the world and turn them into yourself, for you, yourself, are the great object on which to practice your own wisdom, on which to develop your own understanding. If you can solve those slums which exist within the topography of your consciousness, the slums within your cities would begin to take care of themselves. You say, "What can one person do?" We say to you: one person can work on one person, himself. But that one person, my friends, is a hologram of all that there is. Your consciousness is all consciousness. Work on it and you work on your race, your planet, the vibration that speaks for Earth.

THE CARNIVAL

Hatonn, May 15, 1983

Let us compare perception of other selves by consciousness as a type of mirror. The type of mirror which the illusion surrounding you provides for your use is the type which is used in your carnivals. Far from receiving an accurate reflection, each mirror is purposefully warped in order that an imperfect and distorted image is seen by the one who goes to the carnival. Some mirrors seem to reflect a jolly and harmonious image and cause one to laugh. Other mirrors seem to reflect a looming and menacing shape. And so you go through the illusion, day by day, perceiving and categorizing the images from the mirrors as good and as evil, as friend and stranger and enemy, as harmonious and inharmonious. And you do not realize that you are in a carnival and that

is the only reason that the carnival mirrors are in place.

The more emphasis that is placed upon the distortions by the carnival-goer, the more distorted the images will become, the more complex, the more interesting. Each carnival-goer chooses the nature of his entertainment by choosing to see the image he prefers to see, by watching for it, by finding it, by naming it, and by calling it his own. At some point in the carnival, either by good fortune, by inspiration, or by the cold use of intellectual gifts, it may become apparent to the carnival-goer that there is an exit from the house of mirrors. And so, the carnival-goer which has decided to seek the exit leaves the hall of mirrors. Behold, he has entered another hall of mirrors. Those you discard are discarded; those you do not recognize remain a portion of the reflecting surface of your consciousness.

So begins a new carnival and at the new level of awareness that the seeker has found and cherishes and nurtures by invitation, the carnival goes on. The flags wave; the merry-go-round plays a merry tune. And still you see a distorted image of each other self, less distorted than before in many cases, until one day by good luck, or inspiration, or the cold use of intellect, the carnival-goer again finds the exit. There are many, many mirrors, many rooms full of them, and many exits, for your seeking and your learning is a process.

We cannot offer to you the instantaneous realization that will last. We can promise you that such moments will come to you when the mirrors are blown away in the wind and you see clearly, as if through glass with no lead to keep an image reflecting, and you look at yourself in every one you see, and you are indeed one with all that there is, and you say again and again, "There, too, am I." This realization is wonderful and joyful. But we cannot promise to you that you will keep it, for you are within the illusion which you inhabit in order to work with mirrors. For a great portion of your incarnation you will be dealing with the carnival.

It may be possible, in a life-long friendship of mate, of bosom friend, that all the mirrors may be vanquished and that you may see yourselves face to face, and rejoice that you have known the Creator. It is more likely that you shall only be able to do this intermittently. But to know what you are after is the

key to seeking well. As long as you seek, you shall find. This promise written in your holy works is not part of any lie. We can only ask that you take care in what you seek, for you shall find it. We ask that, at any time you become discouraged, you stop at the first available moment and look into the one mirror that you carry with you that will give you a true image. We ask that you look into the silence, for there is a center and a hope, a joy and a love in the midst of that silence that can create a new kingdom for you and for your family. Let your desire be turned to that to which you have a proper need to attend: your own consciousness.

My friends, when you lift up your consciousness into the great mirror of light, you offer a gift to yourself, to all those about you, and to your planet, the nature of which is indescribable. You can leave the carnival. There is a way out. And after you are gone and have raised yourself up into a focus too fine for this illusion, you may descend once again and join the carnival and ride the horses on the merry-go-round and eat the cotton candy and laugh and choose to find in your hall of mirrors good and kindly images.

How do you choose to see yourself in your illusion? It is your choice. We do not deny any of those things which are negative, seen against the positive standard of a healthy, smiling, vibrant evolution. We do not deny hate or death or jealousy, pain or anguish or loss. We only say to you that they are a part of that which is an illusion and that at the heart of each of these things is a transformation which is so positive that joy leaps from every tear that we may shed in the learning of these lessons.

Therefore, whatever face you see, it is your choice. Put your name to it and do not let world opinion of any type or degree sway you, for you can be a messenger of light, and you may give that message to anyone whose path intersects yours simply by seeing that other self as the Creator. We ask that you begin always by attempting to gain a true reflection of yourself, for it is only when the carnival-goer is lifted from the hall of mirrors that the mirrors become part of a manageable, reasonable, and loving consciousness.

This day has the carnival become a bit hectic? Do you wish more for yourself? Very well, then, my friends, begin that process by forgiving yourself utterly, by loving yourself most dearly, and by lifting

yourself through meditation to the light. What consolation there is in that light! What healing there is in that love!

WORDS

Latwii, March 27, 1983

There is some merit in all words and concepts wherever they originate, and there is some misdirection in each as well, for the nature of the word is to limit that which is limitless.

WHEN DIFFICULTY SURROUNDS YOU

Latwii, May 8, 1983

Though the survival of the positive, service-to-others polarity becomes more difficult when surrounded by increasing negative influences, we may reaffirm that it is indeed possible and even probable that such survival may be enjoyed by those who seek the light and love of the One Creator in the positive sense. Remember that you inhabit an illusion. What seems to be one thing may be another. What seems to be the negative polarity surrounding an entity may also be your opportunity for finding the positive aspect of the same catalyst.

To remember that you inhabit an illusion is most helpful. If from time to time you forget and believe that what surrounds you is real, then you are more likely to respond in an illusory manner, shall we say, playing by the rules of a game which is not real. This, of course, intensifies the catalyst for the entity so entrapped until, by the trauma of its own experience, the entity is brought to the realization that there is much more to what is true, good, and beautiful than what it had previously imagined.

May we now move to another aspect of the catalyst which seems negative. All of your creation and all of any creation is based upon an illusion: the illusion of separation. It would seem to one observing creation that certain things, in fact, all things exist apart from each other. Yet, are not all one? Therefore, as you face the catalyst of your daily round of experience, remember that each portion of the creation, though an illusion, also contains the love of the One Creator. Your mission is to find that love. This is the work of the adept, for it requires that which has the magical or metaphysical power of transformation. As you look at what seems to be negative, look for the

Creator. The Creator is there. Look for love. Love is there.

If you can find that love, that light, the One Creator within the situation and within yourself, then you, as Creator, may speak to that situation which also is the Creator, and it may be transformed by your recognition of it as the Creator. This is not an easy path, nor was it meant to be. The burden of your journey weighs heavy, yet the strength that you gain grows daily. You shall seem the fool to many. And so shall you be. For the fool knows that it inhabits an illusion and seeks to become one with that from which many would run. Thus is the way of the fool, running in the opposite direction towards the difficulty, for to a fool, no difficulty is seen.

BLESSINGS

Hatonn, May 1, 1983

There is no one who desires to hear our thoughts who is not paramount in our blessings, our affection, and our thanks. For only in serving you are we served. This is our method of learning about the Creator. We learn from you and we are infinitely grateful for the opportunity you provide. As always, we caution you to toss away those things which do not make sense and to keep that which is helpful, for we speak with the same inadequate tongue as any being. However, we have the great fortune of speaking to the Creator, and we salute each of you. We too are the same Creator. We leave you upon the winds of time and change. We leave you in your illusion, that marvelous prison which you have selected in order that you may learn how to escape. We leave you in the love and the light of the Infinite Creator. I am Hatonn. Adonai. Vasu. Borragus.

NOTES TO OUR READERS

OOPS! We skipped the number 8 and misnumbered our last LIGHT/LINES #9. There is no LIGHT/LINES #8. Sorry. FINAL REMINDER: we are cleaning out our mailing list. If you wish to continue receiving LIGHT/LINES please send us a postcard and tell us.

IMPORTANT NOTICE: THE LAW OF ONE, Book One, is now available from The Donning Company, Norfolk, VA., but their title is THE RA MATERIAL by Elkins, Rueckert, and McCarty. It contains a new, 20,000-word introduction and 16

photographs. This 5 1/2" by 8 1/2" trade paperback, hopefully, will be stocked in many bookstores in the near future. You could help increase its distribution by visiting your local bookstores and informing them of your interest in the book. Any aid of this type would be greatly appreciated.

Book Five of THE LAW OF ONE will be quite long in preparation since the Questioner's employment, which provides most of the financial support for our work, is also now taking much more of his time and energy. Some major changes will be necessary before we can get back to RA sessions. Thank you to those who have transcribed tapes from our Sunday night meditations that make up this newsletter. The backlog is gone. We'll keep your names on file should we "back up" again. Our COLORING BOOK is still being drawn. Let's hope for publication this summer. ❁

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

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SUMMER 1984, NUMBER II

THE THOUGHT OF LOVE

Latwii, April 15, 1982

Many of your people think about love as an activity or an action. Love can manifest in many ways, and in a clear and conscious person the manifestations of love are clear and unmistakable. However, that is not love; that is a reflection of love. No matter how beautiful the action or how admirable the act, actions are not love but merely a reflection or a manifestation of the power of love.

Love is the force of the Logos, the thought of creation. It is almost impossible to conceive a thought powerful enough to create this infinite universe. Yet such a thought exists, and you are that thought. We do not say that you have been stamped out of a mold although all of you are love, for you have fashioned yourselves as channels, as vases to hold and offer the delicate flavor of love. Such are you: each different, each complex, each still unmanifested as a perfect part of love. As you attempt to manifest love never chide yourself because of actions but only because you may have forgotten to allow your being to fill itself with the unquenchable love within you.

WHEN DOES THE JOURNEY END?

Hatonn, May 1, 1983

We shall examine the assumptions which each seeker makes concerning the quality of his or her communication with other beings. Perhaps the primary assumption, my friends, is that you must have ambition to seek and to grasp that which it is you wish to know and, therefore, that which you

wish to communicate. You wish to take upon yourself the essence and the meaning of love. Although it is written in your holy work, the Bible, "Seek and ye shall find; ask and you shall be answered; knock and it shall be opened;" there is a point at which the seeking with the conscious self as ambitious seeker ceases to make metaphysical sense and, indeed, becomes counterproductive to the serious student. Therefore, you seem to be upon the horns of a dilemma. You must seek in order to be a seeker; you must have ambition; you must grasp and reach ever further than you will find. And yet in order to fully be a seeker, there is that point at which such grasping and seeking is a negative or unhelpful method of being and of transmitting your being through communication to others. The cause of this is the very nature of taking.

Examine the nature of those who take. It may all be done in the most noble spirit. But do you wish for yourself that you may become somehow glorious as the Creator is glorious? Do you seek in your relationship to be someone to whom that other person may look with respect? Do you seek somehow the glory of that great wisdom which is love? In all that you do in your occupations, in your preoccupation and your hobbies, do you seek somehow to make an impression, to take and build, to grasp a reputation or an opinion from yourself or from others? Do you even have a fantasy that you might one day experience the glory that is your birthright? We would be surprised if there were any who could answer, "Nay." For it is the nature of those who labor diligently to attach importance to the tasks and to wish for results.

But the first rule of communication is that there is no taking but only giving. Therefore, in the process of communication, you must give all that you have away. Is your difficulty that of a relationship? Then you must give that relationship completely away. You must lose everything so that you have no stakes in the outcome of the relationship. There are no impressions to be made. There is no grasping for meaning. You are simply there to listen and to give with no possible loss. You may apply this to any of the areas of your illusion. Any reputation that you have, any pride, any thoughts that you wish to be of more service—but the structure of your environment must first change—need to be left behind. For you who have anything at stake have too much to lose to communicate love.

Is there any thing, any possession of mind or body that you fear to lose? In your mind let it go. Release it and bid it farewell. You will be bidding farewell constantly. For this process of amalgamating to the self those things which seem useful is continuous to the student. And in the process of communication, each thing must be given up. For only in the full light of compassion which has no stake and nothing to lose can you truly hear the voice of another being who speaks. You may do many things, my friends, in your attempt to experience the oneness of all creation. And each thing that you do is fine and wonderful and worthy. But the glory is not within the attempts, but within the realization, which comes to those who have given up all things, that all is the Creator. You may give away everything and for the first time experience true plenty. In fact, until you give away all things, you will not experience plenty. You will not communicate love without significant distortion.

Each entity has a unique way of expressing itself. For you to communicate with one other entity, you must come into a vibratory agreement with that entity's deeper self, not with that entity's words, but with the entity's self. If you have any thing at all at stake, you will not be free to communicate with even one entity. If you are able through meditation to keep the realization fresh that your beingness does not depend upon any thing, but is and has been and will be as it is, then you can begin to experience those gifts given to what that same holy book has called the poor in heart.

We realize that this may be confusing to those who are attempting with a full heart and sincere purpose to seek the One Infinite Creator. For there is a great deal of intention and purpose needed to set one's feet upon the path and to keep one's feet moving, to pick one's self up when one falls, to open one's self to the comfort of meditation when one does not even feel worthy of such a state of being. But each of you is already full of purpose, full of desire, and seriously seeking. Therefore, the balance is necessary. You seek for yourself and then you give what you have sought back to the Infinite Creator. You can lose nothing. You can gain nothing. You are always on this journey. You are always on the brink of an utterly indescribable joy. Therefore, my friends, let your hearts be light and your voices merry and never feel that you have reached the last resort as you communicate. Simply remember that whatever it is that you are holding in your hands or in your heart or in your mind can be safely given away. That is how one loves: by action. You are blessed with infinity. Whatever you give away is yours again in infinite supply.

We ask that you come out of mediation with a thought for the joy of giving. Imagine how surprised a burglar would be if he came in your house and you said, "My friend, my brother, take all that I have. Take my shoes. I have more." Such an attitude can convey more to one who needs to speak with you than all the fine speeches in the world. Whoever is performing has a mask beneath which lie the eyes of the Creator. Communicate with that Creator and cease not to meditate in order that your contact with infinite love may always be free flowing so that you may touch it and it may touch others.

WHOM DO YOU SEE?

Oxal, January 23, 1983

Stars look down upon you as you rest in sleep and a deep and gentle rain falls and in the middle of that slumber, one of your telephones awakens you with its insistent sound. One asks you to remove yourself from comfort, place yourself in the rain, and drive one of your vehicles some miles to where this one is stranded. This one is your sweetheart, your beloved, the sun of your waking hours, the dream of your sleep, and you do not feel the rain and the miles cannot go by quickly enough. This one is an

acquaintance, an annoyance, and it is all that you can do to refrain from saying, "No."

You stand by the well in a hot and arid land and you hold a dipper of water, precious in a dry land. The well is deep and it costs great effort to get each drop of water from deep beneath the sandy ground. One comes to you travel-stained and weary and asks for water. This one is the Messiah and you gladly give what you have earned with such hardship. This one is a stranger whose looks are alien and whose ways are not your own, and you hand him an empty dipper and go away.

You get into a boat to cross a river. The water flows. The other side will calm your thoughts which rest upon the affairs of your world. The one who guides your boat is Gautama Buddha, and you gaze in wonder upon the water itself, the farther shore forgotten in the miracle of the present moment. The one who guides your boat is a man with a stubbled beard, jersey clothes, and your gaze once again turns to the far shore.

It is an interesting illusion you live in, my friends. Whom do you see? To whom do you react? What is the nature of your brother, your sister, yourself? If you look upon each surface, you shall always find the mundane. If you find love, then you rush to acknowledge it. If you find the perfection of him at the well who can give you greater water than that of this illusion, you will give all that you have in order to associate with the giver of such great wealth. This incident was written in that book which you call the Bible, the one known as Jesus saying, "I have water. I am not thirsty. I can give you water that will allow you never to thirst again."

There are those who help you in your life, those who steer your boat, and you gaze at the shore, not at the one who plies the oars. But is that one not perfection? You know the name called Buddha, but what does this name represent? A man who has found the moment: it is so. Each of you can feel the greatest amount of desire for a sweetheart, for a teacher, for one who is enlightened, and yet all, beginning with yourself, have these aspects at the core of beingness that creates each entity. Whom do you wish to delete from those who are perfect? You cannot delete even one, not even one who freezes this night, drunken and penniless, not even one who fattens himself upon power in its dishonest use, not

even one who has stolen all that he has, not even one who cannot recognize reality, not even yourself.

The night is full of stars and we speak as if from a great distance from beyond those stars. We weave a web of inspiration, but we are fools and we speak to the foolish. For if we were truly wise, we would not be speaking. We would be existing in unity with all. This we are not doing. We are attempting to learn wisdom. And so we are aware. Are you? It is the attempt of a fool to see perfection in the illusion. Yet it is the responsibility of the seeker to be a fool. For those who are wise in your world will live out their wisdom and it shall be buried with their bones. There is no one, no entity at all, that is not absolutely necessary for the wholeness of the universe. Each portion of the creation is utterly desirable. The next entity who seeks money from you upon the sidewalk is Buddha, Christ, your sweetheart. How fast will you run to aid him? What drink will you gain from him that will let you never thirst again? What priceless present moment can you find with a derelict?

I am Oxal. I leave you within the illusion, knowing that you are at least looking through the bars of this prison you have chosen. You have chosen this prison, this illusion, just so that you, yourself, may find perfection, reality, the ideal that is so obviously not there. We are with you and leave this instrument, blessing each, for to be foolish in the seeking of an ideal is divine folly. Seek carefully and with love. In that love we leave you and in that light we cannot help but leave you. We are Oxal. Adonai, my friends. Adonai. Vasu. Borragus.

NOTES TO OUR READERS

We are happy to announce that our COLORING BOOK for kids (of all ages) is ready to order. Its 30 illustrations were done this spring, and they sensitively and affectionately tell the story channeled to our group in 1976 by Hatonn, "What Is Love"

We are also very happy to be able to offer a musical album, THE JOURNEY. The words are by Carla Rueckert, and the music is by her brother, Tommy. It is an expression of the seeker's path as seen from Carla's and Tommy's Christian mystical point of view. We never set prices on any L/L Research materials, but since another group is responsible for producing this album, we will mention that production costs are about \$8.00 per album. As

always, any amount of donation which is comfortable to you is acceptable to us.

Once again we want to mention that Book One of THE LAW OF ONE is available from The Donning Company of Norfolk, VA. under the title, THE RA MATERIAL, with Elkins, Rueckert, and McCarty listed as authors. Any help you could be in getting your local bookstores to carry it would be greatly appreciated. THANK YOU. ✨

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FALL 1984, NUMBER 12

THE CRYSTAL BEING

Hatonn, November 9, 1980

If you can picture with me the formation of mineral crystals, you will be aware that there is a great deal of rock that is not at all crystallized and is, therefore, relatively insensitive to delicate vibrations. This is analogous to a large portion of the peoples of your planet, who feel the new vibrations of what you may well call the Golden Age, but whose crystallization of purpose or intent in seeking the path of truth and the love of the Creator is so truncated that it does not matter to them. They go about their business and lead the lives that they would lead, their relationships being guided almost entirely by their needs for procreation, companionship, and financial aid. This governs the relationships of most of those among your peoples. When these conditions are not met: when finances are inadequate, when the procreative instinct of one does not suit the other, or when the need of companionship is not agreeable to both, then this type of union will cease.

There are seeded among your peoples more crystallized souls or spirits who are much more oriented towards reflecting and refracting the light and the love of the Creator. These are people of magnetism and illumination to some degree or another and are committed, each in his or her own way, to the path of righteousness, as this instrument would call it. However, it is the nature of most crystals to be flawed. And the delicate vibrations of the Golden Age are such that each crystal will begin to disintegrate to a certain extent along the flawed line. It is within the free will of each of these entities to rebuild his or her crystallized self in such a

manner that the flaw no longer exists. However, this is extremely painful. It is much more common for the individual not totally understanding the purification that he or she is going through to blame the pain of transformation upon those nearest the entity. Thus many who are undergoing personal and individual purifications in order to become more purely crystallized and free of flaws on the path to what you would call mastery, are interpreting this pain as having to do with a relationship rather than recognizing that the problem is completely personal and is no reflection upon any partner, child, or situation. This is the great contributing cause to the many seemingly synchronous relationship difficulties that you are now observing and, indeed, experiencing.

WHO ARE YOU?

Yadda, June 24, 1984

I am Yadda. I am requested by this instrument to greet you in the name of love and light of Creator. We do. We have had some time here challenging, this instrument challenging us in the name of Christ. We say, "Challenge us any way you like. All Creator. How about Buddha?" She say, "No. Christ." We say, "Okay." We greet you love and light of Creator.

We Yadda. We come because call. Not usually speak to groups of this kind. Very honored to be called and only called because request of "Who are you?" That is question: "Who are you?" We say to you, you are not anything like you think you are. You are not what you do. You are not nine o'clock, ten o'clock, eleven o'clock, twelve o'clock. You must remove from yourself ideas this kind. Not help you.

There is intense seeking in this group to know who you are. Remove from yourself all your clothing, your name, your nationality, your society, your neighborhood, your wife, your kiddies, and your golf cart—all gone. Now, who are you? We are not taking away from you; we wait for you to add to yourself the Creator.

You have heard of the masters. Do you think people become masters because they do not know who they are? Do you think you can take course to find out who you are or any kind of teaching? Not so. Not so, my children. Move along to a clearer perception of who you are. This is fundamental question which you must answer in order to do work. If you have machinery, you got to plug it in; you got to know amperage and voltage; you got to have right plug, male/female. You got gasoline engine, you got to know it's gasoline; you got kerosene, you got to know the fuel. Now you are a spiritual engine. You were made to do work. What is your fuel? Who are you?

We thank you for calling us, and we thank this instrument also for the challenging. Although we find the insistence upon Christ somewhat naive, we also feel it to be essential and recommend the practice in some form that is workable to each who does work in channeling. Never receive without the tuning and the challenging. Otherwise you get pretty strange programs. No need to confuse you.

I am Yadda. We suggest to this instrument that it do research. There has been this contact before. Not to this group. We leave you in the love and in the light of the One that is. Adonai. Adonai.

YOUR SPIRITUAL EYE

Hatonn, August 22, 1982

My friends, your entire people and their culture have a marked tendency toward the appreciation of convenience and quickness in all things, and this tendency to expect and look for a convenient spiritual journey is a natural outgrowth of your culture. Your peoples set aside certain places, certain occasions, and certain entities to image and mirror more conveniently the presence of the One Creator in manifestation within this illusion, and this is indeed a good thing. For many are the times that each of you may need that place, that occasion, or that entity to aid you in your journey. But we take this opportunity to spread out before you the scroll

of life and to say to you: if your spiritual life is comfortable, you are not filling your scroll with the essence of your spirit, but instead are leaving great gaps where the spirit is not entering.

What portions of your lives have you allowed to bear no searching glance from your spiritual eye? In each case we are aware that these gaps are many and that the reasons for them are overwhelming, for your illusion is indeed a difficult one. But each place where the spirit is not is a missed opportunity for learning and for radiating the love and the light of the One Creator, and for appreciating the thoroughness and the unity of that one great original thought of life. It is the nature of your physical manifestation that you shall seek comfort, and for us to ask you actively to seek discomfort could scarcely be called a bid for popularity. Nor do we suggest that a life lived in constant consciousness of the Creator is not joyful. We suggest only that in order to grow in that life as you wish to do and to learn those things which you have come into this sphere to learn, it is necessary to cultivate that divine discomfort which is called inward seeking.

Perhaps the greatest aid that you can be to any entity is to continue in all ways to seek, at whatever cost, the path of love and service to others. Your mistakes will be myriad, for the illusion guarantees misunderstanding. The moments in which you lack confidence will be many, for no entity can hope to see through your illusion more than imperfectly.

And yet, if you are willing to take upon yourself what seems to be the greatest burden that we could describe to you—the burden of yourself—if you take it well, thoroughly and truly, you shall find an ever-expanding experience, an ever-further-reaching journey of seeking. It is not within our grasp to express to you the joy, the freedom, the bliss and the peace of total commitment to seeking. And to ask that is to ask far more than any may accomplish in one incarnation. But we recommend the attempt, for the merest shadow of such an attempt has a stature that is great among your peoples.

In your meditations, if you wish, we shall be with you, as always. But know, also, that there is another great being with you. There is a portion of the Creator with you which has been perfect and whole and wise since the beginning of creation. That being is you. For each of you is part of One Infinite and perfect Creator. Seek that aid and then as you come

out of meditation, as you live your life, call from that meditation not merely comfort, but strength, strength to delight, and to be overjoyed, and to bless all those about you, all that you see and all that are you.

In your holy works it is written that when the one known as Jesus told his disciples what was expected of them, many, being unequal to such a great charge, left this teacher, never to return. It is written that the one known as Jesus asked the one known as Peter, "Will you also leave me?" And the one known as Peter replied, "I have no choice. Yours is the only voice that speaks of the spirit and of life."

We cannot urge upon you any ethic, any conditions, or any thoughts that are not yours, borne within you and truly thought by you. But we do wish to inspire not only the realization of the enormous comfort and healing and protection of the Creator but also the stringent challenge that a life as a disciple of the Truth shall offer. Take you this challenge, then, my friends?

YOUR LIGHT

Oxal, June 22, 1980

We speak of a simple truth and we would express it to you by saying that to serve the Creator is perfect freedom. This is a universe of love. The entities upon your sphere, being co-creators, have distorted that love in many ways. But if you can look about you to see the world the Creator has made for you, you can learn the lessons of love, of service to others that we bring to you.

The sun that rules your daytime and shines upon you so abundantly at this time of your planet's travel about that sun offers its nearly infinite supply of light in service to all who dwell upon this planet that you call earth. Without it your ability to survive would be negative for you are creatures developed in your physical vehicles to be adapted to that which the sun can give: its warmth and the life that it brings to plants, the evaporation that it gives to water so that there may be rain. Even your nights are illuminated by the reflection of the light of the sun. There is a darkness that exists in your density in order that you may understand the light. As it has been written in one of your holy works, light may come into a dark world and the world may not comprehend it, but still it exists. The light of which we speak is love. For when we of the Confederation

greet you in light and love we are saying the two manifestations of the one thing that animates all of creation.

And what is your role as you bear witness to a world of duality, darkness and light? For those of you who seek to know the truth, your role is one of seeking the light. For in the light is unity. In the light is love. And these things speak to the inner self of a deeper reality. It is true that some seek the dark and separate themselves from the rest of your kind and attempt to gain power over others of their kind. There is indeed power in darkness. The power that is in love, the power that is in light, is like the flaming wheel that moves eternally, unifying all those who seek its wisdom and its warmth. It is necessary that you gain first-hand knowledge of this light and this love through meditation or prayer. It is not enough that you study, for study will not bear fruit without the catalyst of understanding. And spiritual understanding comes in silence.

Seek, then, within yourself that spark of the infinite love and light of the Creator and then we ask you to make the giant step, to cease being observers of your own light, and to speak, when asked, of those things in which you may believe. We do not ask you to volunteer information or to press thoughts and ideas upon people who may not request these concepts, for each student is ready in his or her own time. But when you are asked, be courageous and speak of those things which are within you, bearing witness to the light in your own way and with your own words. For the kingdom which is called heaven by many on your planet is within you. And as you manifest it in your love, light begins to shine from you, and your being begins to touch those who may need you.

This is the kindest service that you can perform for your fellow beings. So be aware when someone asks for your aid and plant the seed of thought where you may. It does not matter whether or not you may think that they have borne fruit for that is not within your provenance. It matters only that you have been true to the understanding that you now possess, just as we are true to the understanding that we now possess in sharing our thoughts with you.

SERVICE

Hatonn, June 24, 1984

Ah, my friends, to say, “We are one,” is to repeat ourselves. To spend some time each day within the vastness of infinity, within your own inner quiet, is most highly recommended for those who wish to pursue the least powerful and the most powerful of all powers: the truth. We remind you that that which we give you is our experience and our opinion. In your life and your thoughts, use those things which we have said which may inspire, but quickly discard those things which do not seem proper, for we would not be a stumbling block to you but only an aid as we gain in service by being able to serve you. We thank you for the opportunity to polarize in service to others. It is our great delight. We leave you in the love and the light of the Infinite Creator. We are those of Hatonn. Adonai, my friends.

NOTES TO OUR READERS

Our great thanks to everyone who has helped his/her local bookstore to carry THE RA MATERIAL. If anyone's bookstore has had difficulty getting THE RA MATERIAL from The Donning Company in Norfolk, VA—as we understand some have—please let us know the details.

Our next newsletter won't be put out until Christmas, so keep this order form handy. Our Coloring Book is a good alternative for children, we hope, and you may find our tape and record to be appropriate gifts also.

We did as Yadda suggested, and our research revealed that another contact from Yadda was recorded in a book called THE MAGIC BAG by Mark Probert in the 1950s.

It may be of interest to know that the message in this newsletter, “Your Spiritual Eye,” was channeled by Hatonn immediately after our group had conducted a baptism for a new baby and its parents. ✨

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WINTER 1984/85, NUMBER 13

IN MEMORIAM

This issue of LIGHT/LINES is dedicated to Don Elkins, our beloved friend and Questioner for the Ra contact. After nearly a year of declining health, Don died on November 7, 1984. Don's light has lit, and will continue to illumine, many seekers' paths, and our gratitude goes to him as we fold him in light and bid him farewell, and to each who may wish to join us in sending love and light to Don via prayer, visualization, or meditation.

Don's death ends the Ra contact for the immediately foreseeable future as it was the harmonized blend of the three of us that allowed Ra to speak through our instrument. His illness prevented Book Five of THE LAW OF ONE from progressing beyond one session. At a future time we may collect and publish previously unpublished material that readers could use for personal growth, but we shall not accept donations for that final book of THE LAW OF ONE until it is available.

We have placed Don's ashes beneath a yew tree in the back corner of our yard, next to the garden. We hope to make a simple meditation area there with a small fountain, benches, flowers, and shrubs. We would ask that no flowers be sent but that expressions of sympathy take the form of a donation or visualization to aid the construction of the meditation garden. All donations are tax-deductible.

The following message from Hatonn of the Confederation of Planets in Service to the One Infinite Creator was telepathically transmitted during our first regularly scheduled Sunday night meditation since Don's death.

Hatonn, November 11, 1984

I am Hatonn. I greet you in the love and in the light of our Infinite Creator, whom we serve with all of our being. It is an immense privilege to be called to this group this evening. We, ourselves, have never had anything to tell you. For we in our turn are channels for that which is beyond our own frail understanding. That which we offer to you is offered through us and only then through this channel. We can speak from no certainty, nor do we wish you to bear our words as a weighty burden, listening to each word and pondering the meanings that may not seem accessible or acceptable to you at this time.

With our thanks and our disclaimer aside, we would speak to you about a fair, a grand and glorious carnival, a bazaar in which all of the merchants display their wares and thousands come to try their luck and to view the excellence that people have made with their hands and above all to rejoice in the feeling of being, part of a happy crowd. In a deep sense, this is part of the motivation for those who incarnate consciously and purposively upon the earth plane of your third density. You may have many lifetimes, but when you are not within a physical vehicle, it is impossible to remember that the carnival flags can flutter dimly, slowly and sadly, that pennants may be marred and broken and that the machinery that governs the merry-go-rounds, the ferris wheels and all the rides may not always work. As in many, many things it looks easier in the mind to live an incarnation and to learn the lessons you set for yourself than it is to accomplish the plan you have made. Many of you are ambitious, and your life's plans have already caused you to

experience a great deal of what you would call pain, anguish, suffering, disappointment, and confusion.

Let us stroll together out from the fair onto the street. It is a dark night. The fair is held in a poor section of the city. The chill in the air causes those who have no homes to bundle up against the cold in whatever they may have. You may find someone lying upon the sidewalk, lost in his drink or other intoxication. Shall you sit down and talk to the Creator now, or shall you pass him by? Shall you go back into the carnival and ride and wave your pennants and your flags and your prizes? It is a choice you make, my friends, each day in one way or another. For if you are open to hear the cries of those about you, you will rapidly become aware that there is no day in which the poor, the hungry, the homeless, and the spiritually wasted are not crying out to you personally. And so you have a brightly lit carnival, and as you stroll through the gates you find a dark carnival. Instead of fine clothes, you have the hand-fashioned rags of the hobo. Instead of the many rides, you have that liquor which intoxicates, or that medicine which is used for oblivion rather than amusement. And what shall you do to be of service?

There was one among you whom you know as a teacher, Jesus, the Christ. This teacher chose the darker circus. Those to whom he reached for discipleship were poor folk indeed: a prostitute, a tax collector, a persecutor and reviler. And yet he walked into the circus with the bright and shining lights, the gaudy displays, the metaphysical rides. He got upon the merry-go-round and rode the ferris wheel with those whose lives were bound up in that experience. Nor did he condemn any who so chose to live a life of gratitude and experiential gladness. He spoke in temples. His instructions were based upon a hard rule called the law and all he did that was different from other teachers within this comfortable world in which the flags flew and waved so prettily was that he pointed out that the heart is more important than the law. Then he would walk forth into the streets and lift those from the gutter and pavement. Of the many, many stories that are narrated within your holy works, the one to which we would draw your attention is that one wherein the marriage couple awaits the guests for the great feast. When all do not show up, when seats remain empty, this teacher's instructions are simple: Go out into the streets and

gather all that you can find, and yet if they have not wedding garments, they may not come.

We are aware that you have been pulled from your carnival, your gaiety, and your joy to witness one who suffered and to wonder, "Why? What can I do?" We must leave that question with you. For this entity experienced both fairs, the light and the dark. Like most of you, he contributed all that he knew how to contribute. Like most of you, he became faced with a difficulty. Shall we then condemn those who lie in the gutter because we have not given them bread? Shall we remove courage and dignity from the infinite and eternal spirit of one who joined the darker carnival? It is your choice, my friends, and your polarity will surely be affected because of this choice. Far too much has been said about the virtue of caring for the underprivileged who find themselves in darkness. Far too little has been done. When is a spirit not worthy to be fed? When is nobility cut off from the loving kindness of the Creator?

You are on a long voyage. The carnival shall end for you, as it has for others, in your physical death and yet you as spirit shall be free to move ahead to your next experience. One thing only shall be required of you and that is that you shall review this experience. We ask you both to be easy upon yourselves and to be honest with yourselves. What has lain before you this day which you have not done to help another? What discipline of learning have you not sought because of pressing considerations that shall not survive your death? How can you be of service? This instrument once composed a short article in which this instrument envisioned the teacher known as Jesus coming back into the inner cities. "He would sit down in the gutter," wrote this instrument, "and take his peanut butter sandwich and break it and it would be food enough for all who came to touch his consciousness with their own." Your daily bread is but a symbol, my friends, and we ask you to consider again and again the value of the allegorical and symbolical nature of what seems to be reality. Draw back and take the viewpoint of the eternal present. How can you love each other? How can you listen? How can you accept? How can you offer freedom to those who are wearing another piece of clothing, another physical vehicle?

We wish to encourage you to live in the realization that you shall leave this caravan of booths and prizes,

rides and thrills, and you shall once again have a larger viewpoint. This is your chance. You have given it to yourself and you undoubtedly feel at this time that you have perhaps bitten off more than you can chew in terms of processing the catalyst of your life so that you may be a true channel of love and of light and of service. Of course you have, my friends. This is the essence of the learning of the lessons of love: to take more than you can chew, and then to pray your way, to meditate your way, to contemplate, analyze, and cling to your way until strength is given you—not from yourself, but through yourself.

There are many kinds of courage. May we say that you have witnessed one kind. In this instance which is extreme and extraordinary, the one known as Don exhibited a courage most difficult to express. This entity had a wish to protect those about him and so he did. Many things that you do will also be misunderstood, though less drastic. We urge you to do that which you feel to do, asking only that you center yourself daily in meditation and ground yourself in service to others. Let the flags fly; cheer the band on; ride your rides. Be exhilarated and share the joy of consciousness. And when you walk out into the darkness of a cold and rainy street know that this too is a carnival full of joy and mystery, and find yourself behind the carnival masks that you may see in the gutter just as you please yourself by seeing yourself as the graceful participants of a circus. If all things can become one to you, then you can become one with all things and you shall have learned the greatest lesson, and you may turn to all those whom you meet and say, "I shall meet you in paradise." For the realization of that oneness is the most powerful realization in third density.

Rejoice, therefore, and love one another. Celebrate with one another. Share that which you have and that which you feel, and look when you walk out into the sleet, the cold, the frost, and the stench of a hobo's fire on a bad weather night. Offer your jacket, your hat, your food, your substance insofar as you are able, with a gladness of heart and a singleness of mind. See the Creator and so shall the Creator see you.

We give thanksgiving and we praise each of you. May your hearts rejoice and be merry, for you are yet able to love and be loved, to care and to accept nurturing, to reach out and to enfold, to experience,

in short, the carnival of third-density illusion—that grand illusion with many, many mirrors, all of which give you a distorted picture of the One Original Thought. Meditate, my friends, and allow the distortions to fall away.

I am known to you as Hatonn. I leave you in the love and the light of our Infinite Creator. Remember always that your peanut butter sandwiches, like fishes and loaves, are in infinite supply for those who wish never to hunger again. Break them and give them, for it is an infinite universe. Adonai, my friends. Adonai. Adonai. I am Hatonn.

The following paragraph is taken from Ra Session #104, July 27, 1983. It was read at Don's memorial service as we felt it to be a fitting tribute to Don and his life's work.

"I am Ra. We leave you in appreciation of the circumstances of the great illusion in which you now choose to play the pipe and timbrel and move in rhythm. We are also players upon a stage. The stage changes. The acts ring down. The lights come up once again. And throughout the grand illusion, and the following, and the following, there is the undergirding majesty of the One Infinite Creator. All is well. Nothing is lost. Go forth rejoicing in the love and the light, the peace and the power of the One Infinite Creator. I am Ra. Adonai."

NOTES TO OUR READERS

THE JOURNEY, an album of music expressing the seeker's quest from the Christian mystic's point of view, is now available on cassette tape only. The words are by Carla Rueckert, and the music is by her brother, Tommy.

Also from Carla and Tommy, just for Christmas, we have JENNY, a cassette of the musical story of a Christmas tree angel who came to life. As a live performance it lacks the polish of THE JOURNEY, but it is proof positive against Christmas melancholy.

We would like to invite anyone in the Louisville area interested in telepathic channeling meditations to attend our regular Sunday night meditations. Just write us at the address below, and we will send you directions and particulars. If you would like a tax receipt for your 1984 donations to L/L Research, just check that space on the order blank and we'll send one right on to you.

Thank you all so much for your love and light this past year. It has truly lifted us up. May that blessing return to you a hundredfold in the new year. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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www.llresearch.org

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SPRING 1985, NUMBER 14

SPIRITUAL GOLD

Latwii, August 5, 1984

We would suggest that the spiritual treasures which may be gained in your illusion are very infrequently gained in a conscious manner. The conscious assessment of spiritual progress is an attempt which is most futile, for within your illusion, the treasures of the One Creator are hidden beneath what may be called the veil of forgetting. And as you move through the illusion and encounter those situations which are yours to encounter, you shall deal with them in one manner or another and shall consciously register the effects within your mind and shall count the gain and note the loss and shall feel satisfaction or dismay.

But in truth, that which has been gained of a spiritual nature has eluded the notice of the conscious mind. It is as the merchant who buys and sells his goods, stores in his vault the gold of trade, and measures his success by the gold, its purity and weight. But when the day finally comes that this entity passes from this incarnation and reads his own book of life, he will find that it was not the gold that was stored, not its purity, nor its weight that is of importance in his life. Yet it was the manner in which the transactions were conducted with the other selves: the love that was given, the love that was received.

It is so with the life of each. Each counts the spiritual gold by the definition which each provides for the self. Yet, as you move within an illusion, so is the description of spiritual gold most illusory. That which is of true value, in the metaphysical sense, is

indeed stored up within your being but is of a nature which is quite beyond description and beyond your comprehension, for it is not an illusion of comprehension in which you move. There is nothing which is understood completely or even in a small degree. You move within an illusion which requires faith and the will to move. You move in what might be called a darkness of being, seeking the small slivers of light. And it is within the heart of your being that such seeking is motivated and recorded in its true sense.

TRANSFORMATION

Hatonn, April 15, 1979

Within this channel's mind there is a quote from a poet. It goes like this: "April is the cruelest month, breeding lilacs out of the dead ground." We would like for you to ponder those words, for you must take all things personally if you would find their inner meaning. Rather than skimming the surface of the meaning, be shameless and make those things which are general specifically about yourself and see what applies.

What is the dead ground in your life? Perhaps you know the answer to that already. Perhaps there is all too much of it: the familiar, the simple, and the easy—those things which are concerned only with the transitory experience which began when you first drew breath in a chemical vehicle on planet Earth and which will end when your last breath is expelled in this experience. In the illusion this is called life, this breathing. But in reality the experience itself is without life. And yet, my friends, you are here, and it is a precious and unusual thing that you are.

Many are the souls who have wished at this time to draw breath upon your planet and experience that which is occurring, upon your planet at this time, for that which is occurring is a chance, just as a change in your seasons may be called a change. You may generalize and say, "Why, spring is the same as winter; it is the same earth; it is the same trees." But the transformations are remarkable. Out of the dead ground there grow new things that are alive, and those that blossom and bloom. That which was skeletal and brown and bare becomes lovely, bursting with life and hope and promise, and so is your life at this tiny point which is the present.

And why is this a cruel process? Why is April the cruelest month? Why is change difficult? Let us move our vision to another story that has held the interest of many for 2,000 years. It is the story of a Master among your men, called Jesus, who was taken to a tree and thereupon fixed until he was dead. Does that not seem cruel, my friends?

You are in the midst of that which is cruel. Cruelty is a part of change. Pain is the price of growth. When the one known to you as Jesus was lifted gently from that tree, he was dead, and yet it is this holiday that you now celebrate on which he blossomed into that which was—not transient—but alive, conscious, and loving.

Flowers are for a season, and many of them are only for a season. They do not regenerate themselves. But you are not flowers. You are seeds which are sown in the dead ground of a chemical body that you may experience the thunder and the lightning, the rain, the snow, and the wind that only a chemical body can give you, for it is in those circumstances that your emotional reactions are intensified—invariably—and it is through this intensification of emotions, it is through this often painful process of emotional reaction and thought and contemplation that you grow that within you which is alive, eternal, and loving.

There is a curious peace to be gained from knowing that you are capable of using those things which are given you, not just those things which are transitorially joyful, but those things which are of transitory pain. This peace, indeed, passes understanding, for it means that in no circumstances are you without propriety, that those things which do not seem to have a purpose do have a purpose, and that purpose is to help you to grow, not in this

life only but in the life that is real, that which extends in the infinite present in the great circle of time and space which is now and here forever.

We have often said to you that the Creator is a Creator of total love, and yet there was a pain in separation when that unity which was the Creator consciously separated Itself into an infinity of individuals. There was a wish that the Creator know Itself and a hope that the Creator might love Itself and, thus, It gave Its parts free will. As you gaze into your brother's eyes you may see the Creator or you may see your brother; it is your choice. Truly, you may love the Creator in your brother and, thus, you love the Creator.

As you see the world of nature about you at this time, you may praise the Creator, or you may choose not to. Each moment you can make of your life as you will. And that, too, is cruel. That is the ultimate responsibility, for it is only the mature and emotionally strong personality who can remember the Creator and recognize the Creator and love Its parts. The good and the bad—so they seem—they are the Creator.

Some parts of the Creator do not know that there is One, that the Creator is he or she and that the definition of both is love. Thus your love of that ignorant brother may be the blessing that helps that brother to know himself for the first time.

How many times have you been in motion today? How many times have you felt the stillness within you that is the Creator—the perfect balance that is the perfect dance of love? This instrument today spent her morning singing hymns to the Creator. "Alleluia, He is risen," she sang. We say to you, "Alleluia, you are risen." Your body is transitory. In meditation, allow that feeling of freedom, of love, of sweet companionship, of peace to soak through your chemical body, to soothe those nerves that have been frayed by the intense emotions of your experience at this level. Let hope come into your heart, for the Creator is forever full of hope. Let love heal that which needs healing in your thoughts; let it touch your pain. The original thought that created you is love. That union can exist again in meditation. This is not an escape, my friends. This is a centering in knowing who you are.

We have heard your discussion this evening, and the conversation that perhaps meditation makes it more difficult to live among your people. Do not let this

be so for you. Let love give you confidence. Let it give you a smile from the heart, Let it give you above all, compassion. Just as the one known as Jesus finished his stay to the bitter end and triumphed over cruelty, take whatever cup is given to you and drink it unafraid. If it is yours, take it. But in meditation ask for the discrimination to know that which is yours and that which is not yours. When you feel that you know, you will be as one that has come forth in the spring, in your own way, beautiful. Think of yourself as nothing less, for you are beautiful, each of you, as beautiful as the Creator, as lovely and as loving.

SPIRITUAL RESPONSIBILITY

Laitos, January 22, 1985

There is a saying among your peoples, "Nothing ventured, nothing gained." This is extraordinarily true of metaphysical work of all kinds. The one who takes no risk is the one who will not advance. The more carefully one guards one's gifts, the less that gift will come to mean and the less good that gift will come to offer. It is as though there were inflation in spiritual gifts so that it is necessary always to attempt more and more regardless of what has gone before. Therefore, one which has little must attempt enough that that little may become a bit more. One which has already had much must attempt a great deal.

The responsibility for spiritual seeking is that eternal upward spiral. Seeking does not end. The road does not end. The journey goes on and on, as far as we know, forever. During that journey you shall meet those who are your companions along the way, those who wish, as you do, to serve, and with them you seek not only the truths that undergird and strengthen your life but also the application of those truths in an ethical manner so that the life experience may be productive, not in the physical sense, but in the spiritual sense. For when we speak of giving of the spiritual gifts, the greatest gift which you give may well be your personality, your character, the way that you are without any effort except that of continually repeating the search for a refinement of the truth.

Whatever the results of these efforts, your own intention will be bright and will shine so that those who see you may see through you to the source of that light that is your greater self, perhaps a self that

you wish that you were but feel that you are not. This is always incorrect. All are perfect, and all is perfect at this moment. That which seems uncontrolled, biased, and quarrelsome among nations is indeed only that which gives balance to the angelic, lovely, kind, compassionate, and saintly actions of other nations and other men and women. Things are not in need of fixing. Each entity is in need of finding and sharing the love of the Infinite Creator.

It is for this reason that all have incarnated. It is for a more specialized type of service that we now gather. And yet the goals are always and ever the same: to be one with the Creator and to be one with your fellow man. Underpinning all of this is the goal of being one with yourself, of affirming yourself, loving yourself, and preparing yourself for the discipline of service to others.

THIS ETERNAL MOMENT

Latwii, April 15, 1982

The journey which you find yourselves upon has no beginning and has no end. You shall encounter experience upon experience within this evolution and after this evolution. As far as we have been able to discern there is nothing but experience within the Creation. It is a fantastic voyage which you find yourselves upon. Be not discouraged by the difficulties which you face. For they are but of the moment and your journey shall have many turns and shall lead you many places. Learn, therefore, to enjoy the moment as it is presented to you and the experiences that are made available to you. For when you consider it, my friends, in the heart of your meditations, you have nothing but the moment and nothing but the experience as you travel on your journey. And it is all one journey, for we are all one being, and we share this voyage. You are not alone. We leave you now in one respect only. In the greater sense we are always together in the love and in the light we share with you in the one creation. We leave you but for the moment. I am Latwii. Adonai.

NOTES TO OUR READERS

We would like to thank everyone who sent cards and letters of sympathy for and donations in the memory of the Questioner for the Ra contact, Don Elkins, who died last November 7th. Many wrote to say that though they had never met Don, they felt as though

they had lost a dear friend, and we know that is true. Let each of us who remains give praise and thanksgiving for knowing Don, either personally or through his questions, for each breath that we draw, and for each opportunity to learn and to serve. It will be an unknown length of time before we consider the possibility of any further contact with those of Ra. In the meantime we shall pursue our Sunday night meditations, the dissemination of the four volumes of THE LAW OF ONE, and healing.

We have a number of readers of our books who are in prison and unable to donate any money because they have none, so we welcome any other readers who would like to sponsor a prisoner's books.

Just for Easter we would like to offer another tape from Carla and Tommy Rueckert: THIS IS THE DAY. Like JENNY, this tape is a performance recording, and is imperfect. It does, however, offer much to the mystical Christian seeker as well as those who love trees. It is a story about a little boy and a small tree who grow up together and who are transformed by their shared experience. Songs and narration tell the story. ❀

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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SUMMER 1985, NUMBER 15

THE FRUITS OF MEDITATION

Oxal, February 10, 1985

The practice of meditation is central and, indeed, for most an absolute necessity for spiritual evolution. Yet it is inevitably painful in that it is a tool whereby realizations occur. One learns about one's Self; one then turns to the self and begins picking at the self, at the past experiences which have been, shall we say, less than perfectly resolved. One becomes tangled within one's own incarnational experiences and judgments about experiences which do not square with those things which meditation is bringing you. Therefore, you may find bitter fruit cropping up among those fruits of meditation. This is an excellent sign and we encourage each to rejoice when a past misalliance of some kind comes to mind as an unbalanced and unfinished piece of business. It is now time to finish the business.

Those who live the life of one who is asleep become increasingly bowed down by the weight of unprocessed experience. That which is childlike begins to leave and the being becomes heavier and heavier. For in truth nothing is ever resolved to the complete and total satisfaction of a judging entity. The appropriate action when one is faced with one's own past is to take the past from the shoulders, to refuse to carry it further but rather to put it down and gaze at it until all is well, until there is no emotional pull or push to this experience. You are then lighter, more childlike, more spontaneous, more open, more joyful, and more ready to be yourself. The great treasure of being that you are must wait for you to unload the package of burdens of your past from you.

In the seeker there will be, again and again, those confrontations with the self in which one judges the self to have fallen short. We may say that when one adds two plus two and writes down the number, five, one has made an error. Later one may erase the error because of new and life-giving knowledge. The problem is then solved correctly, two plus two being four. Once errors are erased, and amends made to the extent possible, the old mistakes are ready to be left in the past. That is all that your past is. My friends, you are carrying around a collection of unsolved but simple arithmetic problems. The answers usually have to do with forgiveness of the self and a willingness to use the eraser. You do not have to live your past. You are responsible for the new life of the present moment. If you have not made amends to another, by all means do so. Usually, however, it is the self that is the great scapegoat. Remove this identity from yourself. You will have to be patient, for you cannot find all that you have done badly by meditating once, twice or a hundred times. The fully realized self is a long time, shall we say, in arriving, especially within your illusion. We ask you simply to remain unflustered and use your eraser, loving your mistakes, loving your perfection and being willing to be accountable for that which you are now, not in the past and not in the future.

To be light of heart, to be joyful and gullible and free is the sign of the child, and it is that small one within you that is the best learner, the best student. You will gain the best perceptions with your child-self. For your child-self is open and trusting, and the universe gives back that which it feels. We encourage you in your meditations. We encourage you in their

deliberate discipline. Daily meditation is most central. We hope that we have been able to speak to the concern of the meditation which brings seeming difficulty. It is giving you good fruit, not bitter. It is only the conscious self which may choose to be bitter rather than to pluck the fruit and cast it aside so that new fruit may be borne in its time.

WHY THE CREATION?

Oxal, January 6, 1985

Within your minds there is always the question: Is there a Creator? It might surprise you to experience the reversal of that question: Is there anything which is created? We say to you that there is that which is created. The next question, is: Why should the Creator of all that there is create that which is thrown apart from the Creator, divided by illusion upon illusion upon illusion, separated by dreams and fantasies and phantasmagoria of all kinds? The answer to that question may be important for you to consider, for within it lies the reason for your being. The ethics of your being lie within other questions. The reason for your being is very simple. You are experiencing, as we are experiencing, consciousness as if we were separate from the Creator. If you look out upon a vast bleak landscape, the skeletons of trees without their leaves standing proudly against the winter sky, the dead leaves scurrying along, blown by a bitter wind, you may have some idea of the creation without the created. All is potential; nothing experiences. The Creator could have simply created beauty according to a pattern of Its own choice. This the Creator did not do.

It is our understanding that our Creator is hungry for that which It cannot Itself will, and that is the fruit that you bear in your experiences. Each day as you go through your life within this density and this experience, you bloom a little; you send out petals of anger, forgiveness, love, kindness, jealousy, and a hunger and thirst for that which is physical and that which is metaphysical. And all these things are to the Creator as flowers, delicate and beautiful, too insubstantial to pluck, but to be watched with great joy. You feel joy and the Creator feels joy; you feel hope and the Creator hopes again. All things that you feel are gifts, are your gifts to the One Infinite Creator. Do you wish to give good gifts? Then decide in your mind that which is good but never doubt that to the Creator you are beautiful. For all

experience is beautiful, for it is done in freedom, experienced in freedom, and given freely back to the creation.

Do you feel that you have made many errors today, that you have somehow gone astray, that your energies were scattered or low? Now you shall not judge, not in this moment. For in this moment we ask you to realize that this too is a gift which the Creator treasures. For all the colors of emotion and feeling, all the distortions of the One Original Thought which can be developed by an independent consciousness are as blooming flowers against the bleak winter landscape of the uncreated. Gaze into the face of the deep; gaze at that which you might call darkness and that which is uncreated and chaotic, inchoate and about to be, and you shall see nothing. And then see yourselves: vivid, beautiful and lovely, as the vibrant colors of your personal feelings, your highest hopes and your deepest sorrows all brighten the deep. O, waters of the deep, we salute you, for you tread upon the rim of that which is a void, a void which is full of the uncreated perfection of the One Original Thought of love. Yet, love cannot speak to itself, react to itself, or even feel. That is reserved for those like you, my friends, and like me who are as yet partially unaware that we are the Creator. Therefore, we feel and we sense; we do; we think; we act. And those gifts are priceless.

THE QUESTION

Hatonn, October 14, 1984

Poor indeed is the man who has never asked a question. For riches do not lie in the answers but in the questions themselves. Therefore, we ask you this evening to examine what questions you have concerned yourselves about during this diurnal period. We do not care what conclusions you may have drawn, but wish to focus only upon that which has been in the forefront of the mind this day. This day are you rich or are you poor? Are your questions those of a petty and mundane nature or have you instead asked this day for that which draws you outside of the world that you know? How rich you are if you have dressed yourself in seeking as if it were a festive garment and gone forth into your environment clad with the desire to know more, with a wonder as to how to serve better and with the rejoicing question: "How can I perceive such loveliness as this day has offered to me?"

There is a great interest in your culture in what this instrument would call “the bottom line,” the final answer, the solution. Those who would be powerful within the illusion are those with a talent for creating situations within which their “bottom line” works. For you see, my friends, each of you has an inborn series of “bottom lines.” Each of you has ways of dealing with situations, typical solutions and normal habits of mind. Without meditation, what occurs is that time and again the entity bounces around from situation to situation until it finds a situation where it fits, where its “bottom line” is the answer for the question implicit in the situation. This is unconscious and not to be scorned for it is a way of learning. There is a quicker way of learning and that is to focus upon the questions and not upon the answers. My friends, you know the answers. That which we say to you is so utterly simplistic and so repetitious that you can have no doubt that you know what our opinion of “the bottom line” is. “The bottom line” is love.

But what is the question? What will you ask? What avenues will you seek? How much of the truth do you want to know within this fragile cage of your physical bodies? What great heart do you wish to realize? What great spirit do you wish to encompass? Will that fragile being that you are, full of earth and breath, be able to contain your deepest and highest hopes? How far can you reach? Meditation is a form of reaching within the vast infinity of your own being with the mute question, the question that has no words. And because it has no words and is not in any way articulated, it is the pure question and you will receive the purest answer with it. For you listen in silence just as you ask in silence. And you shall be answered also in silence but with a power that transcends our ability to express that which is creative, peaceful and energetic. You seek for nothing less than the key which shall open to you your universe, your creation, your Creator. And in asking for the light, you ask that which transforms each of you into a source of that light. The principle is simple and difficult to grasp because of its simplicity. You are what you seek. Therefore, the choice of what you seek is all-important.

We ask that you remove yourself from the question of what subjects you have sought answers regarding during this day. Take a longer view, each of you, and ask yourself, “With what attitude or point of view did I seek and ask regarding each subject, each

situation, each relationship, each seeming difficulty or moment of joy?” That which is within you has an intimate and ultimate power. So seek you well for you shall be aware of what you now ask. You shall receive that which you seek. Be oh, so very careful in your seeking. For we would not guide you upon a tour of many planes and dimensions, many masters and teachers and wise ones, many wanderers and circuses and shows full of spectacular fireworks. It goes without saying that there are techniques by which you can use your seeking in order to experience that which is novel, exciting and seemingly significant. We wish to home you back to the one beacon that lies within yourself that is a pure light and a pure love, that which lies behind all the displays of the journey upon which you have set your foot. We, in fact, offer a sort of surface service ourselves. Our speaking through instruments such as this one is novel. However, it is much less novel and far more open to doubt than our appearing among your peoples and speaking as if we were infallible. Therefore, since we wish to aid you and must needs use communication of some kind, we choose the least showy display, the least gaudy method of sharing a philosophy which is not an end in itself but is only meant to point you to your own senses of discrimination, of determination, of faith and hope.

We thank you, my friends, for being yourselves. It is a great and honorable thing to be in company with you. It is now appropriate that we leave for this instrument is fatigued. We leave you only in the sense that we shall refrain from speaking through an instrument. Ours is one energy, the principle of which you have attracted by your asking. We are with you as comforters, as strengtheners, as comrades, as those who love each of you at any time that you may wish that companionship. We are those of Hatonn and we leave you now in the love and the light of the One Great Original thought that is the Creator, the creation and the created. Adonai. O Creation, Adonai, O Creator. Adonai, Questioners. So we you greet: Adonai.

NOTES TO OUR READERS

Many of you are familiar with Tam Mossman through his work as editor for the late Jane Roberts. At his request, we are enclosing a flyer in this newsletter to inform you of his current effort, METAPSYCHOLOGY magazine. Under Tam’s experienced editing, it performs the useful service of

putting groups with channeled information together with people who want to read such.

Our thanks to all who are contributing money for prisoners who have no money but who desire to read our books. Each week, more prisoners write us and all are very grateful for your generosity.

In 1968, when Don Elkins and Carla Rueckert first formed L/L Research, their first work was to write a book of what seemed to be metaphysical fiction:

THE CRUCIFIXION OF ESMERELDA

SWEETWATER. Ra confirmed that that book was

a link to future events for our group and further stated, "When the commitment was made between two of this group to work for the betterment of the planetary sphere, this commitment activated a possibility/probability vortex of some strength. The experience of generating this volume was unusual in that it was visualized as if watching the moving picture." (from personal material, Session #68, August 18, 1981). We would like to make this book available. Anyone who would like to help in that effort would receive a copy for whatever amount of donation feels comfortable. It would be available sometime this fall—if sufficient funds accumulate—and would cost about \$7.00 per book to print, or a bit over \$7,000.00 for the first 1,000 copies. ♣

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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FALL 1985, NUMBER 16

EARTH CHANGES

Yada, July 17, 1985

Why do you think that the interest is so great in the physical changes of your culture or your planet? We are puzzled by this, my friends. We do not know why you spend so much time out of your precious moments in this density puzzling your mind over the inevitable. You know on the cosmic scale that worlds are born and worlds die, that they go through changes, and that some of the changes may make it difficult for those of you who wish to breathe the air and to be able to stand the temperature to continue to exist. In the larger picture, this is true.

However, you have so few moments while you are in your body, while you are dealing with each other, and you have so much work to do, for within you there is that which is far more than your "Armageddon"; you have your egos to deal with. You have all the structures that are not helping you to live as you wish to live, to think as you wish to think. You are working toward a spontaneity of love that will allow you to become more and more aware of the universal presence of the One Original Thought. And what is your work here, but inner work? What does it matter when the ice age comes, or when the trees must die, or when the rains come and there is a flood, or when the poles shift?

These are things that will happen to your outer self, and it will go away. You probably knew that before you came here. Hah! Is that not so? You knew that before you came here: you are going to die. But there is a you that is not going to die; that is the one you must live with, if we may use the term, my

friends. Put your mind on that which lasts, on the questions that matter.

What questions do you think matter at this moment? We speak to imperishable beings on a perishable sphere in space that is moving and changing. There is that that will not move and that will not change except by your will. It has nothing to do with the planet and its changes. It has to do with your will to do, to seek, to find. What shall you seek? We leave you with this question. I am Yada. I leave you in the love and in the light of our Infinite Creator. Adonai. Adonai.

YOU ARE CORRECT

L/Leema, July 14, 1985

The perception of any diligent seeker is correct in respect to that seeker. Each who seeks what may be called Truth, and finds any manifestation of that Truth, which may be called love, will discover these portions of Truth in a manner which is consonant with that seeker's nature. Each entity and portion of the Creator is an unique portion. Though all seek the same central Truth, each approaches this Truth from a somewhat different angle than does any other seeker.

Therefore, though there will be many similarities in truths found by diligent seekers, there will always be those unique qualities that permit each seeker its identity. As this identity is developed to such an extent that it may become fully one with that which it seeks, it then may be given in larger and larger portion in order that that unity may be fully realized. Thus the great cycle of evolution completes itself within each portion of the One Creator. At the

heart of all creation is that quality called love. It enables and ennoble each portion of the creation. All are moved by its power, yet each perceives it differently until there is no perception and only identity. Then all perceive as one.

YOU ARE THE JOURNEY

Hatonn, August 5, 1984

I greet you in the love and the light of the Infinite Creator. We are most grateful to be able to speak with this group this evening. How beautiful is the desire of each heart that seeks a dwelling place in the metaphysical sense. And what beauty within beauty shall that seeking unfold.

We greet you in love. At times we feel perhaps we should make more effort to point out the reason for our greeting you and our leaving you in love and in light. We do this because of our opinion that this greeting expresses, as well as words can, all that there is, either knowable or noumenal within our experience. "The love of the One Infinite Creator" is indeed a practice in redundancy of phrase, for love is the One Infinite Creator, having been called from the deeps of the universe's infinite rhythm that this creation and all others may be born, coalesce, experience, be flung outward, and ultimately recombine within the great heart that beats beyond all telling. That which you know of and think of as the Creator is already one step from the Creator. And yet this is all that we shall be able to tell you of the Creator: that the Creator is one thought, one powerful, fiery, and creative thought which we call love. This love, then, acts in infinite variety upon that material which is called light in order to make all the vibrations and rotations which cause the illusion in which you now exist, and all other illusions, including the one in which we now enjoy experience. What else could we find as words of greeting? The Maker and the material—these are the elements of our greeting, for these are all that there is besides the free will that has caused each of your consciousnesses to be as they are. Whatever your consciousness, whatever your state of mind, whatever your emotions or your spiritual path, your Creator is love, and the material of which you are made is light. The vibrations are yours to choose through the act of free will.

We wish to speak through this instrument this evening in such a way that this instrument has no

idea of what is coming next. We are continuing to develop this instrument in order that it may be more sensitive to the content of our thoughts once it is assured that we are able to pass the challenge of the tuning which this instrument calls Christ and which others may call Christ-consciousness or white light. As always, we encourage each—in all cases when the vibration is felt—to challenge the entity and to bid good-bye with blessing and love to any about which it feels even doubtful. For those who are of the positive path are those of Christ-consciousness, as you know it. Christ-consciousness is love, and the teacher you know as Jesus was a perfect example of that love. The incarnation and teachings of this teacher constitute a body which, when studied, will yield some awareness of the nature of the penetration of the illusion and the understanding of freedom.

We would speak to you now about one who went about hungry for many things. Let us call this entity a woman and let us place this entity in a city. This young woman is hungry for those things which life may teach her, for those foods which life may give to her. Over and over again she pursues one path and then another, physically, mentally, emotionally, and spiritually. She looks to the sea, to the sky, to all the pleasures that can be bought with money, and the sensations that can be experienced because of the great generosity of your creation. This woman becomes older and chooses to herself a true love. She experiences the pain and the joy of loving another and in time the even more painful and joyful experience of children. In each pleasure, she reflects to herself in her old age, she has seen pain. If the sky was lovely, soon it would rain; if the earth bore her footprints lightly, soon she would get a blister. All that she loved caused more pain than joy, and at the end of her life she was still hungry for experiences, experiences which she felt instinctively were hers. Many people there are that come to illness, older years, and even the death-bed knowing nothing but dissatisfaction and hunger. And yet they do not know that for which they hunger, nor can they. For they have been separated by a belief in outer pleasure.

What we wish to share with you this evening, in part, is that there is no separation between this woman and love, nor is there separation between anyone and that same love. It is not easy to find unity with mankind when mankind is so

dissatisfactory. And yet it is this mankind, person by person, which wears your face and which thinks your thoughts and seeks with your hunger that the teacher known to you as Jesus offered peace. But immediately following this offering, he said very clearly, "This peace is not what the world thinks of as peace." He spoke of a journey, and one of those whom he taught said, "We do not understand what journey upon which you go." To which the teacher replied, "Each of us is the journey." The journey is not outside yourself. You do not seek for something as if you were grabbing at the ring at a carnival ride. You are seeking within yourself and this, then, will bring you peace.

We would say to you that it is a kind of peace that the world often finds suspect and sometimes even dangerous. The smile of joy in the face of apparent trouble seems not a victory, but an inappropriate reaction. The heart and the courage to lift one's self up in the face of a daunting situation seems to a dark world the action of a fool or at least one who is not paying sufficient attention. My friends, have you ever wondered why, in various holy works, high places are considered holy? You must know that all things are holographs for all other structures. The structure of yourselves, the structure of the earth, the structure of the universe—study one and you begin to understand the others.

Yes, the high, the mountainous, the peak is holy, and not because your thinking causes it to be so, but because of the nature of height. As one looks down from a height, one sees many more things than one may see when one is in the valley, on the surface, unable to see over the next ridge or knoll, past the next tree or rock. Within yourself, each of you has the opportunity to choose to be misled, to be unhappy, to feel darkness.

Each of you also has within you the birthright and the opportunity at all times to seek the high places. Walk then in meditation up your own mountain. Picture yourself cleansing yourself at a clear, cool and refreshing mountain stream. And then, clad in cleanly garments, visit the most high place of your being in meditation and in peace. Metaphysical peace does not deny the apparent chaos of a boisterous illusion, but rather reaffirms and restates for you once again the perfection of the Creator, the Creator that is in you and the you that is in the creation.

You are old, older than rocks and sky and earth and sea. You are consciousness. You have seen and experienced and chosen many things. Today you may choose again. It is only through meditation that your choices will be consistently positive. And by that we mean that your choices will be consistently those of service to others. When one is upon the rock, how easy it is to feel that there is no one to serve, and if there were others to serve, still there is no chance of true service. It is easy, upon a rock, to wonder where you will be fed, when you will be served, and yet you have food in plenty. As you gain in compassion, so you gain in your nearness to timelessness and to infinite supply. Only you know what shall fill your appetite for peace, for love, and for giving of that which you have gained to those about you. We hope you have hearty appetites.

Our hearts are full with gratitude and thanksgiving that you have allowed us to share our thoughts with you. We are quite prone to error and are anything but authoritarian. Never take our word to be absolute, but, rather, test it against this illusion on a daily basis over a period of time. If what we say is so, your life shall be considerably simplified and most certainly changed. If the change is towards an inner joy and peace, then we have spoken well. If what we say is not appropriate, toss it aside without a backward glance, for there is inspiration everywhere. We are only one of countless sources. Listen, my friends, with inward and with outward ears to the joyous voices of the Infinite Creator. Listen always, even when you talk. For you, too, are full of inspiration. Find inspiration in silent sayings as well, for the voice of the Creator is often silent.

I am Hatonn and I bless and thank and greet each of you and assure you that we are with you at any time at which you may request us mentally to join in your meditation. We have come to you, for we are love, for you are love, for the creation is love. And we speak to you because all things manifest in light. We leave you in the love and in the light of the Infinite Creator. Adonai. Vasu. Borragus.

NOTES TO OUR READERS

NEWSLETTER RENEWAL TIME. Once again it's time for us to clean out the obsolete names from our mailing list. If you want to continue receiving this newsletter, just send us a postcard (or letter) and tell us so.

As we mentioned in our last newsletter, we hope that enough donations from readers can be generated to publish THE CRUCIFIXION OF ESMERELDA SWEETWATER. It is a metaphysical book of supposed fiction which Don Elkins and Carla Rueckert wrote in 1968. It demonstrates both the White and the Black Magician's philosophy and methodology in clear detail. The first thousand copies will cost about \$7 per book, and we will make it available as soon as sufficient donations have accumulated. From its Prologue: "And he who seeks, standing alone, accepts himself as part of the creation, and sees that he and his body and his will are part of the all, and are the all. Stiffly beginning to move, he embarks upon that journey to which he has been summoned, from one planet to another planet, from the service of the Creator to the service of the same Creator."

Louisville Area Readers: We need a crib, playpen, swing-set, or any toys to accommodate the children during our Sunday night meditations. All items donated are tax-deductible. Our thanks to any who can help. ✿

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WINTER 1985/86, NUMBER 17

THE DEEPS OF LOVE

Latwii, October 26, 1980

We see the calm that is growing within your minds, as you begin to rest in meditation, as though it were the surface of a quiet pond which had been tossed by storms, and blown by the winds. And now, it begins to calm under sunny skies and to reflect, more accurately, the beauty of the foliage which surrounds the pond.

The minds of your people are so often disturbed by the waves and the storms of emotion, emotion which has been developed by the sense of separateness of one being from another. My friends, if we could but give to you the understanding of the one simple concept that underlies all of reality, the waters of your mind would ever be calm, and the springs of your inspiration would flow clear and sweet.

That simple truth is one thought. It is written in your holy works as one word. That word is love. In those works it was written that love came into the world, this love which is light. And the world was full of darkness, which we would call separation. And the darkness did not understand the light. And so it will always be: the complex will never understand the simple.

The simple truth, as we know it, is that love, manifesting itself in your world as light, is the source of all matter, all consciousness, and all energy. All the beauty that you see is a living embodiment of love.

Would that we could say to all of your peoples who live upon your troubled sphere at this time, "Please,

beloved planet whom we serve, can you but calm your minds, and see the beauty of love?"

People find their minds to be like stone, their opinions and their biases etched in the stony surface with great deliberation, and, therefore, people do not change. Yet in truth all living things are in a constant state of change. And thus the mind is water, not stone. For water can adapt itself to any circumstance, and in the end is stronger than any rock. For you can see, as you look about you, at your rivers and your canyons, that given time, as you call it, water erodes that hard and unforgiving stone, absorbing life-giving minerals, and flowing, always flowing, giving beauty and life.

Rain from the sky. Waves along the shore. That is the secret of your consciousness. Your mind is much stronger than you may think, not because of its firmness, but because of its incredible ability to learn, to change, to adapt, and to transform itself just as water becomes part of the air and is then reformed as a life-giving substance, watering the crops.

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

BEING BROKEN

Oxal, July 21, 1985

I greet you my friends, in the love and in the light of the One Infinite Creator in whose name we come this evening. We thank you for calling us to you and hope that our humble words may hold something that may be of value to you this evening, reminding you, as always, that we are, as you, full of mistakes, full of errors and without any pretension to infallibility. Therefore, we ask you to consult your own inner wisdom. There is that within you which recognizes truth and which knows the truths that you need at this particular moment. Take what you will and discard the rest without a backward glance, for our wish is only to aid you, not to teach you any dogma. We know the path and we know the journey. But the steps you take are your own. You cannot walk as others walk, nor can you meet the difficulties that others meet or experience the joys that others experience. What is in common is the journey itself and the joy and peace that lies from the commitment of oneself to seeking the truth.

As the shadows lengthen and the evening comes into the windows of your domicile, so each of you sits, in some way broken. None of you is any longer whole; none of you is any longer confident that everything is perfect. Many of you count this to be a discomfort, perhaps even a weakness or a lack of faith. We ask you to consider the nature of transformation. We would use the example, simplistic though it is, of a cup which must be empty, emptied of all dregs and all substance before it may contain new drink. We ask you to consider a fresh-baked loaf of bread. It is useless until it is broken.

In your young wholeness, my friends, you were full of something very valuable, the unexamined and totally trusted light and love of the Creator that blows about children and makes them so special to the adults about them. But there is no learning in this untouched condition. Does bread count it as cruelty to be broken that it may be eaten? We think not. Do you count it as cruel that life has fragmented your understanding and caused you to raise questions about yourself and others and the nature of the universe? Sometimes it is impossible for those within an illusion as dense as yours not to feel that it is cruel to be so broken by experience. And yet, brokenness is an utterly necessary prelude

to transformation. Whole, untouched, you are finite. Broken, you become infinite, infinitely full of possibility, of newness, and of the potential for life, life that is new and vital.

It is as though the illusion which you now enjoy is a kind of threshing machine. It is inevitable that you shall come between the grinding wheels and that you shall feel burst apart, sometimes slowly, sometimes all at once. These moments and times of your incarnational experience are the most pregnant with possibility for the acceleration of your spiritual evolution. For you have moved into an infinity when you are no longer closed.

What we say rings of the impractical and we realize that you seek not only that which is theoretical but that which may serve as an ethic that may inspire behavior which manifests that which you hold dear: service to others, love; there are many good qualities we could name for which you may be seeking inspiration. Your best quality is the willingness to be broken because that willingness is the willingness to learn. And, my friends, all things in your illusion teach the lessons of love. Each time you are broken, you are being offered a new way to come to a new understanding, if we may use that misnomer, of love. And by this we do not mean that which you call love, but rather that which you call Logos, that love which is creative and original, that love which is the Creator, that love which is all of us. For we and you and all that there is are the Creator. Closed, you are the citizen of an illusion. It is as though your fullness were a prison. Each time you face adversity, you escape that prison and you are open to the transfiguration of another learning of love.

We do not say this simply because it is inevitable that experience shall cause discomfort and grief, although that is surely the nature of your illusion. We say this to attempt to inspire you to examine whatever faces you at this particular time, to find within it the seed of love where there was none before within your heart. As always, the best adjunct to experience for the seeker is daily meditation. It does not have to be a full-time job, as this instrument would say. A very few minutes of seeking, in silence, that still small voice, if we may quote from one of the holy works, is sufficient to put you in contact with the infinity that you can otherwise receive only from the harsh trials of experience.

For there is that within you, as we have said, that will aid you in coming to a new knowledge of your own nature and of the nature of love. Often there is great healing in such understanding, as that which is no longer needed can fall away, as those bitter feelings disappear, for they are no longer needed; as dislike and prejudice disappear, for they are no longer needed. And then once again you become whole and you manifest to those about you that which has begun to come through you, that which is infinite, that which is love.

In the inevitable cycle of experience you shall again be broken and the cycle turns again, offering you again and again the opportunity for new knowledge. Or, if you have refrained from learning the lesson given you previously, you may find yourself repeating one lesson again and again. Try as you may, you will not escape this lesson until it is learned. This is not a grim threat; this is the nature of your experience. It is our intent to give you encouragement so that you may welcome experience, so that you may, even in pain or grief or despair or loneliness, welcome being broken and look immediately for the love that you have not allowed into this moment. Open yourself at this moment that love may sweep through you, sweep you clean and make you one with your experience.

THE INNER ENVIRONMENT

Hatonn, October 6, 1985

Picture, if you will, a mountain stream gushing forth from a living spring, ever fresh, ever beautiful, moving and singing along its bed and refreshing all that lives therein.

Such is the living wellspring of your spirits, my friends. Where can one go to find such a wellspring, such a fountainhead?

Can one go into the city and find it there amidst the crowds and the cries of those who barter and sell, and the angers and disappointments of those who have come in second in a trade, and vainglory and folly of those who believe they have won in the trade? It would take a special person to find sanctuary and nourishment in a city.

Shall you, then, go to the country and live through the ancient cycles of time and space, watching the trees and the foliage, the flowers and shrubs change their colors in the fall and become bleak and austere

statues of dignity in your winter, only to bloom again with blossom in springtime and open their faces to the sun in the spate of full summer. It may seem to be a far more desirable haunt and yet the wellspring of spiritual life is not easily found from without, even under such beautiful circumstances.

Can you go, then, into the ocean, away from all land, into the simplicity of waves and sky and stars? The difficulty with picturing a better and better and better environment is that into such an environment, you bring yourself. The self that is you is always with you and the wellspring and fountainhead of your spirit is within you. Therefore, into each environment you project those opinions and biases, those pains and pleasures of your own experience that make you what you are. That which is outer cannot do the job of bringing to birth that within you which is to come in your search for the truth.

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

THE NEW BIRTH

Amira, December 23, 1984

Amira. Amira. Amira. Amira. Amira. (Chanted) I am Amira. I am with you in the love and the light of the Father. Oh, precious the moment, all glorious the hour when first you are born. All that is old, my children, may now be put away. The manger of your life is ready for the babe. Now you are new. My children, my children, this is always true. Do not

forget, but turn and rejoice. Peace. Amira. Amira.
Amira.

NOTES TO OUR READERS

Last call. If you want to continue receiving
LIGHT/LINES, send us a card and let us know.

We hope to have enough donations to have THE
CRUCIFIXION OF ESMERELDA
SWEETWATER printed and available by spring.
We appreciate the patience of everyone who has
already ordered a copy.

This Christmas we are once again happy to offer
JENNY, the story of a Christmas tree angel that
came to life. As a live performance it lacks the polish
of THE JOURNEY, but it is proof positive against
Christmas melancholy. Words, music, and story by
Carla and Tommy Rueckert.

This January we will have a new cassette tape to
offer: THE SPIRITUAL SIGNIFICANCE OF
UFOS. It is an edited compilation of lectures given
by Don Elkins, questioner for the Ra contact. Don's
abilities as questioner were developed through thirty
years of research, lecturing, and answering questions
himself. He had a gift for speaking that we feel that
you might enjoy.

Please let us know if you would like a tax receipt for
your 1984 contributions to L/L Research. Thank
you all for your great generosity. May the New Year
bless you with a prosperous spiritual journey. ✨

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SPRING 1986, NUMBER 18

TO LOVE ONE ANOTHER

L/Leema, October 27, 1985

The universe seems to be a vast thing peopled with unimaginable numbers of suns and whirling galaxies that paint the sky with diamond drops. There seem to be an enormous number of individuals even on one small planet that makes it way about an obscure star near the edge of the galaxy it inhabits. There appear in one person's mind to be many, many thoughts and ideas which range in great complexity from one subject to another. There appear in each idea that there are ramifications and considerations of various levels of thinking, so that one who is more mature in years shall think differently upon the same subject than one who is young. All of these appearances are appearances of separation.

In truth there is one creation, there is one consciousness, and for each density there is one thought. In your density you are seeking to know the thought of love, not intellectually or by any guidebook but rather from the inside out, from the heart outwards, through the mouth, through the ears, through the eyes. One who has the heart of love also has ears that hear with love; one who has a heart of love sees that which passes before its gaze with eyes of love. When it seems apparent that there is a lack of communication between two entities, that there are hurt feelings and insults, one must look to the love in the insult and the love in the hurt feelings, for both of these pains belong to the emotional self and are a distortion of love.

We shall dwell primarily upon the self that is hurt. One who is hurt is experiencing a distortion of love,

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

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

As to the case of the one who insults another, again one cannot insult oneself except by insulting another, unless one consciously wishes to insult the self. Normally the illusion calls up for those who insult others a need to find and choose and pick out those things which it finds are lacking in the self. Therefore, in any insult, look to the reflection of that insult upon the giver of revilement and have compassion on a soul that is hurting itself unknowingly and is falling into a vortex from which it is sometimes difficult to emerge unscathed. Feel

compassion and blessing and an upwelling of joy in aiding such an insulting and difficult entity, for this entity is in great need of stable, sturdy, calm and constant joy that ever radiates and can never be extinguished.

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

WHAT IS GUILT?

Group question: What is guilt?

L/Leema, November 17, 1985

I am L/Leema and I greet you, my friends, in the love and in the light of the Infinite Creator, whom we all serve in joy. And indeed it is a great joy to be here with you, to share these moments with you, to be in communion with that which makes each of you who you are. For that is the question that has come before us this evening.

There may seem to be many, many forces which operate upon the personality from without, those things the society would wish you to do, those things those about you would wish you to do, and yet when one asks for comment upon this subject, the comment must turn upon the subject of identity. For whom you listen to and what stress you feel is, in the end, a function of who you are, not what you mean to yourself.

Each of us is unique. This is not a uniqueness that is attempted, that is worked at or that is in any way manipulative. Nor is it anything that can be manipulated, for your identity is one harmonious chord of being, unique in the whole creation, infinite in its beauty and irreplaceable.

And so you sit in circle within a dwelling place in meditation, each chord blending with each chord as the whole group becomes one identity, seeking the One which is not unique but which is limitless. That from which you are derived, shall we say, had no identity until It decided in the vastness of timelessness to experience Itself. And so you sit in

meditation, far-flung bits of the Creator who have become unique. You experience each other, and the Creator experiences Itself.

We move now back into the area of illusion from which the question was asked concerning the pressures of "should" and "must" that are given one by those souls around one and by the society itself in its many forms. Perhaps it is easier now to see the illusion for what it is: many things impinging upon that which is unique. You who are unique cannot pluck this or that from you, for you have chosen the pressures, the musts, the shoulds and all of the confusion that follows therefrom in order to develop further your uniqueness, and thereby the Infinite Creator's experience of Itself.

We realize that there is a need within the illusion to find a way of thinking about or dealing with these pressures. There are as many ways as there are individuals.

One way which we might recommend to you is gentleness with yourself. If you can see yourself as that unique being that is not threatened by extinction by any force from without or from within, then perhaps you can see the possibility of offering to yourself the gift of gentleness, patience, and kindness to the self by the self. Examine, if you wish, a pressure that is causing you anguish, pain, and confusion. Turn it about in your mind. Test it. Allow the uniqueness that is you to impinge upon that illusion, and then with kindness, and thanking the source of the pressure, the seeming pain, the seeming confusion, allow the self to sound its chord.

Perhaps it has been a difficult thing to hear your own beingness. This is understandable, my friends, for you do dwell within a heavy illusion. The heaviness of the illusion is not an error. There is a design which involves your becoming fuller, developing your uniqueness, accentuating certain qualities of being upon which you may have worked for many, many lifetimes. How could you develop without stimulus, even if that stimulus is painful? Look at the world with a kind eye, a gentle eye, a forgiving eye. The world does not mean to hurt. The illusion is doing what it was intended to do, and you may move very quickly and confusedly so that you muddy that beautiful chord which is yourself, or you may stop and become gentled and thank the illusion for its pressures and its anguish and its pain. You

shall not be victorious over it. You shall learn from it. And it shall learn from you.

It is well to remember that the undifferentiated terms such as "society" and "family" and "church" are in fact parts of yourself which you have called to yourself in order that you may polish up that beautiful, harmonious, infinitely lovely identity; that you may develop and thrive without regard for life or death as you know it. We know that this may be somewhat difficult to assimilate. For you are entities who dwell within bodies and who are impinged upon by what seem to be marvelously strong outer forces. Know, my friends that all of those outer forces are portions of the creation which you have called to yourself for purposes of development.

Gentleness, patience, and quiet are the balms of the identity as it waits and watches and loves and chooses. Whenever the tangle of experience becomes heavy, take your fingers from the knot and rest. Rest within the infinite, invisible world which is the creation. Rest, knowing that you do not have to be you by expressing or changing or doing anything. In meditation seek quiet; seek silence; seek that which is yourself: the One Infinite Creator. And that which is you shall then have time to interact fully with the experiences you have had. You cannot be puzzled and be active, and find change to be helpful. You can be puzzled and be silent and find that change, development, and love bubble forth in good time and with messages for you that you would never have developed without the seeming pressures that are seeming to be so difficult. We ask you to consider that you live within a house, a spiritual house, which has been constructed of illusion within illusion within illusion. There are many intellectual paths one may take at any time. There are many emotional paths one may take at the same time.

But there is one silence. There is one decision: to turn to meditation in patience, in kindness, and in gentleness and with no stress. For you have nothing to prove. You have nothing to gain or lose. You are as you are. And you will be as you will be because of your patience within the silence, as you digest those things which you may have experienced.

Never fear that you are cut off from yourself. It is in no way necessary that you fear this. For the louder the pressures from without may cry, the quieter you may get, and within silence all becomes love. And that which your higher self has planned for you to

experience is experienced in love and without confusion. Can you do this of your own self within the illusion? The answer is, "No." If you need a quick answer, you may have to deal with the illusion. If you can find the infinite moment of silence, the work will be done infinitely better.

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

We are known to you as those of L/Leema and we leave you now, resting, lingering within the beauty of each of you. We leave you in the love and in the light of the One Infinite Creator. Adonai, my friends. Adonai.

BLESSINGS

Hatonn, January 13, 1986

We leave you in the magic of eternity. We are a breath upon the winds and we sigh onward now. How blessed we have been to spend time with you. We leave you in the love and in the light, in the magic of the awareness of the One Infinite Creator in you that each of your friends has. We leave you in infinity. We leave you in all that there is, and yet we leave you within the small, small circle of your body as you sit in meditation. You are the universe. It is magic because you perceive it as such. We are known to you as those of Hatonn. Adonai. Adonai.

NOTES TO OUR READERS

Once again may we express our gratitude to everyone who has ordered and patiently awaited the publication of *THE CRUCIFIXION OF ESMERELDA SWEETWATER* by Don Elkins and Carla Rueckert. After talking with the printer it looks like each of you should receive your copy around the end of April.

Again this Easter we are happy to offer *THIS IS THE DAY*, a cassette tape done by Carla Rueckert and her brother, Tommy. Like *JENNY*, this tape is a performance recording, and, therefore, is imperfect. It does, however, offer much to the mystical

Christian seeker as well as those who enjoy a good story. It is the story of a little boy and a small tree who grow up together and who are transformed by their shared experience. Songs and narration tell the story.

A special thanks to everyone who has made donations in support of readers of our books who are in prison and who have no money of their own.

And let each of us who seek peace on this weary and noble planet join our prayers and meditations with each of the marchers on the Great Peace March as they walk from Los Angeles to Washington, D. C. Each step is hope. Each breath is life. They walk for us all. ✨

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SUMMER 1986, NUMBER 19

YOU ARE A CHANNEL

Latwii, February 16, 1986

We would remind you, my friends, that each of you is an instrument. Each of you serves the One Creator in a manner which is very like unto the phenomenon of vocal channeling, as you call it. For each of you, with your own unique abilities, interests and desires, takes that gift of love which is yours each day and makes of it an offering that seems upon its surface to be merely another daily round of activities. Yet from the depths of your own being and from reaches and resources far beyond that which you call your own identity do you draw the inspiration and motivation to take that enabling force that you call love and form it into each thought that you think, each action that you complete and each word that you speak. Thus do you, each of you, all of you, articulate that great unspoken Thought that dwells, ever-present and ready to serve as the base upon which you stand, the palette from which you draw your colors, the canvas upon which you place them and the appreciation within each heart and eye that looks upon your creation. And thus do you provide glorification of the One which dwells in all.

THE NATURE OF THINGS

Q'uo, February 9, 1986

We would speak with you this evening upon love. It will not seem at first as if we are talking about love for what we wish to do is gaze with a clear eye at what many among your peoples call phenomena. The more obvious of these phenomena are those so-

called arts of astrology, tarot, and those who work within the trance state in inner-level work as opposed to the work with those influences which are external to your planetary sphere.

We would not wish to discredit either the arts themselves or their reality, if we may use that term within an illusion. The energies or vibrations, much like waves upon a pond, which emanate from your whirling spheres—especially those relatively close to you as you whirl about upon your island home—enter the planetary energy web at certain points which may be calculated by those with the bent and the time for such calculation. Further, these instreaming energies affect each entity upon the planet in a unique fashion. Therefore, there is validity in prophecy by astrology, nor would we wish to deny any other form of prophecy of a personal nature which an entity may find helpful.

However, we would like to examine the situation where one waives information and another receives it. The one giving information is doing so in one of several ways. By this we mean that it is not necessarily a sign of spiritual advancement, as this instrument would say, that one is able to use some means such as astrology or cards to tune in to the planetary energy web's emanations as they impinge upon an entity. It is, rather, an indication that such an entity as you may call psychic has in its past incarnations worked in these areas. One would not consider, for instance, a world-class pianist to be spiritually advanced, although the depth of emotions which such an artist may offer his audience may be a spiritual experience far too deep for words. Such transcendent talents are the result of more than one

incarnation spent in the development of that particular characteristic.

“Phenomena” is another way of saying “things.” It would be a poor argument indeed to debate the possibility that spiritual advancement is aided by things. We speak to you thusly because we are concerned to notice that there is, within the community of those who seek, the emphasis on knowledge of the near future, knowledge of one’s past before birth—in other words, knowledge of things. The spiritual stance cannot depend upon any thing. It is, we feel, natural and comfortable for one with the talent for some sort of phenomenon to share it with those who request it. In this way such an entity is being of service to the best of its ability. But to live one’s life as a seeker with dependence upon any thing outside the self is to have denied the self the greatest opportunity for learning that there is, and that is the untutored and unbiased circumstance. In other words, we suggest that it is one’s instantaneous reaction to or action in the face of circumstances, wherein the great opportunity for spiritual evolution lies.

Let us look, then, not from the standpoint of the one who receives prophecy but the one who generates it. Each has generated spiritual material for the use of other seekers. Each, therefore, has accomplished a phenomenon known as channeling. We do not need to tell each of you that this in no way distinguishes any channel as one spiritually advanced because of its skill at being a channel. Let us go further, now that we have considered both the one who receives prophecy and the one who generates it, and consider the things, the phenomena, of the illusion in which you dwell. This instrument has spent a significant portion of its intellectual concern during the past twenty-four hours, your day, considering how much it desires to do a thing that will brand it as one who cares. That which this instrument wishes to do is walk for the cause of peace for many of your months, and we say to this instrument and to all who feel that the great quest is best taken as a literal journey that neither this nor any other thing will necessarily make an entity progress spiritually or be in any way more polarized towards service to others or service to self.

To be more extreme, one may consider those who give all that they have to the poor, thus becoming poor. One may consider an entity who makes a great

sacrifice in order that it may advance spiritually. The phenomena of your experience revolve about such insubstantial words as power, glory, money and so forth, and because seekers dwell within a physical illusion of this certain type in which outer things are seen, a fruit is seen but the originator or planter is not. It is not surprising that entities wish to do things both to express and encourage spirituality.

We say to you that you must turn from the outside manifestations that meet your senses turn from your own opinion of yourself, your own judgment of the fruits of your spiritual labors and from any and all prophecy having to do with your probable future and, instead, join the great darkness of the sea of mystery which surrounds and expresses the gateway to the spiritual progress. You cannot see or hear or feel or taste or smell anything in this darkness. You are, shall we say, without feedback as you progress upon a path that is narrow because it is only the span of footsteps. There are no things to carry. Why do you think the spiritual path is so narrow? If it needed to be wider, it would be. It is your metaphysical feet touching the very stuff of spiritual reality that walk the path of the seeker. There is no luggage. There is no rest. And there is no turning back. And so you walk on in darkness, each of you berating yourselves many times for your lack of spirituality.

How you people love phenomena! But within the darkness that is complete lies your heart, beating without sound, gleaning that light as you intensify and intensify your seeking to the point at which your inner-beating heart is manifested as the star of hope, the beacon of faith. Can you then see? You can see the star. At that point that is all that you can see. It does not shed light upon your path but by your own seeking you have planted that which is no thing but which is a symbol of light, the light that shall shine until there is no darkness the light that is without time and without space. Footstep after footstep you walk on, lighted by a dim but very real star, a star kindled within your heart and within no other. Walk on in majesty. Walk on in humility. Walk on in trust, for you are not alone in this darkness. You are not alone upon this path, and you are not beguiled or mistaken in seeking light. When you reach past the phenomena to touch your own heart, it is then that you have placed your feet upon the path.

Without this heart, all actions are without spiritual reality; all fruits are withered in the merciless glare of the spiritual sun. You see, the fruit does not become the plant which becomes the seed which is then sown. That is not the way of growth. And yet your peoples so often consider their spiritual path in just such a reverse manner, first looking at the fruits, wondering how to arrange them by asking for phenomena, and working backwards to the heart that sows the seed.

What a treasure your hearts are when they love. I beg you to love. It does not matter that you do not love perfectly according to your own judgment. It does not matter that you do not love all the time. It matters that you see your inner state of love as the cornerstone of your existence, your seeking, and your destiny. For this universe is one thing and one thing only: it is love, the creative love, the One Original Thought of love. It is within your heart that this love is reproduced so that you become creative also.

And when you are Creator, what shall you create? Do not be concerned, for you have planned, each of you, what your service shall be. And you have been given grace sufficient to enable you to do what you have planned. What thing is it that you shall do? Many are those who feel that they are of no spiritual worth because all that they do is work, love their children, and die. And yet we say to you that you may well have prepared this as your mission, as your lesson, as your offering of love. There are those who have come with larger missions, larger in the sense that more entities will hear of the fruits of their particular labors. This in no way distinguishes one love from another, one fruit from another. Insofar as each fruit or manifestation takes part in love, just so each fruit is equal. For unbounded love and limitless light are all that there is. And whether you extend love and light upon your little ones or upon some more dramatic object, you have loved, and love is all that there is.

We appeal to you to meditate without judgment of yourself or others, to accept phenomena as they enter your life, to use them, to be alert for them. For it is well to receive the many hints that you will give yourself concerning that which you are to be doing, that which you have planned for yourself to do. We earnestly implore you to grasp that this channeling is also a phenomenon, that our words are things. We

cannot prove our love to you, nor can we say it. And you must realize that our words are nothing but shadows flitting across the inside of your mind. They may be without worth for you and if so we ask you to discard them, to shrug them away, and to move on. Our love for you is part of our spiritual path. Your love shall be yours.

May all that is true and beautiful in your mind and in your heart be of blessing to you. May you dream; may you seek; may you love; and may you know that you are not alone.

TOO MANY CLOTHES

Yada, April 20, 1986

(Channeled in a very thick Chinese accent.)

I Yada. I greet you in the love and in the light of Infinite Creator. We say "Okay" to this instrument about challenging in the name of Christ. We so lonely for someone to say, "Do you come in name of Zoroaster?" He was a good guy, you know. Why always the "Christ, Christ, Christ?" My goodness! "Christ!" You know there are many teachers, but One Source. Why you not challenge in name of Source? But that okay. We go on to what we have to say.

One, two, three, four, five, A, B, C, D, E, you, me, you, me, you, ye, yah, yah. Okay? You get the point. This instrument making nonsense, no sense whatsoever, but she doesn't care.

Why you so serious? Why? We ask you. This instrument has been trained, seriously trained: yes, she's very serious, you know, but she is a careful instrument so we can use her for example, and we did. This instrument willing to make a fool of herself because that's what we gave her to say. It not important to her to make sense.

Why you so serious? You are the people who have too many clothes on. You wear four coats, three sweaters, sixteen pair of pants. What you protecting yourself against in this seeking of yours? It is good to be naked against love. That all we have to say to you. Be a fool for love. Do what comes in your heart to do. And don't look back.

We Yada. We leave you in joy and we hope that you may enjoy your seeking. We leave you in the love and light of Infinite One. Adonai. Adonai.

NOTES TO OUR READERS

We are happy once again to have THE JOURNEY available for those who may be inspired by music for the Christian mystic. The words are by Carla Rueckert and the music is by her brother, Tony.

Carla will be in the San Francisco area from August 5th through 26th. If there are any groups in that area who would like to hear her speak on the Law of One material and her experiences over the years, she would be happy to do so. Contact us and we will make the arrangements.

Many thanks to all whose donation have made THE CRUCIFIXION OF ESMERELDA SWEETWATER now available. ✿

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FALL 1986, NUMBER 20

THE USE OF DESPAIR

L/Leema, September 22, 1985

We have been asked to speak upon the subject of despair, its form, its function and its use. We would divide our speaking into three categories: the despair of the mind, the despair of the body, and the despair of the spirit.

The despair of the mind is an empty thing, full of no virtue except that of self-destruction. Within the mind there are limitations which have been given to the self by the self. Some of these limitations are those called limitations of intelligence. One of the burdens of increased intelligence is an increased capacity for despair. And what, my friends, is that of which the mind despairs? The mind despairs of its very limitations. In truth there are no limitations. There are only challenges, lessons and glory. Yes, we say glory. For the stronger the despair, the more glorious the battle which may be waged to outlast the feelings of helplessness, doom and foreboding, uselessness, boredom and disinterest that altogether add up to the definition of despair. The despair of the mind is that which is not, standing in the face of that which is. Therefore the state of mental despair is folly and almost always unproductive. However, the dynamic of despair; that is, midnight as opposed to noon, is available to everyone, every spirit that lives in mind and body in your illusion, at some time within the incarnation. Therefore, although it is useless, it is a common experience. In the grand scheme, the very uselessness of despair is that which limits man's ability to feel it. It is, rather, a dynamic against which one plays out one's incarnation, the other dynamic being pure joy. It is between those

two poles that one may analyze one's true position with regard to the learning of the one great original thought of Love.

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

The despair of the body is a reflection of the despair of the mind. When an entity is in possession of mental despair and has not moved from that dynamic into a productive mode of thinking, analyzing, feeling and acting, that despair becomes incorporated within the body complex. Thence comes disease and ultimately death. Therefore, the wages of continued despair are the death of the body and, therefore, the death of the intelligence which informs the body. There you have form and function, form, as always, following function.

Spiritual despair on the other hand, is an absolute necessity. It is, rather than being a zero, a moving dynamic within that which informs the growth and evolution of spirit. It is only metaphysical despair, that is, the recognition that one knows nothing, that one has lost control of everything and that one is faced with complete darkness of soul, which forces that great sliver or portion of the One Creator which is your consciousness to turn, transform, and begin anew, not having left behind that which is old in the soul, but adding unto it, accreting more wisdom, more compassion, and more and more of a feeling of unity which one can receive only when one has

become desperate enough to release oneself from the expectation of any knowledge whatsoever.

There is a way in which one may use mental despair and its reflection in the physical body complex to best effect. That is to transmute mental despair into what this instrument would call the dark night of the soul or spiritual despair. One cannot analyze despair and rise transformed. One cannot act out despair by illness and rise transformed. One can, however, seek the grace and comfort that is your birthright in transmuting that which is lower into that which is higher. For as you know, one portion of the creation is a holograph for all else in the creation; thus, mental despair may—as alchemists change lead to gold—be changed into the dark night of the soul, burnished and shining. This spiritual despair, then, may transform itself into great revelations and positive and forward changes within the spirit.

The spirit is always the same. It is not a portion of your illusion. However, your perception of the spirit can only grow. All that you have learned before is still yours and all that is ahead of you shall be learned because of turning from despair. It is rare that one enters into or graduates from any initiation without the impetus, the pain and the challenge of spiritual despair. Therefore, if your soul is in agony, rejoice. For it is from this point that all good comes. Despair is the great opportunity to endure, to show strength, to indicate faith and to exercise the will, not just the will to think but the will to do.

TIME, SPACE, AND EVOLUTION

Oxal, December 29, 1985

We would speak to you about that which you call time and space. It is difficult to approximate in your language the resonances of what these two words approximate, for we are speaking of that which is the material out of which your creation is made, and that creative intelligence which creates that which is made. It is not unusual, we have found, that, among your peoples, time seems to pass more and more rapidly as one's incarnational experience builds up and that which is known as time passes. It must occur to many logical minds that the speeding up of time is a kind of illusion within your illusion, for one cannot make mechanical objects, such as your clocks, that speed up the passage of time in concert with each person's subjective perception of time.

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

Now catalyst is given to each seeker moment by moment, and one need only look to your young souls to see what can be made of the catalyst of the moment. Children, being less used to the wasting of moments, instinctually approach and perceive each piece of catalyst as that which will become experience. There is an overwhelming amount of catalyst in each moment. The fullness of catalyst available in each moment begins, as the child grows into what you call adulthood, to become more of a burden than a pleasure and, as one is overwhelmed by one's catalyst, one ceases to process it into experience. In other words, the space required to use one unit of time becomes distorted in a subjective sense so that the experience time offers buckles and bends and shrinks because that space with which time is inextricably paired has not room enough for the transformation of that which comes to the ear and eye and heart.

When the seeker chooses, consciously, to use catalyst, space, that internal space which allows time to pass, is then of sufficient length to accept fully the catalyst and its possibility of being transformed into actual experience. When the seeker becomes bemused or distracted and partakes of the mundane, that seeker eliminates from conscious use much of the catalyst which the process of day-to-day living generates. When the seeker is ready to be conscious of the moment, that present moment being one with itself, that is, full of time and equally full of space, then the seeker has the opportunity to experience a timeless moment in which all time is one. Within this moment an infinite amount of work may be done in consciousness for the gradual transformation of the self into that being which each has the capability of claiming. Yea, it is part of your birthright. What is a birthright, my friends, but

something with which you were born? A birthright is not something one is given partially or unevenly. Yet a birthright need not be used, just as an inheritance may not be claimed by an heir who does not wish to experience the having of money.

Let us again look at the small child who is greedy of his birthright and who spends a significant amount of your time in the timeless present moment. In more and more of your young beings at this time one is able to observe a heightened intensity of seeking and a more rapid translation of catalyst into experience which is seated within the heart. How does one become, then, as a little child? It is written in your holy work, known as the Bible, that unless one is as a little child, one cannot enter the kingdom of heaven. This statement is simplistic as regards that which is called the kingdom of heaven, but again, language fails to be adequate to meaning and so we must attempt to use words as well as we can.

This is a present moment. What is your catalyst, my friends? Time may be wasted. We listen through this instrument's ears and we hear this instrument's voice relaying concepts, some of which this instrument is unfamiliar with. We are aware of each vibratory complex which makes up each entity within this circle this evening. We hear the blessed sound of the furnace at work warming an otherwise frigid atmosphere. We find in each entity's mind much unprocessed catalyst. That is what each brings to time. When one seeks distraction from heavy catalyst, one puckers and ruffles the ratio between time and space, and time is literally shortened in a subjective sense, for there is less space with which to match it. We use the term, space, not only in a physical sense but in a metaphysical sense in which space is analogous to the spaciousness of one's point of view or, to put it another way, the room or area which is acceptable for using in the transformation of catalyst into seated experience.

It is no wonder that so many of your peoples find time to move faster and faster. Nor is it a wonder that most entities are completely unaware of why this occurs. This is very understandable due to the fact that if one does not process catalyst in this present moment, it will be carried over into the next discrete unit of time/space. If, then, the catalyst of the second discrete unit of time/space is also unused, the next unit of time/space is increasingly burdened with unprocessed catalyst and, by the time one is

counting one's years with dismay rather than pride, most of your peoples have such a load of old, unprocessed catalyst that to open oneself to the catalyst in the present moment is almost unthinkable, and it certainly takes a great deal of courage to begin to open to all the catalyst, old and new, which forms the catalyst of this discrete time/space unit of your incarnation.

There are very few, but it is notable enough that we mention this, who are so efficient in processing catalyst in the present moment that time begins to buckle inward under the burden of successfully approached and used catalyst. In that case, the entity who seeks will find itself in the creation, in a true sense, for the first time. For when time begins its full operation, there is the possibility of spacelessness or the unity of all space. In this distortion lies a compassion which cannot be approached except by those few among your peoples who have used catalyst with a fervor and enthusiasm and a conscious knowledge of the probity of such an exercise.

We offer these thoughts to you this evening in hopes that as your time passes upon the face of your clocks, it may be used, appreciated and harvested by your heart. The activity of meditation is a great help in the reconciling of catalyst with the self and the claiming of that catalyst as part of the experiential self which enjoys incarnation at this time. We hope that we have been of some small service to you this evening. We encourage you to discriminate for yourself. If our words have a sense which may aid you, then let that catalyst be used. It is for that purpose we attempt to serve. If that which we have to say does not appeal, we humbly ask that you drop all portions which disappoint or do not ring true.

In this instrument's mind is the first line of one of your popular songs, "Time is on my side." This is very true, my friends. May you use your time and find timelessness. And with that timeless understanding, may you then turn to that light which is space and manifest within that enlarged space that which is the harvest of your experience. We are those of Oxal. We leave you in the time and the space, in the love and in the light of the One that is all. We leave you, knowing that it is impossible to leave you any more than we could leave ourselves, for you are our very selves and we, yours. Thus, we cease speaking, yet are always as

close to you as your desire would have it be. Adonai,
my friends. Adonai.

NOTES TO OUR READERS

Since our winter newsletter won't be out in time for Carla's and Tommy's tape, JENNY, to be both in season and available for Christmas gifts, we are offering it in this issue of LIGHT/LINES. It is the story of a Christmas tree angel that came to life. As a live performance it lacks the polish of THE JOURNEY, but is proof positive against Christmas melancholy. Words, music, and story by Carla and Tommy Rueckert.

Our heartfelt gratitude to all of the folks in the San Francisco and Sacramento areas who welcomed us with question and answer sessions this past August while we were there on vacation. We enjoyed meeting you all. ✨

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WINTER 1986/87, NUMBER 21

STICKING TOGETHER OR COMING APART

Q'uo, November 16, 1986

Group question: What do you say to people who are considering a divorce and ending a mated relationship?

My children, we offer our answers in love and in hopes of being of service, and yet because your question is about divorce, as you call this custom, our points of view diverge dramatically. And in sharing with you our point of view, we so far wish not to influence any unduly that we ask most especially for each seeker's careful discrimination in using any part of what we say. For we would not wish you to act as you think you ought, but as you feel. It is your discrimination and your choice at all times, and the greatest teaching, the most ideal rule, the most exalted creed is as nothing if it is not the echo of your heart and your mind and your will. It is indeed doing damage to yourself to take concrete and irreversible steps which are not of your own choosing. It is less unfortunate if the choice is temporary, and yet we would wish not to be of disservice at all. Therefore, please take those things we say and weigh them carefully.

We find the purpose of the mated pair to be increased efficiency in the gaining of catalyst, fellow aid in the processing of catalyst into experience, and the supplying of a yoke-fellow for whatever service you have created for yourself, with the aid of your higher self and the Creator, for polarizing within your own incarnational experience.

In any density higher than your own, partners in catalyst are chosen with much clearer eyes, for the

veil of the subconscious mind and the veil between minds are both alike lifted and each entity has a much advanced grasp both of his own nature and of the nature of others. Those polarizing for service to others will most always choose an entity whose vibrational nexus complements and enhances one's own. Those involved in polarizing towards service to self are unpredictable in their choices as regards vibrational compatibility, for other considerations having to do with those things which are of the illusion are more important.

To follow this line of reasoning back into third density, may we say that a persistent difficulty in speaking of your matings within your civilization is the great variety of motives for inaugurating and sustaining such a relationship. Almost never is it for the reason that is most closely aligned with the actual function and purpose of the mated relationship. Almost never is suffering, hardship and trouble used as the reason for choosing a future partner. And yet, this is the precise experience you wish to share.

For your illusion is created in order that you may suffer and learn. That is the purpose of there being an illusion, for self-consciousness must be awakened. The third density begins with the sense of self asleep, and happiness and contentment do little to awaken the soul. It is the interactions with others that bring grief, suffering, loss and trauma which create the opportunities you most cherished before the incarnation.

Thus it is well to choose the mate you want to suffer with and for, the mate you feel will pull and pull as strongly as do you to carry equally the burden of

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

However, there being no grasp of the function of the mated relationship, the trauma of catalyst is seen not as what you have come to experience, not as the reason for which you became mated, not as an opportunity to learn what you came to learn, but as an unacceptable inconvenience, discomfort and impediment, something to be shrugged off as if the mated relationship were a piece of clothing that could be shed.

You can see, can you not, that we find ourselves little able to answer in what seems to be a sympathetic way when we are asked what we would say to one who wishes to dissolve a mated relationship. Certainly we could explain the theory of choosing a mate for the purpose of learning, through suffering, but this may not seem very persuasive to one who is suffering and wishes it to stop.

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

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

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

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

It occurs to us that before we leave this question we can make one point which may be more telling, although we consider it to be no more central than any other and that is this: the one who believes that by changing the situation, one will change the experience, is following a false belief. For those lessons which each came to learn are for each, shall we say, a list of priorities. When catalyst comes to a seeker, it is a sure thing that there is a lesson connected with the learning, of the nature of love which working through the catalyst will benefit so

that you may become richer in experience and more conscious with the consciousness of love.

When a lesson is declined by moving out of a situation, the same lesson shall be presented to the student again. The lesson, however, will be made clearer so that there is less chance of a misunderstanding. Translated into the perceptive bias of your illusion, that means the lesson will be more painful and will take longer to work out. Catalyst will be more extensive for the same experience. The one who walks away from a mated situation is buying time, but not chancing the catalyst that he or she is bound to have one way or another.

To those who have divorced or been divorced, who have left commitments or have been left, we would say that there is no, what this instrument calls "sin," and what we would call error or mistake in moving, from a situation. It certainly buys, shall we say, trouble. Yet with the wisdom of survival you have chosen to heal so that you may throw yourself once more into your catalyst with a new zeal.

If you have been left, and you have found yourself acting in negative ways, ways demeaning to your mate or to yourself, we urge you to take hold of your will and your powers of love. For if you have not been tested again, you shall be. You will feel betrayal and rejection somewhere and somehow. Next time, offer your love back to the situation.

To those of you who must leave or have left a committed relationship or marriage, do not weep for your past, but rather gird your loins, for your next impulse will give just as much catalyst as the one which gave the catalyst in the first place. This time attempt to infuse your actions with love, with a love that realizes compassion, with a love that realizes the reason for relationships.

Forgive and forgive again. Forgive yourself; forgive any who seem to have hurt you, remembering that you have faulty perceptions if you do not see love in every situation. You have the power to create children of your thoughts, daughters and sons of your heart by what you say and how open your heart and hands are. We ask you to create love. Love one another, my children. Always do what you must with no excuses and no need for recrimination. And always turn your face forward and use what you have learned. This environment which we have called third density is a gift. Every tear, every ache of the

heart is precious. We hope you can give thanksgiving in the hard times and find joy in tears, for truly enough, there is sadness in any joy within the illusion. Should there not also be joy in any sadness?

BALANCING THE USE OF WILL WITH SURRENDER

Latwii, August 31, 1986

There is in the deeper sense that which you have preincarnatively programmed, shall we say, for your incarnational experience. There are times during your incarnation during which you will be more aware of those patterns and opportunities that you have provided for yourself. It is helpful if one can balance the individual desire to learn and to serve others and the fruits of that learning with a total surrender to the knowledge that that which is appropriate for you will be brought to you.

Thus in your desires of a personal nature, if you can build upon the simplest level of desire, that is, to be made aware of what is appropriate for you at that time, that which is appropriate may find an easier entry into your conscious perceptions.

It is a natural function of the conscious mind which seeks the keys to its own evolution to think that this or that knowledge, function, lesson or service might be helpful in the overall growth of the entity, and indeed in many cases through such desires one becomes aware of the larger pattern of one's existence. Yet, if one is dedicated to a certain path or outcome for any action, that dedication and desire of a strong nature for such an outcome may hinder the more appropriate pattern of experience.

Thus, to desire is helpful if the desire can be general and the surrender of the self as complete as possible, and if there can be the lack of dedication to a certain outcome.

NOTES TO OUR READERS

We appreciate your continuing support of prisoners who have no money but who wish to read and study our books. Your donations make it possible for them to do so.

Because of the rapid increase of the channeling phenomenon and people's questions about what it is and how it is done, Carla L. Rueckert is writing a book concerning channeling. In it she shares her

perceptions and opinions about the life that prepares one for serving as a channel and the faith that sustains it. The book should be available by the end of the summer and a donation of any amount comfortable to you will reserve a copy for you. Please mark this donation separate from any other order that you may make.

Thank you's to all who asked us to teach and speak in California and Florida this December. We enjoyed each of you.

And we hope everyone has a wonder-filled New Year. ❁

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

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SPRING 1987, NUMBER 22

KARMA AND GRACE

Latwii, June 30, 1985

Karmic law, as it has been called, is a very simply stated law. It may be seen as inertia. When an action, a thought or an energy has been set into motion in order to gather experience, this energy will continue in motion until an equal energy in the opposite direction has been generated. At this point there is the balancing of energies. Each entity within any incarnation is subject to this so-called law. This is how experience is gained and variety is achieved in the experience.

Grace is the environment in which this law operates. Grace is that support within all of creation which each entity stands upon and breathes within its being as it sets into motion the various distortions or experiential patterns that are set—before the incarnation—for such and such a purpose. The grace that supports each entity, then, is available as the very fabric of the creation through which an entity moves. It assures each entity that no matter what experience it may entertain, it shall not truly move from love, shall not truly move from light, from joy or from unity. No entity can travel a distance so far that there is the lack of love. Grace, therefore, assures this infinite and eternal support.

MONEY AND SPIRITUALITY

Q'uo, December 20, 1987

I greet you once again in love and in the light of the One Infinite Creator that moves within each heart and within each creation. We thank you for the gift of your calling to us, for it is in serving entities such

as you that we are able to work towards our own progression, our own further understanding of the one great original thought of Love. Our consciousness is full with the joy of your company.

You ask us about the companionship of money and spirituality. It is written in one of your holy works that the love of money is the root of all evil. We would like to point out that it is the love of money, as it is any idolatry, which is at the root of separation, whether it be the separation of true worship from the great divine mystery because of pieces of wood and stone or the separation of one's focus from that same mystery because of the love of counting. It is not the money itself which is contrary to a life led with a spiritual center, but the idolatrous love of that which is builded by man in imitation of the Creator's abundance.

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

You will note that those who have experienced the having of large amounts of your money often have virtually no consciousness of idolatry towards that

substance but, instead, having become fully aware of the ramifications of the having of artificial abundance, seek instead for truer reality, a clearer picture of the nature of the self. It is not that the fear of the loss of power is not there in potential for all alike, but that through sheer habit even artificial abundance can create a consciousness of prosperity which automatically generates abundance. However, because this removes a large portion of catalyst from the illusion, most souls which choose to incarnate upon the Earth plane elect to manifest in situations in which a consciousness of true abundance is absent, and concern for survival creates a consciousness of lack. How easy, how understandable, how logical to love money when the lack of it has caused numberless discomforts in one's personal and vivid experience. Thus we say to you that you must not waste time being concerned that so many have the love of money fighting with the realization that true prosperity does not equal the idol called money.

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

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

Perhaps the second thing that we can offer to those who wish to be free of idolatry is a consciousness of others' needs. For if stewardship of any gift and talent is expressed, then the gates of abundance open and one is flooded with plenty. We do not ask that you see money as a means to an end. We do not ask that you stop thinking about money. We do not ask any system of intellectual training whatsoever. We ask only that it be recognized that worship of that which is known is idolatry and is not a satisfactory way in which to polarize one's path or to accelerate the pace of one's journey upon it.

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

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

My friends, we are most pleased to speak with you and thank you for this great privilege, asking only that you take our voice lightly as brothers and sisters and not as authorities. We would leave you for now in the love and in the light of the One Infinite Creator. May all shine upon you, through you and from you in plenty. Adonai. Adonai. We are those of Q'uo.

DISCOMFORT AND WISDOM

Q'uo, November 2, 1986

The presumption of the seeker is that all parameters are to be understood and searched out and that there is a trail of wisdom to the stars, a series of questions that will lead one to infinite wisdom. This is not so.

Wisdom is born of suffering, dilemma, contradiction and pain. The so-called happy times that you experience within the illusion are useful as randomly as are the difficult times, and the intrinsic value of happiness is quite low.

Indeed, no experience has a great deal of value except as a part of a very large base of information from which the deeper mind may begin to draw intuitive conclusions about the way things are not. Each of you considers the self a fairly long-term, consistent and stable personality. Seekers tend to view the self as a kind of business to be managed—so much of this, so much of that, the proper conditions for growth, and behold: a well-managed and prosperous-looking metaphysical path. We realize that we are not speaking to those who are seeking reasons to commit themselves to the spiritual path, but rather that we are speaking to those who will live life within third density to its end, incarnationally speaking, moving as closely in accordance with metaphysical principles as intuition and reason permit.

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

You seek to create a life. Do you know that you cannot help creating a life, or that the enormous bulk of that which you create was created before you got your rational hands on it? Did you know that you move in a maze, working not on understanding, but on prejudice? What are you seeking to be prejudiced for or against? You are seeking to be prejudiced against happiness and for suffering, against comfort and for discomfort, against social ease and for solitude, against peace of mind and for humble and disquieted thought, against law and for law. You are seeking to tie a knot so complex that it becomes unity, moving through complexity and dissolving. You are seeking the mystery you name but cannot describe and the doors to the mystery open most fruitfully when the attention is

heightened, focused and intensified by loneliness, discomfort and suffering.

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

Why is it, my friends, that when it is noon, you think about what you shall do from noon 'til one, and at one, you think of what you shall do in the afternoon? And even if you hear a noise or are disturbed, you do not think to yourself, "I wish to take this time out of time. I wish to take this moment with utter seriousness." Why do you skate on the pond of your life, never plunging into the icy waters that protect sleepers from awake ones?

There are techniques which may insulate you against the chill of pain, the discomfort of solitude. Some there are who gradually don these protections and move into a kingdom where all is wakeful, listening, full of light and conscious. In attempting to understand the surface geography about you, metaphysically speaking, you cut yourself off from the acceptance of those tools which you can use to move through the icy waters of wakefulness. Things are simple, as our message always is. You may put on light; you may put on love; you may put on commitment; you may put on honest doubt. In all of these ways, you are declaring that your element is wakefulness and that your goals are not surface, not sleep-ridden, but further into the light, further into life, further into that which is conscious. For there is that within each life which is conscious, but hides beneath the waters, and the waters hide beneath the ice.

NOTES TO OUR READERS

Carla Rueckert's book on channeling, *A CHANNELING HANDBOOK*, is now at the printer's and should be available by the first part of this summer. Some of the areas covered: What is channeling?, Why channel?, Preparing yourself to be a channel, Getting peaceful, Temptations, Psychic greetings/attack, The ethics of channeling, Channeling and Christianity, and Publishing your channeling. A donation of any amount comfortable to you will reserve a copy which will be mailed to you when the book is available.

We have the honor of announcing the marriage of Carla L. Rueckert and Jim McCarty on May 30, 1987. Jim and Carla wish that every friend of L/L Research may rejoice and share the moment with them as they dedicate themselves anew to the Creator's plan, continuing the work Don Elkins began and praying to be more metaphysically unified in love, that the work of Love may be done through them and through us all. Blessings to you on this happy day. ✨

Light/Lines is a quarterly
publication of L/L Research,
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Louisville, KY 40255-0195
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SUMMER 1987, NUMBER 23

JOY

Oxal, March 16, 1986

We would speak with you this evening of joy, that quality which is beyond its name, that energy which creates in fire and yet in peace, that explosion which is yet a steady state, that translation of that which proceeds into that which is.

We would speak to you of history. Those among your peoples are fascinated with history, and we would point out to you that if you wish a specific remedy against joy it would be history that would take the first place among the active distractions of those who seek.

Success and failure belong to that outward portion of yourselves which belong to history. The discipline of joy is the discipline of remaining outside of time, or to speak more precisely, within that womb from which time issues and towards which it shall once again be drawn in the great rhythm of the cosmos. To remove oneself from processes is to remove oneself from all of those things which seem real, beginning with the processes of one's own physical vehicle, continuing on with the processes of the daily living—the telephone that rings, the doorbell that rings, the visitor that knocks at your gate, the information that comes through the post and all of those things which remind one again and again of the processes of dailiness.

Shall you, then, reject all of these things in order to remain joyful? We suggest to you that there is a portion of you which should do just that in order to achieve something which you may wish to nurture and that is the sense of humor, the light touch, the

feeling of being seated within love and its expression—joy and laughter—regardless of outward circumstances. Processes, as all things which partake of time, begin and end, are successful or fail, and yet consciousness is variably affected by these processes. May we suggest to you that by reserving a portion of yourself to be centered within that great womb of time where joy holds sway, one can experience differently the processes of living within the illusion which you now enjoy and from which you shall learn as you choose to learn, slowly or more rapidly, ineffectually or more effectively.

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

THE LIFE, THE WORK, AND THE ILLUSION

Q'uo, May 10, 1987

I am Q'uo, I greet you in the love and in the light of the One Infinite Creator. It is a great blessing to us to be asked to share this meditation with you and we would pause with you for a few moments of silent meditation so that we may truly become one with you and flow in harmony and in rhythm with your thoughts and your needs at this time. We shall pause. We are Q'uo.

We are again with this instrument. We are Q'uo, and again we greet you in the love and the light of the One who is all. Your query is concerned with what your peoples call ambition, an ambition to succeed, an ambition to fulfill the potential. It is based upon an interesting supposition among your people, namely that something smaller than the life experience of the life itself is that which is called the work.

The difficulty in recognizing one's true work seems to stem from that distorted value which your peoples place upon that tool of power which your peoples call the money. It is assumed that that which is done in exchange for money is that which is the work, and it is assumed that, therefore, even when one is not receiving money for something, one may still be in a training period for some time, but after a certain time it is assumed that the work itself shall begin. Such is the distortion which money has created by its use among your peoples.

It is our opinion—and we stress that it is opinion only and is not an irreducible truth—that the only work which may be called The Work of any entity is that work done in consciousness during an incarnational period which has a net result, as judged by the self after the incarnation, of polarizing the entity more and more strongly towards service to the Creator and to others. Thus life is the work, and work is the life.

This emphasis upon the outcome is that which has been distorted by your money system. If it is seen that one's own life is a gift which is going to be created by the self by life's end within this density, then it may be seen that whether one had an expected or an unexpected outcome for training, that the actual work lay not in results, but in attitudes and biases which have been gained during the training and that this process would go on regardless of the outer circumstances changing by apparent success or apparent failure.

Let us back up a bit and speak in a deeper way. You know that each of you is a perfection unique and amazing to the Creator, just as the Creator is unique and amazing, mysterious and wonderful to each of you. You know that as you gaze upon each other you gaze upon the face of great mystery. And yet, somehow each entity manages to stop the ears and blind the eyes of the miracle of each moment in

order that it may function in what is seemingly here and now of a hustle-bustle life experience.

How blessed it feels to kick off the shoes of the workaday world, to tuck a metaphorical piece of grass between the teeth and gaze into the metaphorical open sky for daydreaming. How very, very good it feels to unwind and relax, to let one's mind drift. My children, it is not only pleasant—it is life itself to that entity which dwells within, which is learning the true lessons and doing the true work of the incarnation.

We are speaking here of meditation and of those states of mind associated with meditation which may seem to be a waste of time to the civilized mind. We find this word in the instrument's vocabulary has many connotations, and we wish them all to be recognized, for civilization is also an artificiality, and all of those notions and belief systems which arise from the cultural medium which you enjoy can be a deadening and numbing influence upon those who are not aware that at some point it is necessary to remove oneself from the grip of civilization in order that the creature which dwells within in illimitable light might move about, breathe the fresh air of unconstructed thought, and go deeper and deeper into that portion of mind which is nourished by light and love and contemplation and which gives as fruit of this kindness from the conscious mind a harvest to the conscious mind of health and right knowledge. The aid which meditation may yield to an entity is equal to that entity's desire for that aid.

There is no desire which is not fulfilled, and when one feels that one has worked for a long period of time and yet the goal has not been accomplished, it is often interesting to go back and reexamine the deep desires of the heart and mind. It may be that there is a far, far deeper desire for the deeper learning which is brought about when one has a long-standing and seeming failure. This consciousness of clay feet and imperfection causes a kind of unhappy tension which is called suffering, and this suffering creates a frame of mind in which the deeper senses become more and more sensitive and begin to make choices.

We question each who has an unfilled dream whether in the suffering which has gone into disappointment, there has not been a great deal learned which could never have been learned in the face of continued contentment and happiness?

The strength of desire is the measure of the result of desire. For the universe is completely rhythmical and responds to that which is asked. There is a spontaneous simultaneity about existence, and in that still point, as one of your poets has called it, it is truly there the dance is. When one finally rests in meditation after great suffering and hoping and seeking, one may finally get a glimpse of what has been learned by the deep self.

To those to whom that glimpse has been given, no suffering ever seems so hard again, for those are the ones fortunate enough to grasp the deep reality, which is that in terms of the deeper desire of the heart they have not been unsuccessful at all, but instead successful beyond their dreams.

You see, my children, the movement in development of personality is from the surface of things, deeper and deeper into them, until finally the seeking and the sought become one: one thing, so that you are not meditating, but finally you are the meditation, and this meditation is your perfect poem, your arrangement of your consciousness, and you know in an instant that this consciousness is the gift which you shall give to the Creator, and so no longer can you feel unsuccessful.

We are aware that the moments when one accepts the self as the Creator must be few and far between for those of you who dwell in third density, for it is the function of your physical illusion to fool you quite efficiently. If you do not suffer in some way, if you are not made uncomfortable by circumstance, shall you seek at all? We found in our studies that our third-density experience was not as vivid as the experience which you have upon your planet. This is due to the fact that our Logos, as we find this instrument to use the word, did not choose quite so vivid an archetypal expression of the One Infinite Creator.

You, in the planetary sphere you enjoy, have an especially excellent illusion. How, then, are you to embrace yourself and the consciousness within you in the midst of an illusion which delivers to your consciousness a distorted and incomplete report of the self? Again, we suggest meditation, that in the still moments of meditation, you might come upon yourself and, not looking directly, still recognize that self as both self and a greater Self. And in the greater Self's persona, perhaps you shall catch a glimpse of the glory that lies within you.

The development of faith and will is, in large part, a development of the will to seek and the faith to keep on seeking. A persistent sustained seeking throughout an incarnation, regardless of any results that appear within the incarnation, is, in our opinion, the very best gift which can be created by you. You are creating a life. And you shall not be done in that great career until your last breath has left the physical vehicle and you, yourself, move from space/time into the time/space of metaphysical life, that greater life which you hunger for while caught within the clumsy prison of the physical vehicle. You shall be light and free. You shall be full of light and full of freedom.

Yet here and now, within the prison of the earthly body, is your great chance to be faithful to your consciousness. So, seek, my children, seek always and know that while it is well to move according to the tides of circumstance, it is far more deeply helpful to have an inner life which is completely independent of outer circumstance, a life in which meditation and contemplation are both that which is desired and among the fruits of that desire. If you are not enjoying your meditations, may we suggest that you vary the conditions under which these meditations occur. And do not refrain from meditating because of a difficult patch of experience, for in any difficulty, yet to remain faithful to the seeking is a very helpful thing for one who wishes to polarize more and more towards service to the Creator and others. The development of that will which, under the velvet offers strength, is much recommended.

NOTES TO OUR READERS

It looks like it will be the end of the summer when A CHANNELING HANDBOOK will be available.

If you live in or near a major metropolitan area and would like to help other readers form groups to study the Law of One books, send us your name and address and we'll try to match you up. Note which metropolitan area is closest if it isn't obvious from your address, and please enclose a self-addressed, stamped envelope.

Our heartfelt thanks to everyone who sent good wishes and congratulations on the marriage of Jim and Carla. They helped to make the wedding a true blessing. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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FALL 1987, NUMBER 24

MEDITATION: FOCUS AND DISTRACTION

Hatonn, October 12, 1986

I am Hatonn and I greet you in the love and in the light of our Infinite Creator. What a privilege it is to be able to speak through this instrument to you this evening and to share your life patterns for this moment. It is rewarding to see that the concept of meditation in this group has not broken down to include only the concept of the channeled information. For indeed it is the silence that teaches, perhaps more than even the most inspiring words, just as it is the space between objects which allows objects to have dimension.

We hope that you may bring that silence with you as a tool to use, not in the dark with your eyes closed only, but in the harshest of daylights and under the most trying of conditions. For if there is a portion of you that remains in the silence of that which is most precious to you, then all else is but a shadow which moves across the sun at the center of your being, and no cloud is large enough to blot out the joy you may take in living. And if the silence be gone from the noonday, then you are lost to the hustle and bustle of your conscious daily thoughts. It is difficult to love when one is busy. It is difficult to perceive or experience the consciousness of the Creator or to take part in the One Original Thought which created you, if you no longer have any silence in your heart.

It is as though you were a king who could direct and control your kingdom in any way that you wished and so you began to wish and one thing was added upon another, all things that at one time or another

you had wished, all eventually manifesting in one way or another. And yet, as wealthy and powerful as a king may be, still there is a limit to what a king can perceive and enjoy. And so you end up being not the ruler of your life, but its servant, ministering unto your desires and moving through your days as your kingdom wills you to move. Your past desires have all come home to roost and you have been trapped by your own snare.

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

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

seeking. That is your power and your peace. It is your very identification, for you are what you desire.

May your desires flow from you in a clean and pure stream, glittering and bubbling and moving in life into the great ocean of all that there is, that when all things are prepared as is necessary for you, each and every desire may be yours in full, your birthright claimed.

ADAM AND EVE AS ARCHETYPES

Q'uo, March 1, 1987

Group question: The question asked this evening was whether the story in the Bible of Adam and Eve was an actual story of people that existed, or a symbolic story that is supposed to show us certain principles.

I am Q'uo. Greetings in the love and in the light of the One Infinite Creator.

It is a rare privilege and blessing to be called to this seeking group of pilgrims, and we are honored that we are guests at such a banquet of love.

The one who wishes to study the creation may fruitfully study what is popularly called the archetypical mind. Indeed, we know of no better name for this informational treasure house than the mind of the archetypes. It is archetypes, rather than individuals, which the stories of creation seek to illuminate, for creation of self-consciousness begins, subjectively, after creation. The consciousness which is conscious of creation is only that of the Creator, and within the illusions which all of us enjoy there is no direct road to clear perception.

It is necessary that expression be general, for the witness to creation is mute and lies within the infinite mystery of the potential intelligence of the uncreated and created Creator, whose mystery is whole and entire and has not and shall not be disturbed by the puny and petty ponderings of our kind. We are seekers—not finders, my friends.

And so within us lie the deepest hunches of what you may call your races. Upon some planets, all have the same archetypical mind. Some of the confusions about creation lie in the various stories of creation, generated by the archetypical minds of those from different planetary influences. There are many such upon your particular planet. It is well, in considering the archetypical mind, to work with a system which

is found instinctively by you to be evocative of the rich fruit of suggestion and inference, for each image is designed to center one within a portion of deep knowledge about one's origin and definition, one's way of progression and hope for the future.

Let us look at the myth most well-known within this group of entities. In this story, the first man is made greater than all the animals and able to talk to the Creator. Now, my friends, there is rich food for thought in this image. Indeed, one of your teachers makes fruitful use of the theme in what you call the parable of the prodigal son. Each of you has an Eden, a time of untrammelled and untroubled beauty, a golden time when the body, soul, mind and heart felt good, at home and well. The sun was happy and even the rain hardly noticeable. And yet somehow, somewhere, through the process of all the years of incarnation, as you call them, you have left the garden. And how alone you feel!

Yet, both in and out of the garden, there comes the second archetype: the helper. Each entity has within it the lonely warrior and the helper, the fount of all wisdom and solace. Your Logos has created a strongly biased sexual differentiation so that although each male and each female experience both needs, yet still to the male is given the striving for the freedom by nature, to the female, the centered feeling of untold riches of happiness, solace and peace.

By the sexual choice of a chemical body at the beginning of incarnation each of you has chosen to experience the male archetype or the female archetype as regards that which is demanded by the culture. It is to be noted that only in highly cerebral cultures where education has been carried far does the idea of interchangeable roles surface. For it is not an idea which fits naturally with the genetic disposition of the third-density body which has been issued to each of you.

This is one small example of the archetypes which may be studied in the creation myth. Also of interest is the introduction, very early in the myth and with repeated emphases, of the eventual and inevitable fall, for repeatedly the archetypical male and female choose freely to disobey the Creator to whom they can talk. Each of you may feel a desire to speak directly to your Creator, but perhaps if the Creator's face were familiar the Creator might be taken for granted. Perhaps the Creator which is a mystery is

the more understandable Creator and the more to be appreciated.

When the female archetype known as Eve met with the instrument which removed the couple from the garden, it was at the behest of a very important figure. It is to be noted that in the Tarot, the serpent is the image of wisdom, and so it is intended in this creation myth which draws heavily upon the same cultural material. It is wisdom which can be the most effectively negative creation, for an over-abundance of love is more difficult to twist entirely. The habit of over-stimulation of the intellect is far more likely to end in a negative movement. Yet, does not all of your experience as a race and as individuals depend almost completely upon the presence, the enthusiasm and the action of the serpent in your lives? Those seemingly negative forces often cause one to be experiencing life outside the garden, where each day has challenges and it is difficult to express or even feel faith and passion, hope and joy. Yet is it not, when you look back, that you see so often the greatest of progress made during those difficult times?

What to praise and what to blame about the creation of the Father? It is difficult, nay, let us say impossible, to call any portion of the creation bad, for the debt of the pilgrim to the negative population upon your planet is great. You are experiencing life both in and out of the garden. Each portion of that story is a portion of a complex series of archetypes. The study of the archetypal mind is most helpful, yet we would not encourage you to study to the extent of mental and spiritual indigestion in order to feel that you are progressing along the spiritual path. We would at this time make note that those things which are most important to learn, to grasp and to make a part of the life are those things which are simple and devoid of the complexity of language and ratiocination. For you seek that which is found in silence and in eternity. You seek, therefore, in a foreign language and in an alien land, yet it is your native tongue and your native home. The language of the heart shall speak for you in the kingdom you now seek. We await you there and are with you there this moment. As your consciousness points and wills and meditates itself to be, so you shall be.

Be careful what you desire. Be assiduous in your meditations, and may you have our greatest thanks

for asking us such an interesting question. It has been our pleasure to talk upon the subject and we hope that we have said a few things which may spark other questions or give you food for thought. Of course, we are fallible and prone to error as is any seeker of mystery. If there is aught said that grates, please ignore our humble words and continue seeking, serene and confident in your own judgment.

We leave this instrument now and each of you in the love and in the light of the One Infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai.

PERSPECTIVE

Yada, July 21, 1985

We only wish to bring you a single thought and to do that we ask you to come with us in your mind, to leave this room and move into the night sky far, far away, farther than you can see, farther than your telescopes can see, until you are no more in space and time, until you are truly within the Creator. We ask you to feel the light that is so bright, that shines not from a single source, but everywhere, from everywhere to everywhere at once. There is no night; there is no sky; there is no separation. We ask you now to look back at yourself and ask what lies before you.

What is your problem? We ask you! Detach yourself. Do you have a problem with your reputation? Forget it. Reputations are not important! Do you think ill of yourself? Do you think that you are not as good as others think you are? Forget it! What do you know? Do others think ill of you? Forget it! What do they know? Try to live in the light, my friends. Do not reach for it. Allow it to fill you. For with every breath, you are infused with that light, that love and that energy and you are a powerful being.

So get on with it. With no fear, but with a will to serve, to love and to be in the light. And that light is that which we leave you in, having no other possibility, for that is all that there is. The rest is confusion and dreaming. We wish you happy dreams and we wish you moments of lucidity in which you see beyond your dream and beyond your darkness, beyond those few moments when you wear your funny costume of physical flesh and see the essential you which not only dwells in light, but is light.

We are known to you as Yada. That is not important either. We, however, love you. Adonai. Adonai. We leave you in the love and in the light of the One who is all.

NOTES TO OUR READERS

Our first shipment of A CHANNELING HANDBOOK was shipped from our printer and it arrived in Louisville, but under a mysterious series of events the trucking company lost the books. There is always a chance that the books will be found before you receive this newsletter but if not, we have another order placed with our printer which will delay your receiving of the book until the last of October. We had hoped in this newsletter to be able to offer each of you who have ordered a copy of A CHANNELING HANDBOOK our gratitude for your patience and the book itself. Now we can only offer our continued gratitude for your continued patience. When you do receive your copy of the book we hope that you will let us know what you think of it. ✨

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WINTER 1987/88, NUMBER 25

ENLIGHTENMENT

Q'uo, October 19, 1986

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

Let us turn then from the manifestation to the essence: How to achieve communion in the unity of consciousness and love is perhaps the most basic magical question which could be asked, magical in the sense that any entity which desires power, whether on the positive or negative path, must form a congruency of a kind with the original thought of Love in order to create personal power. Each student of metaphysics is also a student of magic in the most pure sense, not in the sense of enchantments, ointments, curses and blessings, but in the sense of developing personal power. Enlightenment is the manifestation of focused power given a coherent shape, a degree of desire, which one has towards the achieving of spiritual goals.

The most basic tool for the achievement of a realization of a life lived in magic is meditation, for meditation introduces you to yourself. You may not like what you see. You may discover many, many thoughts, thoughts that do not stop, thoughts that do not seem important, thoughts that you do not control. You may find yourself ill-suited at first to meditation from a physical viewpoint, the body

being perhaps not used to sitting completely still without falling asleep. And yet, if all you discover about yourself over and over is as far as you know that you are dissatisfied with your meditations, nevertheless the intent that sits you in a chair or on the floor or on the ground and puts you in the kingdom of silence is fulfilling completely its part in your development as a magical personality. For it is not only intent, but intent carried through with even and steadfast perseverance that creates personal power.

As to personal power, there are many distortions of the magical personality and those who seek enlightenment are for the most part seeking positively polarized distortions of that one great original thought. That is, the path to enlightenment is considered, by those to whom service to others is a goal, to be the service to others path. May we say we find it to be the preferable one but do not wish to influence your thinking beyond a certain point.

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

You will find many wars going on within yourself during this period and it is as though everything that you did know methodically becomes torn away. This is a necessary and a continuing part of the spiritual path, for distortions are all that we notice. It is difficult for the critical consciousness to perceive complete regularity in an infinite configuration. No, my friends, each of us notices peculiarities and it is by emphasizing certain dynamic tensions that polarity itself takes place. And so, you may go through a short or lengthy period during which you are seeking with your mind and your heart; you are offering yourself to meditation; and things basically are falling apart for you. If this does not happen to you in at least a small way, if you are not re-evaluating your point of view after a certain amount of time as you call it, meditating, it is perhaps for you to meditate a little bit longer or a little bit more regularly. Perhaps you have a high tolerance for the illusion and to awaken from it may take a little more.

In no way become discouraged because this may be so, for your intent will bring you that which you desire. The only variable is what you call time and there are mysteries in each entity's life pattern having to do with the higher self's choice of lessons to be learned in any incarnation which may prohibit the apparent perception of enlightenment. Be patient with yourself at all times. Ask of yourself only that you be faithful once you have decided to seek the truth.

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

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

THE PERFECT LIFE

Q'uo, December 14, 1986

I am Q'uo and I greet you in the love and in the light of the One Infinite Creator, in whose name and in whose service we answer your call. We greet each of you this evening and thank you for the privilege of being allowed to share our thoughts with you. We urge you as always to remember that we offer our personal opinions and our beliefs, not infallibility. Therefore, listen to us in good will, but lay down those thoughts that do not seem helpful.

We find that in speaking about the subject of Jesus the Christ, we must be more careful than usual to guard against infringement upon free will, for this entity is centrally important to some of those present, and we wish our words not to be stumbling blocks nor to be paths into an unproductive wilderness but rather helpful disclosures for neutral information. There are some levels of understanding above that which you in third density enjoy which are necessary for the grasp of the full nature of Jesus the Christ, for you who seek this entity shall be in part a mystery to the conscious mind, not because there was an intention to be mysterious, but because the nature of Christ is mystery.

The entity known as Jehoshua, whom Greeks called Jesus, or rather, Jesu, was born closely upon the heels of midsummer, very few years before that year suggested by your histories, approximately five and one-half years. We believe this is the correct measurement. We are sorry, but your numbering does not make enough sense to us. We understand your moons, but not your numbers.

We cannot speak about what this instrument calls the virgin birth, and invoke the Law of Confusion, saying only that each new soul first awakened to its perception of itself as an eternal being has experienced the virgin birth.

The event was difficult and the birth was indeed humble, though brightened by an optical illusion, shall we say, a most unusual configuration within the heavens which caused there to appear to be for some of your months an unusually bright cluster of light in the night sky. The combination of the Christ with a serviceable life channel was powerful, and many psychic events occurred before and after the event as well as at the time of it. Astrologer kings did indeed journey following the star; however, the arrival was approximately a year and a half later. That indeed is a spiritual adventure you would do well to ponder as you approach your own stable looking for the newborn, guided by hope, the brightest star of your being.

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

For above and apart from any writing about the Christ, there is the Christ and that which this teacher, channel and representative of the Creator called the Holy Spirit; call it what you will. There are many, many avenues in which the Christ speaks to each whenever the inner ear is opened and the ear harks, not listening passively, but leaning forward and truly harking.

The concept of the Christ was this: that intelligent infinity, as experienced by the Logos and with the bias of the Logos, would enter a third-density experience, not erasing the one known as Jesus' personality or being, but coming into the closest possible harmony with that being. There needed to be one who wished to sacrifice an incarnation to the ever-increasing pleasure and agony of the Creator, experiencing what this instrument would call the slings and arrows of outrageous fortune, for it is the nature of the Christ and the nature of third density

that the two, perceiving each other, should react—the third density with a lack of understanding and the Christ with wonder, joy and sacrifice. Such is the sorrow of your illusion and the joy of sensation and communion.

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

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

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

It is the Creator who is pleased at those who do celebrate the spiritual advent of light into the darkness. Yet that Creator will also celebrate the same event on another level in each of your lives, whatever your season of Christmastide may be, whenever your star beckons. Indeed, within each entity who seeks answers to the mysteries of life there is a season during which the activities of the entity cease and the focus of attention is pointed inward.

The fruitful time in the sense of experience gained is considered within the inner being to be likened as to a foundation for that which is to come. Within each entity that seeks these truths of experience there

comes the time when there will be a new beginning. This is often preceded by the trials which test that which has been known and applied to experience. From these trials then, the entity moves to the limits of its being through a sacrifice of its own knowing and unknowing and a surrender of these to that force which is paramount in the life pattern, call it the One Creator or Love or the Christ Consciousness, if you will.

With this surrender, then, comes the possibility of a new seeding of awareness and experience within the seeker. As each of your peoples take part in the celebrations in the name of the Christed Jesus, each then also partakes in some fashion in this ritual of renewal and eventual resurrection of the Christed consciousness within each manifested vehicle which has the Logos as source and motivator in the great experience of evolution which each of you undertakes.

NOTES TO OUR READERS

The first shipment of A CHANNELING HANDBOOK, which had been lost by the trucking company, finally was discovered. The second shipment arrived safely too. Our thanks to all who waited for their copies to arrive. Season's Greetings of peace and joy to all. ❀

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SPRING 1988, NUMBER 26

CHANNELING

Q'uo, December 20 and 27, 1987

(The two transcripts have been edited together.)

Group question: What determines what entity is channeled through an instrument, and should everybody channel?

I am Q'uo. I greet you, my friends, in the love and the light of the One Infinite Creator. I greet you upon a night which is most luminous. The candles of hope, thanksgiving and compassion are lit by so many who know not the good they do at this season which you are experiencing at this time.

You ask what people should and should not channel, and we say to you, first of all, that all of you are channels. There is no one who is not a channel; there is no life which is not primarily a channeled existence. By this we mean that each of you carries within the self deep and unconscious forces, neither to the good nor to the evil as much as to the deepening of experience. The more times in which the student may recognize the depth of the present moment, just so shall that soul channel more and more in a biased fashion, in an engaged fashion, in an enabling fashion for service to all and for love of the Infinite Creator. A life is a solid, sometimes bulky present to offer to the Infinite One, yet each laugh, each smile, each encouragement to one who needed it, each hard truth to one who needed it, each and every effort that has been made is as the wrapping and the decorating and the wonderful ribbons about that solid, caring present to the Creator that is a channeled life.

We turn now to the channeling which was intended to be queried about, and that query is, "Should everyone be a channel? How do channels and instruments contact each other? And is that in all cases a good idea?"

Let us look at the life of a poet or a musician. Many poets have written what this instrument would offer as "Roses are red; violets are blue." These channeled thoughts are modest and pleasant, yet they shall not make the poet a man of renown. So it is with the music. What this instrument would call "Chopsticks" can be taught, and thus any entity can play the instrument of the piano. Yet is this, after all, a decisively important kind of channeling to be shared with others? It may well help the entity, but we submit to you that the equivalent of chopsticks on the piano, when placed in the context of spiritually oriented channeling, may suggest that not everyone, perhaps not even most, need seriously to consider a life lived as a vocal channel.

There is no entity so lost to desires of helpfulness that this entity cannot eventually learn to channel the love and the light of the Infinite Creator. However, there is a certain temperament which finds its reward in being used as a vocal channel. A person with such a temperament is willing to undergo difficulties, misunderstandings, inconvenience and all the minor difficulties that a time-consuming activity causes. And this is where we begin to make the distinction between those who channel the equivalent of a simple tune upon the piano and those who wish to study the instrument of the self. The study required for being an instrument is a careful, persistent, dogged and light-hearted gaze at

the life as it is lived from day to day, from week to week, from year to year.

As in any spiritually oriented service, the honor of being a channel grows in direct proportion to the responsibility of living that which is channeled. Those who do not wish to take upon themselves the responsibility of attempting to live as they have learned are far better off attempting to be of service to the Infinite Creator, which is within all beings, by any one of a number of ways of channeling cheerfulness and helpfulness to those who are needy. Many there are who need food, blankets, clothing and shelter, for upon your weary world there is the winter of the body, and the body becomes cold. The most beautiful words shall not warm the bones of such a body, but rather the simpler channeling of hospitality and faith, warm places for saddened, wearied bodies.

It is our desire not just to make more vocal channels, but to make each aware of the channeling he or she is already doing. It is not well when all in a society decide to be priests, my children. Thus if you find other ways of channeling than vocal channeling which are better for you, then we urge you by all means, to realize what kind of channel that you are, and be that wonderful, loving, compassionate self that your particular type of channeling may bring. A weaver channels the beauty of the cloth. One who works with people channels a love and acceptance, a true listening ear for the entities around it. There are so many examples of the channeling which all may do: the cooking, the washing, the smiling at the sun, the enjoyment of water, all the excitement of daily life, all the little things which are like flowers in a bowl in unexpected corners of your daily life. You channel your daily life. We ask you to do it lovingly and honorably, honoring yourself and honoring that which this instrument would call the Christ-consciousness in each and every face that you see.

Finally, with mixed emotion, which may indeed make this part of our message difficult, we urge that those who hear these words not assume by any means that vocal channeling is that which they are prepared to do. The entities which have begun as excellent vocal channels and have later disintegrated their contact are many, far too many. And although these entities shall be healed and disappointment shall cease, yet still by following not the heart within, but the ambition without, they have

condemned themselves to much disappointment. If you are to be a vocal channel, may we say that you shall not be able to resist that search, that practice and the ponderings that intensive channeling meditation bring to one.

We intend for each to see that each is an imponderably important portion of the channeled cumulative value of humankind at this time, and insofar as struggles have been rewarded with virtuous hope, as difficult dealings have been faced with honest courage, so moves the labyrinth of humankind, slowly yielding to the carefully penciled traces of the path we must retrace to that source of all channeling, of all being, the One Infinite Creator. It is important to us that we express that it is not merely those whose sensibilities have been tuned and honed to be exquisitely fine upon whom the fate of humankind rests. Nay, far more is it the hard-won capacity of the busy, overworked, underappreciated man and woman of lesser circumstances whose response to these difficult environments generates the love and the light of the One Infinite Creator for all of mankind.

Our thesis, that some discipline in the living of a practical, modest and loving lifestyle is very helpful to a channel, may or may not suit the mood of those who wish to become channels. We shall say clearly at this point that it is not the desire of the Confederation of Planets in the Service of the One Infinite Creator to create channels through which we may comment upon physical disasters and other remarkable and unusual natural effects which have to do with the movement of your peoples and your planet itself from the end of third density to the merging with the beginning of fourth density as it shall occur more and more among you.

That which we look for, that in which we rejoice in a channel, is the clear statement of the channel's personality in a disciplined and unified way, for it is upon this level that channel meets channel, for make no mistake about it, channeling is a two-way conversation and the channeling in light trance or heavy trance, during this exploration of a possible message for the day, is based very largely upon the level of commitment and serious intention which the channel offers at the time of the challenge to the contact.

Let us look for a moment, then, at the work in consciousness which a channel may wish to consider

accomplishing. For the channel is not the entertainer or the one with the job to do. The channel is rather a kind of person. Your closest word would perhaps be minister or priest. This human minister/priest gazes upon the face of the illusion and chooses to live in a loving, caring and openly spiritual way, bragging not one word, celebrating not one virtue, but instead learning the true humility of one who knows that what one wishes to be, one is only by will and faith. For it is the nature of humankind in third density that all seeming perfections shall be pierced with error. All glasses to a brilliant future are made murky by the inevitable, constant, dramatic game-playing of the illusion itself.

If the new instrument who decides to live a life of spirituality thinks at first that there is some ongoing trickster designed to test that channel, this instrument is not only accurate, but has foreseen the mere beginning of a long series, indeed, an endless series of challenges to see through, of seeming heartlessnesses to bring love to, of seeming dreadful inadequacies to enfold in consciousness until finally the one who seeks to serve as channel aches and cries with the agony of compassion in such a dark world, and yet at the same time trembles with the ecstasy of the limitless light and the glory of souls who gradually shed the used skins of ash and dust.

To those who wish to be priests, ministers and light-givers, to those of you on the watchtower, mending fences, gazing into the heavens as sentinels of the light of the cosmos, we urge you above all to find within the self that fundamental character which can offer the highest praise, the deepest-felt purified emotion. If that means that you must function upon your own, then it is that you shall be lonely. It is unfortunate, in the short run, that experiences such as loneliness are considered to have great possibilities for learning among those who have chosen to live the life of the minister or the one upon the watchtower. Thusly it is your greatest hope to find those who are able to share the darkness, the misunderstandings, the despair and the doubt which accompanies a life lived in hope but executed with human error. May you find those who comfort you.

Lastly, to you whom we may call shepherds, there is sent a glorious company of those who surround you, love you and love the One Original Thought that is slowly taking place and growing within each. Call upon those helpers which you know by names such

as Holy Spirit, guardian, angel and inner guides. More than that, rest back into the recollection of the enormous web of caring, trusting, hoping and loving which your most mixed up planet does indeed send out greatly. Please know that those who wish to be channels are a mighty company, and beneath the claptrap and noise of normal human converse there lie the sinews and tendons of a growing social memory, placing upon the skeleton of this planet's position in space each sublime thought, each remembered turning of channel to source. You, my friends, make the first steps towards a new heaven and a new earth, as we would quote this instrument's holy work, so that you are workers in the very beginning of the fourth density.

We rejoice in each effort of will, each movement in love, each word that has been prayed about and considered, each spontaneous expression that brings the Creator directly and engagingly into the surface, the center, the heart of a group. May each of you find your rejoicing in each other. May you love each other. May you see the Creator in each other. May your channeling become a channeled life.

TRANSFIGURED BY JOY

Amira, December 20, 1987

I am Amira. I greet you in the love, the light and the life of the Father. How plunged you are into the mystery of day and night, good and evil. How clear are the eyes of those who search out my face in every situation. Yet we would not ask you to search out a physical face, for the physical face of the Son of Man is beside you, is looking at you from the mirror, is your stranger, your friend, your child. I and others have come to comfort you, to leave the comfort of love behind. May you release the discomfort of worldly doubt and turn and return to those glories of the Father which enter by eye, or mouth, or thought, or death. You who come with me, you who share my steps, you shall share them all. May your journey be transfigured by the joy of your countenance, as with perfect faith you reach at last that place from which there are no more steps, no more false divisions, that place where you begin to feel yourself falling, falling and falling, deeper and deeper into an unmeasured and eternal sea of creative divine love. I reach out my wounded hands to bless and sanctify the wounds you bear, that they too may be marks of past courage, never scars of

pain. I leave you in the full sun, the glorious light and infinite love of the Father. Farewell and peace. Amira.

NOTES TO OUR READERS

We would like to offer our endless gratitude to Judy Dunn, Dayton, OH., who for the last six years has been faithfully transcribing each of our Sunday night meditations, which serve as the resource for this newsletter. She will be taking a well-deserved retirement from those duties shortly, and we are wondering if there could possibly be another Law of One reader who might be willing to help us with this transcribing? One hour-and-a-half session each week. Must have good typewriter, tape recorder, typing ability, sense of humor, endless enthusiasm and solid dependability.

All for no pay. Just a lot of thanks instead.

We would like to invite any Louisville area readers to attend our Sunday night meditations. It is questions from those who attend these meditations that inspire the messages which eventually create these newsletters. If you are interested in attending at any time, just write for directions and we'll send them right on.

Thanks also to everyone who has made contributions in support of prisoners who have no money to buy books or tapes. They, and we, are very grateful. ✿

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SUMMER 1988, NUMBER 27

THE HIGHER SELF

Q'uo, November 1, 1987

You wish to know more about the higher Self, and indeed it is good that you should. For the concept of a self that is larger and greater than that which is before the face in the mirror is a centrally powerful one. It is a concept without which humankind's understanding of the Creator would be severely crippled. For if one gazes in the mirror of mundane experience one quickly observes that the self is not overly saintly, as this instrument would say. It is the nature of the illusion which you now enjoy that the microscope of criticism is relentlessly placed before one's own and others' actions, thoughts and intentions. And in an illusion designed to confound the most noble sentiments, this is not surprising. Yet there is implicit and inherent and abiding in every third-density heart and mind an instinct as clear and true as the instinct for breath or food. That is the instinct to seek a higher purpose, a higher beingness, an enlarged point of view and, ultimately, a movement decisively from the often uncomfortable illusion and its limitations which are meat and drink in third density.

Let us examine considerations concerning time. The higher Self is a concept which is impossible to view in a sensible manner if the concept of linear time is clung to. The concept of one having the beginning and the end, either within one lifetime or within a creation of countless lifetimes, is a concept which creates unsolvable paradoxes with respect to considerations of the higher Self. Your linear experience of time is a portion of your illusion just as is space itself and all that you perceive with your

senses. Within that illusion which we see as being the most sheer and least distorted of which we are aware, we see time as simultaneous; that is, the linear river of time perceived by the human self is deep within the self, rounded into infinity, so that what you see as past, present and future are experienced at one time, that time being the present moment. At this precise moment as we speak, you contain all that you have experienced and will experience from the beginning of your consciousness until the sublime re-entry of singular consciousness into the universal consciousness which is the Creator.

You contain memory of past and future, yet these memories are most deeply placed within what is known as the unconscious mind. They dwell within a zone to which the conscious mind is denied access. Without the concept of the higher Self it is yet possible for an entity going on faith alone to open gradually the gates of perception and to become aware, little by little, of a larger beingness within the self, larger and larger that beingness, until it eventually encompasses all that there is, and for the first time you are aware of your true identity. Such determination and persistence is very rare. For most, not only ultimate discoveries of wisdom, love and power, but simpler understandings pertaining to specific mundane affairs, come hard. The way often seems unclear, the emotions frayed and worn, the spirit numbed with the repeated shocks of a callous and seemingly indifferent world. It is into this arena that what is known as the higher Self appears. The character of the higher Self may be perceived as glorious and majestic, or it may be perceived intimately as a boon companion and dear friend. The personality of the higher Self is much amenable

to that which is needed by the everyday waking self. It's identity, insofar as we are aware (and we wish to express that we are not infallible) is that of a future self, as you would call it, a self that is entirely yourself, yet a self which has experienced, through that which you have experienced, to the present moment and onward events, far into lessons of love, wisdom and unity.

When your consciousness has reached that point where the lessons of unity are being well studied this Self turns and reaches back to the third-density self, to the self that is confused, puzzled and insecure. It is the most loving of presences, for by the middle of sixth density you shall have learned to love yourself, to embrace yourself, to protect yourself in light and love rather than with weapons of defense, words of anger and gestures of fear. This Self is to you a great resource, dwelling within your consciousness, within those deep areas of consciousness where time is simultaneous and the great issues of love and service are always in incredible and lambent focus.

Thus the avenue to the higher Self is a road within the mind, a road which opens, seemingly impossibly, after one has left space and time behind in meditation. Perhaps what we are trying to express may best be approached by saying that the image of what we wish to express is that of one who, sitting in meditation, moves within the mind higher and higher until one has reached the very top of the watchtower of consciousness, and at that point when one is in a very small protected environment there is a harmless, ordinary-looking door. Yet through that door is the beginning of a highway that grows larger, wider, more capacious, more beautiful, more stately, until at last the inner vision opens and the Self that is more you than you are now waits to greet you.

The consciousness which invites the higher Self to help is one which in humility gazes at the world and says, "In and of myself I see only illusion. I must seek further." Seeking is the key to contact with this greater Self, this larger edition of you. This higher Self cannot choose for you that which you must or must not do. It is not an authoritarian presence. Each decision is your own to make within this illusion, and no responsibility can be given to any higher Self, guide or teacher. Each is responsible for the self.

We would also encourage the seeker to open the self in meditation to those presences which are about

each seeker, waiting to aid in deepening the meditative state in comfort and in succor. These guides, these presences, are also yours if you seek them. They are powerful helpers, yet it is always the turning from despair and sadness to hope and joy, the thought in confidence of sure help and the reaching out for it that make these energies available to each who seeks.

The higher Self ultimately is the Creator, just as you are the Creator already. There is what seems to be an impossibly long eon wherein the creation bursts forth into existence, flowers and moves back into the uncreated, that highest Self. Each relationship which you enter into, if shared heart to heart and hand to hand, creates the higher Self of the mated couple or the strongly bonded friendship. Each family has the group higher Self, and insofar as that family may seek in unison, just so far shall its higher Self be there in seeming intuition and interesting dream to convey messages concerning the most progressive and helpful service for the family to the family or for the family mated pair or friendship to the world which you experience about you. Similarly, each group to which you may belong, if there is a common purpose which is idealistic and service-oriented and sought in unity, develops a group higher Self, one which can be enormously helpful, and so each nation, race and any group which bears a common identity can develop, and will ultimately develop, the higher Self. Indeed, we, as social memory complexes, are an existing group mind. The higher Self, then, is ever more clearly and intimately available. It is our dear wish and happy desire to join the ocean of the uncreated, that Logos of undifferentiated Love from which all is created and to which all shall return.

NUCLEAR WAR

Q'uo, April 10, 1988

You have called us with a question about your living conditions upon your planet at this time, wishing to know what energies were in motion concerning nuclear war and whether humankind is capable at this present moment you experience of avoiding the destructive action of nuclear war.

First, let us say that our basic message springs from one thought, and that is that love is all that there is, that creative and divine Love is the One Original Thought, that this thought is the closest

representation in words which we know to the unseen and ever-mysterious Infinite Creator, and that each of you is a portion of that Creator and the infinity of that Creator a portion of yourself.

Thusly, when we speak of the energies involved in experiencing an illusion we are speaking of that which is apparent, but not real, that which is experienced in an illusory pattern in order that work in consciousness may be done by those infinite selves that you are. With this basic nature of humankind understood as being all in the Creator and the Creator in all, we can then speak in a more relative manner concerning certain appearances and behaviors which you are experiencing at this time upon your planet's surface.

The energies concerning nuclear war that are in motion, indeed all energies concerning the use of nuclear power, have their origin in the origins of many of those which walk upon your planet at this time and have for thousands of your years. Many of those spirits, which are now within the Earth's many dimensions of experience, have experience in a third density during which the pattern of nuclear warfare and similar global catastrophe were carried out by humankind, upon humankind. The mass of group thought concerning this error within the racial past has never been completely healed, up to the point at which we are speaking, and these energies shall continue to be in need of healing until each entity involved in a planetary catastrophe in the past, as you would call it, has had an opportunity to balance this misaction by self-forgiveness and forgiveness of others.

The pattern is at a more hopeful state as we speak with you than has been the case since we began our observation of your nuclear activity, indeed since it first became a tool used by your scientists and armed entities. There is much of hope in the growing improvement within many entities' balancing process. As more and more of those who have been involved karmically in this matter are able to attain a balanced state of self-forgiveness, the crisis may well pass. We encourage all efforts which may be made by any within the area of self-forgiveness and balancing, the conscious balancing within the mind of passion and wisdom.

We would bring this thought before you before we close this discussion, and that is this. The arena in which you move is, indeed, an illusion, yet it is

excellent that you should be active within that illusion, not overcoming it or ignoring it, but engaging the self with each and every aspect in which you as a self feel that you have strength, something to offer, some way to be of service. This illusion, including any catastrophe, is designed not to destroy nor to build according to the infinite whims of humankind, but to offer opportunities for learning and growth. It is the unsettled times, the traumatic times, the confrontative times that are so often productive of the most rapid inner growth towards that maturity of spirit which all who are on a path of seeking hope endlessly for. "This is not," said the teacher known as Jesus, "the kingdom of God," this little planet and its wars and rumors of wars. The kingdom, the absolute, the truth lie within, within each, whole and perfect and very dimly perceived. Through crisis and contemplation each seeker processes, through an infinite series of realizations which give a richer point of view, a deeper point of view and, hopefully, a more and more balanced point of view. Each increases in inner peace, and as that inner peace blossoms in the heart the entity becomes one who is doing his very utmost to avert nuclear catastrophe.

Peace on planet Earth is possible. It is possible because humankind wishes to progress. We do not know whether or not the possibility shall become reality, and we would not prophesy. We only wish to encourage each entity to know that his or her own inner peace is the road which must be traveled by each and every person. And when that inner peace meets other inner peace, boundaries drop, hostilities end, and a realization of oneness occurs. When you are truly self-forgiven and at peace within you are doing planetary healing work; you are averting war. You are being a reflection of that beloved and ever unknown Creator. May each of you hold peace within the mind. Take it into meditation and open the self to allowing self-forgiveness.

CALENDA

Calenda, December 5, 1987

I am Calenda. I greet you in the love and the light of the One Infinite, perfect, omnipresent, omniscient, omnipotent Creator. We greet you as those who glow with the crystalline purity and who see those emanations from yourselves. Woe, woe. You line the

treasure boxes of your inward storage with the archives of mediocrity, with fashion and news.

I am Calenda, a voice who calls the true jewel to awaken within. I wish to be your walking stick upon the path. I wish to join my ceaseless prayer with the murmuring of all those within your race who pray incessantly, night and day, casting themselves upon that dark mystery of deity. Perhaps my voice has no use other than as an interesting friend who is new, is interesting, yet we burn within with the glory of compassion and with the joy of the yearning and adoration we feel for the marvelous track, this heavenly pilgrimage, this journey within. We, too, are on that path.

We are sorry we have importuned this instrument, but the instrument is able to pick up our contact, something not often occurring, and we wished to share our love and our celebration of all that is.

We of Calenda leave you in the love and the light of the One.

NOTES TO OUR READERS

If anyone knows of a relatively inexpensive but high quality recording system that can pick up people's voices across a room we would appreciate your letting us know about it. We are exploring the possibility of offering some of our Sunday night meditation tapes to readers at some point in the future, but our current recording system does not pick up voices across the room well. ✿

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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FALL 1988, NUMBER 28

THE CHOICE

Oxal, November 12, 1987

We greet you in the love and the light of the One Infinite Creator. We wish to say at this time, for this call has come to us, that the love and light of the Infinite Creator take great measures of energy to probe into at any depth at all. The delicate balance between the positive and the negative move and turn, sway and twist within the distortions of each mind/body/spirit complex's universe, within each heart and each mind. For every excellent ideal and symbol, there lies upon just the other side of the coin, terror, need, ugliness and violence.

The drama of your third density is the drama of discovering duality and beginning, the long trek toward balance. In this the student, the journeyer, the worshipper must choose one path to move, one face of the Creator to worship: one, and not the other. This is a most difficult choice. It is so difficult to make within your illusion that most do not begin to make that choice, but rather remain dancing about the bonfire of neutrality, tossing their garlands to and fro within the ethical and metaphysical universe, laughing, crying, hating and loving and moving neither towards the one great stage or the other, the glorious heavenly universe, or the equally glorious negative, each strong in its own way, each full of the Creator which is all things. Yet only by strong feeling, only by that feeling which this instrument would call worship, is either path traveled to the end.

We are those of the service-to-others path. We find that each within this circle has also advanced the

cause of the great drama in the negative sense. Each has danced close and into the flaming fire of the glory and of the beauty of negative emotion and feeling. Each has in the mind and heart judged him or herself, each has been convicted and has lived within what your soul wishes to call hell, and each has for that very reason chosen. For when one path or the other begins to be intense, begins to move forward, then it is that the choice must be made, never in the happy middle of things, never around the bonfire.

Thus as each travels along the path of service to others, let us say again what has been said often upon your planet: let us respect and appreciate those circumstances of suffering, of judging the self and of despair which have produced hearts and minds set with determination and persistence, but better yet with passion, the passion of experience and lessons learned and choices made. We ask each to respect that, within the self which makes such a choice, each will inevitably fail from time to time but that, the choice having been made, the life shall be, if such desire continues, a walk hand-in-hand with the Creator. For there is passion in the Creator for each of you, such a passion as you cannot imagine. We exult in the joy of the love the Creator has for us, and we answer, with love and thanksgiving, and turn ever again to service to each other, and thereby to the Creator. And then, in the end, we turn to the Creator alone and see the Creator and know the One.

CONFUSION AND MEDITATION

Hatonn, July 8, 1984

I am Hatonn and greet you once again through this instrument in love and in light. It is a great privilege to use each instrument and we do thank each of you greatly for calling us and allowing us to share our thoughts with you. Those of you who call us are confused, troubled, and disturbed. Confusion is a tool much like a saw or a hammer. You use a saw to saw wood; you use a hammer to nail things together. You use your confusion to work upon yourself, for you, in the midst of that confusion, are waiting to learn from that confusion. You are waiting for that trouble to bubble up until you escape, look back and learn from your experience. The rapidity with which you learn from this experience, from this confusion, will depend upon your willingness to work with your self. But at least, my friends, you have the sense to be confused. You are not asleep; you are not dreaming; you are not distracted in the half-world in which nothing is very important and no question is truly worth answering. To these people we cannot offer any help whatsoever. These people shall again and again experience this illusion until they become aware of the process that is shaping their destinies.

We do not suggest to you that a, shall we say, trouble bubble is an easy thing completely and utterly to solve, to rise above, to understand. We say only to you that the love and the light of the Infinite Creator is with you in your attempts to balance your confusions, to gain objectivity and to learn. What a fine tool confusion is, my friends! What a fine illusion you have. We are aware that you would prefer the security of simple rules. And, there is one simple rule: that is to love wholly and freely and without reserve.

It takes a lifetime for each entity to choose the manner by which it shall show love and to choose to whom it shall be given. Needs are all about you. If you wish to start with the most simple needs, there are those hungry and thirsty and cold upon your planet. Your sphere is full of such confusion, such a hubbub, such a babble. What shall you do? Where shall you go? What is your discipline to be? We ask you to return to the One Original Thought on a daily basis. It does not matter if this returning or meditation be for five minutes or for fifty. What matters is that you have the discipline to turn again and again, day by day, to the Creator. That which

will precipitate from your daily meditations shall be unique, for each particle of consciousness is unique. No two people can face the same problem ethically, morally, economically, socially or in whatever way and find within themselves precisely the same answer. The universe is indeed confused and the lessons are subjective. When you have found enough truth to tell from the rooftops, you shall not be able to do so by any proof, for proof is the farthest thing from your needs as individuals. Each of you needs to find his own way. Each of you needs to find his own truth. There are some constants, such as confusion, love, charity, compassion, sorrow and weariness. These things each person can understand, and yet how that will be weighed in a person's life, how one will use such to shape a consciousness, is a question that must be answered by each.

We would not dream of informing you of one overriding absolute truth which, if believed, will carry you to some heavenly kingdom. No, my friends. We are in a heavenly kingdom as we are in the fourth density, that density of love. And from this density we can see the Creator in each of you and in each of us. But we cannot give this vision to you, nor would we wish to. We wish only to enspirit you so that you may go forth and seek your own answers. We may promise you that at any time that you wish to meditate we are with you in silent support.

As we close, let us bring you in meditation closer to ourselves until we truly feel oneness. Through this instrument's ears we hear the lonely sound of the train going from somewhere to somewhere else, much like you, my friends, on a lonely journey. And yet you are together, held on a straight and narrow track, for your vision is of love and your desire is for mercy. We are one with you. Where is the Creator? Ah, there is the great question. Shall we say the Creator is you? You shall not be satisfied, for you are not satisfied with yourself. Shall we say that the Creator is in the seeking? You will not be satisfied. Shall we tell you that your journey has no end and that that endless journey is the Creator? Perhaps we come closer to that which you desire to hear this evening.

We leave you upon the wind of chance and change. And yet, how solid is your caring for each other and for love and for seeking. We are known to you as those of Hatonn. We leave you in the love and the

light, along the endless track of an endless journey of the Infinite Creator. We leave you in that which is perfect in all ways. We leave you.

Adonai. Adonai vasu borragus.

THE CONTRIBUTION OF FLESH

Hatonn, November 18, 1984

We would like to tell you a story, my friends, of a princess. The heroine could just as easily have been a prince upon some levels of storytelling, but for our parable it is quite necessary that this entity be female. As in the custom in fairy tales about princesses, she was awaiting one man who could stir her heart, a heart that was hard-bitten by many, many years of power and loneliness beyond words because of that power. Courtier after courtier, peasant after peasant filed by with their best gifts, hoping to win her favor. She had offers of everything from livestock to pearls to kingdoms, new realms to govern. In none of these things was she at all interested and, sadly, at the end of each past day she would close audience, still powerful and still lonely.

One day an ill-garbed man came to her court. He was not a courtier or a peasant. He was a stranger. His home was the road. He did not understand why his journey had brought him to this place but when he saw what lay before him, there grew within his heart a great desire to speak his mind and his heart, as all were allowed to do on this great feast day. Having no cap for his head, he tugged at his hair in order to make respect, and bowed his knees, and in rough words made his plea. "Milady," he said, "I can give you nothing but my days, my nights, my love and my road. My feeling for you is such that I am blinded. I cannot see any other and so you shall have to help me if we are to be together, for the blind need guides and I offer you my need as well as my love, for I shall be confused. To share my road is a strange thing indeed. Milady," he continued, "I do not know where I shall be tomorrow, next week or next year. I have nothing but my flesh and my heart, my mind and my honor, and I give these into your hands. Whether you accept them or not, you are and will always have been my love." The princess who, for years, had turned down treasure upon treasure came slowly from her high throne and reached her hand to the stranger who stood below her. "You must help me, too," she said, "For I do not know that I have a road; I only know that I wish to find

one. I do not know that I love; I only wish to find love." He took her and placed her upon the earth and looked down upon her, as he was taller than she. "Milady," he said, "that is the way of all love. Each gives, each takes. I have not loved, but I know this to be so." "I have not loved either," she said, "But I know that I am no longer lonely."

The ill-paired couple did not stop for retainers or for chairs to carry them or for any of the panoply or pomp of her circumstance, for that was not his road. They began to walk. And within the hour they were out of sight even to the keenest eye of those in the kingdom at the great fair. Strangely enough, this princess and this stranger were never seen again. Though many told of her years of coldness and haughtiness, there were none to sing the praises of her love. For as she became open to love, just so she became invisible to a great deal of that which mortals may see and mortal ears may hear.

My friends, it is a great folly, or so it seems, to be encased in such flesh as you experience in your density. You feel clumsy and awkward and so you are, compared to higher density bodies. You feel numb and unable to see the larger picture, and this is so, compared to the awareness available at other levels of vibration. Yet yours is the splendor of giving the true generosity that only comes when you truly cannot see and cannot hear the divine but only have faith that there is such a thing as divine love.

In your illusion, may we say, you tend to undervalue your contributions to others. The least of those among you contributes in a vital way. It is not a conscious contribution in many cases, but the contribution of flesh within which a consciousness has been placed, so precious that to think it could be broken, as the human body is broken, is almost not to be thought, not to be accepted, not to be tolerated. This precious consciousness, you say to yourself, cannot possibly be part or parcel of this flesh. Yes, my friends, you are inextricably bound about the cells of your third-density chemical body. All your acts will be those of men incarnate, men who pour out the blood of heart or mind or will or body without knowing the truth. The chances for courage, for polarizing, for serving, for allowing your flesh to become bread for others are enormous.

How little you value yourselves or your circumstances compared to the reality as we see it! If someone gave you a perfect emerald and then told

you to swallow it and wear it within your body, you would think that man to be mad. And yet that is your consciousness: a perfect jewel, a jewel of perfect shape, not tossed thoughtlessly into a body, but placed with care, with love, with wisdom, into flesh that you may pour out your life beautifully if you wish, having nothing more to go on than deep-felt feeling that this is your road.

You see, we must many times use females for those who receive and males for those who offer, for that is the archetypical nature of your sexuality. In actuality each of you is both receptor and giver, taker and nurturer. Never doubt your worth to those about you.

We offer this teaching to you in humility and are so grateful for the opportunity to speak with you. That is all. We can only repeat again and again: 0 what treasure lies within your bones, what beauty of spirit shines from loin far up into the heavens. There is no distinction; there is no being cut off. The illusion seems to cut you off, but you are a treasure indeed, each of you, just as you are. And in the flesh you shall learn twenty, nay, one hundred times better to serve, to love, to give and to accept, to take, to receive. Love is completing circuits; it is not necessarily only giving.

We close this circuit and relinquish this instrument at this time. Please be aware that our use of the word, love, especially, is inaccurate and our sayings, as always, are only as important to you as they are helpful. We are those of mortal opinion who know nothing for sure. We have only walked the road a bit ahead of you. What road is that, my friends? Keep walking. You shall see and it shall be a joyful thing. I am Hatonn. I leave you in the love and in the light of our Infinite Creator. Adonai, my friends. Adonai vasu borragus.

NOTES TO OUR READERS

For those of you who would like to give a Christmas present that battles the "bah-humbug" syndrome we are offering JENNY, a tape of songs and narration written by Carla Rueckert and her brother, Tommy. It was done in one take as a Christmas present to their parents in 1979, so it is not up to the professional standards of THE JOURNEY, yet the joy of the season shines through.

We would like to thank each channeling workshop participant that we had the honor of working with

this summer. We hope each of you learned as much from us as we learned from you. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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WINTER 1988/89, NUMBER 29

CHANNELING AND CHALLENGING

Laitos, August 12, 1987

For any entity who is desirous in the extreme to be of service to others by means of serving as a vocal instrument and who wishes to serve as such in as pure a manner as possible, it is important and necessary to proceed with a certain degree of caution, for this avenue of service is one which offers the potential of gaining metaphysical power and using this power for service to others. Therefore, it is necessary for each instrument to master the ability to tune its inner desire in such a fashion that it places this desire at the highest point within its being that it can stably maintain. Thus is opened a pathway which will serve as the connecting channel to entities of an unseen nature which the instrument hopes will, in conjunction with the instrument, transmit concepts which may be formulated into those principles which aid in the evolutionary process, thereby enabling the power to affect changes in consciousness for those who utilize these principles in persistent and conscious fashion.

The challenging of unseen spirits is quite necessary, for as populated as your illusion is, we may assure you that those illusions beyond your own are at least as equally populated, and there are many spirits who stand ready to speak through instruments.

Instruments need a means by which to be assured that the entity speaking through them is one of positive polarity in order to gain information that is as sound and useable as possible, or else the value of the information may be small.

Thus it is our recommendation that each instrument determine for itself its own desire to serve as an instrument. If its determination is that it wishes to do so in as pure a fashion as it might, then it shall gather about itself those qualities which it feels are its essence and utilize these qualities in a fashion that may be formed into that which is called the challenge of the spirit. This is so that the spirit which is contacted may know who you are and what your desire is in a clear fashion, for this is your first communication with it. It, as all spirits, has this clear knowledge of itself and speaks as an entity full of that essence of itself. Thus the instrument must needs obtain the highest and best contact that it might sustain in a stable fashion by means of this technique of the challenge of the spirit.

BEING AND DOING

Q'uo, August 16, 1987

I am Q'uo. I greet each of you in the love and the light of our Infinite Creator. We would speak with you about being and doing, two verbs that seem simple and yet are not. We, as you, are students of that great mystery which hides the face of the Creator from all of us. We, as you, seek more and more to know and to be with the Source of all that there is, the Love which created all that there is, the Light which sustains all that there is. We find great love and harmony in being and great love and harmony in doing, and yet the tension between those two poles of behavior and consciousness is felt by many seekers, and indeed can be a stumbling block. For one desires in doing spiritual work, as in any other work, to be occupied, to have

accomplished something, to have gotten somewhere. Yet is consciousness ever and always at the base a being, not an activity.

As each of you came to the circle this evening that portion of yourself which is underlay but probably did not totally influence that which was being done by each, for the cares and concerns of each day are many. It seems that the less important a detail is the more time it takes to accomplish it, so that as you sat down perhaps your thoughts were scattered, pleasantly or not, but scattered, and consciousness lay as your foundation, largely unnoticed in the flurry of activity. Then each began to merge more and more into a harmony of seeking, into a consciousness that was felt by the self and shared about the circle. This group consciousness is powerful and acts just as a searchlight shining in metaphysical energy which, with many other groups such as you own, form a pattern of light sources upon your planet at this time.

Now this energy is the energy of beingness. It is your own and no one else's. Each consciousness source in the creation is unique. Thus it is valid always for the seeker to be attempting through all that which it does to more and more carefully choose the path of seeking, choose the way of service and choose the source of experience so that at the end of all experience there shall be a consciousness which is more and more full of love, more and more able to channel that great Original Thought which created all, that Logos which is Love.

My children, you live within an illusion. Your physicists will tell you this. All that looks solid is not; all that looks still is moving. Your senses participate in an illusion. Thus all your doing is an exercise within an illusion. This system of illusion was created in order that you may play and work and do all manner of activity until you have decided upon a certain choice, that choice very simply being service to others or service to self. The nature of the illusion is imperfection. Thus each thing that is done within the illusion participates in imperfection. Good deeds don't turn out right; relationships go awry; a word quickly said is long regretted. There are an infinite number of ways to make mistakes in behavior according to your own opinion of yourself.

We ask you to avoid the emotion of discouragement. Perhaps the best way to avoid that is to give encouragement to others. Thus we suggest that you

love each other and serve each other. It is an antidote for the blues, for it balances that which within you felt unbalanced. It is only our opinion, but we believe that good intentions, desire to do well, is far more important than how things actually come out in the illusion. So be of good cheer. We do not ask you to be silly and funny in the face of tragedy, but try to keep the light touch. For when one embarks upon the path of spiritual seeking and attempts to accelerate the pace of one's seeking, experiences can become intense and discouragement is easy to come by.

Now a word about being. There is a place within the mind and within the heart of each of you which the holy work called the Bible describes as the inner room, that place where you are at last alone with the self and with the Creator. Here, in this meeting between yourself and the Creator, lies the ground and essence of your being. Here, indeed, lies the entire universe, for each of you is a seed of the divine spark which some call Christ-consciousness. And that portion within you, in the innermost space of your heart and mind, is a hologram of all that there is, so that you contain universes and all that you see dwells within you also. At that level you never learn but only remember what you already knew and recognize it once again.

We encourage and recommend the daily practice of meditation, the tabernacling in the inner room of the silent consciousness. For that consciousness, touched into often enough, may more and more begin to shine through that which you do, that you may become radiant, a more and more pure channel for the love of the infinite Creator. If you find it difficult to find time to do this each day, we still suggest it would be worth the effort to create a time daily for touching into this consciousness. Indeed, it may be done momentarily when the clock strikes or the siren sounds at noon. Remember who you are and what you seek, and open the door to that inner room, and just for a moment close it behind you and say to that great mystery which lies in darkness all round the heart, "Here am I."

The teachings of the spirit dwell in mystery and their riches are hidden in the darkness of the metaphysical universe. Yet, paradoxically, the illumination which is found in these searchings is very bright indeed. We greet you each upon the path. We are all companions. We thank you for your company and

for all that you teach us, and hope that our humble thoughts may prove useful in some way to you. Please know that if any thought is not acceptable we urge you to discard it at once, for we are only those a bit further down the path than you. We have more experience, yet that has only taught us how much more there is to learn of the infinite Creator. We are companions in a great mystery, my children. May your seeking give you joy and may your path be full of light.

JOY AND SORROW

Q'uo, January 11, 1987

I am Q'uo, and I greet you in the love and in the light of the One Infinite Creator. You have asked us to discuss the paradox of opposite emotions. "Why," you ask, "is there both joy and sorrow?"

As we gaze at each beautiful glittering aura, at the amazing complexity of shading, shape and brightness, each entity perfect and unique, we can only praise the Creator for such spiritually helpful paradoxes. For it is through the stress of unacceptable things that the finest and most extreme emotions, thoughts and actions may be brought out of an entity. And as the Creator can only become self-conscious by gazing at the infinite numbers of reflections that are its consciousnesses given free choice, the Creator sees brighter, deeper and ever more glorious facets. And once again, each time an entity chooses to use the experience of joy in a productive way or to use a difficult experience productively, the greater Self of that entity cheers, knowing that the Creator has again chosen to express Itself in a more coherent and unified manner. For all of evolution in the spiritual as well as in other senses seems to us to move in a purposefully positive way, each choice for crystallization moving and polarizing the entity more and more.

This is our attempt at explaining why there is joy and why there is sorrow but not why there are paradoxes. In order to grasp the necessity of paradox in any limited expression of the inexpressible one must first realize the profound mystery of the creation itself. In terms of grasping an ultimate mystery, those who use words and, to a great extent, those who use concepts to communicate are completely unable to grasp truth. There is no polarity, nor is there sense. Sense consists of the

organization of random effects so that coherence may be established. This is, indeed, the discipline of the personality.

The mind of your conscious self is able only to deal with sense. Therefore, it is common among your peoples to see the Deity Itself in a polarized fashion. Your illusion depends upon polarity, and not yours alone, but a large portion, indeed a considerable one, of the octave experience of which we are at this present moment aware. Thus physical and metaphysical laws, shall we say, or descriptions of the way things are arranged, must include polarity of all kinds and the concept of oppositeness. The either/or nature of your experience is designed to enable the decision-making process so as each entity moves through your density of choice, each choice has the chance of being a firm and serious choice, one highly polarized, making one a more conscious person.

Thus all of the emotions may be found to have their opposite and in some way include and evoke the opposite shadow. For has there been pure joy without sorrow? Or unadulterated sorrow without some bittersweet or joyful shade?

As the seeker becomes able to grasp the intended use of both joy and sorrow the seeker may then balance joy with sorrow and sorrow with joy, sickness with health and health with sickness, in all experience of polarized nature whatever finding, in any catalyst one may experience, a free choice for the emotion expressed in experience. It is rare for seekers to find it easy to master this discipline, but the challenge of polarity being a central lesson for love and wisdom and balance between them, shall be with you for a long portion of experience. And it is well to begin the process of either/or so that in each choice you may become a bit more balanced, a bit more compassionate and a bit more aware of the full consciousness of Love which created both joy and sadness and polarity itself. For in the end, if we can find joy an occasion to worship and sadness an occasion to praise, we shall once and for all have learned a central lesson of consciousness.

We leave you, delighting in the joyous and riotous symphony of planets, stars, galaxies and infinite constellations. We are grateful for the intensity of your seeking and shall be with any which shall request our presence during meditation that we may in silence kneel within the heart and bow before the

perfect, whole and unified creation which is All and in all.

We are those of Q'uo. We ask, as always, that you take no thought for any idea which may have been offered by us which you find unhelpful. We are far from infallible and are imperfect and most humble in our offering to you of our opinions. We thank you again and again and must reluctantly leave this channel. We leave you in the love and in the light of the One Creator. I am Q'uo. Adonai.

NOTES TO OUR READERS

If you would like to continue receiving this newsletter please send us a postcard or a letter to let us know. We will make a new mailing list from the postcards and letters that we receive. Donations are most welcome.

Tax receipts for 1988 donations are available upon request.

Our very best wishes to each of you for a joyous holiday season and a fruitful new year. ❁

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SPRING 1989, NUMBER 30

THE GATES OF YOUR HEART

Channeling from the Holy Spirit, October 16, 1986

Greetings in the Love of Christ. I am the Spirit of the consciousness of Love in the vibration which comforts this child.

You who understand so many things about your daily life and make so many connections between events so as to bring them into order would find comfort in turning for a deeper understanding of events to the contemplation of that thought which created you. For even as you appreciate the gift of father and mother in offering the possibility of breathing and living incarnation, so even more may you appreciate the ultimate Creator of you and of all things. Nor is it possible to contemplate the infinite order of the creation without assuming, finally, that unacceptable and difficult circumstances are, nevertheless, intentionally organized for your benefit. Looking, then, at the same situation which you have analyzed so well within your mind, open the gates of your heart, letting confidence and peace in the rightness of all that you see wash over you, and in that atmosphere the birth of the deeper understanding will aid the child of God in making the deeper sense of any circumstance.

My peace be with you now and forever. Amen.

PASSION

Hatonn, January 15, 1989

I am Hatonn. I greet you in the love and in the light of our Infinite Creator. It is a great privilege and blessing for us to be with you, to be called to your

group in its search for information that may be useful upon the path towards truth. With this said, we shall turn to the question of this evening, that being passion: what it is, how to get it, where to find it, how to use it. It is a subject we are most pleased that this instrument take up, for it is a subject about which this instrument knows very little, for passion is one of this instrument's natural gifts. That which has not been learned is not understood. Therefore we are pleased that this instrument shall one day read that which we say, that it too may learn.

You each are consciousnesses, portions of the One Infinite Creator and about you is gathered the material which makes it possible for you to be incarnate at this exciting time upon your planet. That material is free will. Each of you is a mixture of the Infinite Creator and free will. You begin the path of seeking with free will greatly to the fore, and the self, which is the Creator, almost entirely unknown, except for feelings that one thing is perhaps correct to do and another thing perhaps not. This is the beginning of the journey, and so the sensitive soul decides to seek a little harder than that for the truth of the mystery of the Creator, for in that mystery lies who each truly is, who each is in relationship to the Creator and what we may do in response to that Creator. And so we come to passion.

Let us make one thing very clear. The first passion is not one for which you are responsible. The great and original passion is the passion of the Creator to know Itself. In that great passion, in that Love, It created each of those portions of consciousness that sit as one being in this circle of seeking this evening. It created each of you before time and space began,

for time and space are but a stage upon which consciousness may play out its many, many roles and learn those lessons which it has chosen to study, that the Creator may know Itself in the windows of each entity's eyes, in the mirroring of each relationship, in the transactions of all people.

Thus the first passion is that you are loved. You are loved enough to have been created. You are loved enough to have been given free will. And you are loved and trusted enough to be set completely and utterly free, your mind carefully shielded and veiled from the deeper portions of its archetypal self so that you cannot remember who you are, what your make-up is, what your relationship is to the Creator or how you wish to respond. The call to a life in faith is a call to remembrance of the passion that created you. Therefore, the first element of passion is a remembrance that infinite passion is the basis for all that you see, for all that you see was created because it was loved, and loved because it was created.

We draw you a picture of a seemingly needy Creator, a Creator needy for you, for your love, for your reactions, for your information, and in a biased way, this is indeed so. There is that portion of the Creator that lies beyond desire. Most of the creation, indeed, rests in Love unexpressed and uncreated. You are portions of the active principle of the Creator, the Logos, or, for want of a better word, Love itself.

Now each activity within an entity's life may take upon itself the tone of ordinary dailiness or the tone of communion. We suggest to you that when one has contemplated long upon the love the Creator has for one's self, then perhaps the second step to finding passion is a slow, gentle allowing of the self to awaken to that love, to listen to the bird that sings for your ear, and, yes, my children, it does sing for your ear, if you can but listen, for the breeze that blows so beautifully, for pearl-gray days that soften and gentle the harsh edges of winter moods, for sunshine and joy. In all these experiences, you may remember that this has been a gift of love, and that you are completely satisfying your Creator, no matter how quickly or how slowly you advance, simply by being and reacting in a natural and spontaneous way, or in any way whatsoever, to those things which occur.

There are those things which block this simple process from gaining in momentum. When one is distracted from the natural creation of the Father and when one has great difficulty seeing the Creator in each pair of eyes upon which one looks, one begins to move off of one's center, away from one's remembrance of love, and passion dies. Numbness sets in, or anger or another negative emotion, but indeed we find that among your people, the quality of numbness is marked. We ask you, by a slow process of daily meditation, to allow these layers of protection from that against which you do not need to be protected, to drop, simply to be let go. Then, with that done, call to remembrance that natural reaction which one may have to being loved so deeply that one becomes absolutely necessary for another's existence.

This is your situation. You are absolutely necessary to the Creator. You are timeless metaphysical entities, and you are beloved, with a passion and a love so far beyond any of your words that we must humbly beg your forgiveness for the paucity of our language. But ah, my children, when you can remember, then you may dance the joyful dance of the heart and laugh the merry laugh of the child, and in that childlike way know for the first time the love that is the answer to love, the passion that is the answer to passion, the life of the spirit that is the answer to a clouded consciousness, to a wonderful light-filled mystery that calls to remembrance. You are beings of love, created in love and you dance through life your own dance. You are aware that many are the steps that are awkward, clumsy and hurtful. Your jail cells, your prisons, your orphanages, your madhouses are all full of people whom your society could not find ways to love, but by secluding them.

Thus you cannot look toward your society for anything familiar to find your own passion for existence, for joy, for vitality, for the Creator and for love itself, yet it is there within you, coiled like a tiger's spring. Your heart is the heart of the Creator. It simply needs uncovering, remembering, finding and experiencing. Now one way to accomplish this in an accelerated fashion, other than daily meditation, is the pushing of oneself beyond the physical limits, moving by exhaustion into a state where the utter joy and passion of life may be felt in a steady state, much as one would feel the sensation of orgasm at the climax of a sexual experience. This

is the steady state of the universe at rest. This is the passion which you have for yourself, for your neighbor and for the Creator. This is how strong and how powerful your feelings truly are, and the fact that they have been so greatly shut down in your society is simply a matter of that which must be in order for you to have a free choice of whether to serve the Creator and others and thus move towards growth of spirit, or serve the self, controlling others and bending them to your will, following the path of self-aggrandizement or service to self.

You have this choice to make. This is your basic choice in this density. Each time you choose to serve another instead of serving yourself, you become a more powerful being, a being more expressing of love. Yet, before you express love, let it be that you have first experienced the love of the Infinite One. Let this experience be to you that subjective reality which does not have to be proven from the outside, which cannot lend itself to intellectual speculation, which is simply, utterly experiential. This is the basis of your own perception of passion, of truth, of love.

What are those things that stop one most quickly from feeling? Primarily, my friends, it is fear that keeps one from feeling. There are many kinds of fear. There is fear connected with earning one's livelihood, fear connected with gain and loss in relationships, fear connected with learning more about a subject which one distrusts or suspects may be more of a subject than an entity wishes to take on. There are many, many fears. And it is well to identify them and allow them, once they are found, to fall away in a gradual way so that change is not too uncomfortable. For when we ask you to experience the Creator, to tabernacle with the Father, we are asking you to change. In the process of meditating and focusing in inward silence upon what the Creator may have to offer to you this day, one learns many things. One becomes aware of a grasp of knowledge or a point of view that is broader and different than before, and you have begun to change.

Thus the way to passion, the way to love, is not easy, for you must, along the way, empty out of yourself many armorings and defenses against those things which you fear, which you do not have to fear, thus freeing the attention so that it may rest upon the fundamental mystery of consciousness. Focus upon that fundamental mystery until you begin to feel the

desire to experience, to know more. Let that desire build ever more. If you are not satisfied with the level of your desire to seek, as we said, you may simply dance or sing or move or run or swim or do anything which moves one past one's limits. Then, sit and meditate again. Some of the veil will have been lifted because when one is quite exhausted, the seat of consciousness rests far more in the subconscious portion of the mind. There it is that feelings are stored. There it is that passion lies waiting for its remembrance. The key is remembrance.

When you first feel the love of someone who loves you, the natural response is fondness in return, if one does not have fear. Your relationship with the Creator is Self to self, but, my friends, you are very young creators, and your free will has remained willful. We urge you through the process of daily meditation to lay that will before the mystery and ask, and simply wait. For that which you are to do shall come to you, early or late, and if you yearn for it more and more, it shall come to you more and more. As you desire, so shall you find. May you desire to experience the love of the Infinite One. May you glory in the remembrance of that love. May you respond with equal passion to the Creator which wishes you in turn to create for others the manifestation of that love, not through your own limited resources, for you cannot love, even a day. The illusion is very heavy about you, and there is not the energy within you for such. By yourself you have enormous difficulties.

However, you are not alone. You are one with an infinite source, an Infinite Creator which is at the same time intensely personal, intensely in love with you and waiting for your response. In your holy work, the relationship of the one known as Jesus the Christ to the people of Jesus, which was perhaps unfortunately called the Church, was the relationship of bridegroom and bride. There is no more intense passion upon the physical level than that which draws a mated couple together. This same level of passion is felt for you by the Infinite Creator. It is a matter of removing from yourself the armorings and those things which fill the mind with triviality, and turning the attention to the light within, and without to the beauty that speaks in the creation. May you feel the stars laugh. May you feel the joy of the seeds beneath the ground, resting, hoping, seeking that first warmth. May your hearts

lie fallow and your souls seek the light as does the seed beneath the ground. You are beings of great passion, power, strength and majesty, yet also you are entities completely free to express in whatever manner you wish. It is a subject for thought, is it not?

NOTES TO OUR READERS

We would like to offer a Book of Days to our readers made up of 366 channelings from the Holy Spirit like the one which begins this newsletter. Since the channelings are short and pithy, each lends itself well to being studied as a thought for the day. As with our previous books, we need to ask interested readers to send donations for our new book before they receive it in order for us to have the money needed to print the book. It will cost about \$10 per book, 376 pages, 5 1/2" x 8 1/2", including postage, to print 1,000 copies, and if we are able to gather enough funds by July, we should be able to have the book available by October. If we are unable to collect the funds by July, we will return all donations, so please specify the amount that you are donating for the book if you also order other books or tapes with it.

Last call for newsletter renewal. Send us a card if you want to continue receiving this newsletter. If this is only the first or second issue you have received, you are already on our new mailing list.

Again this Easter we are happy to offer THIS IS THE DAY, a cassette tape done by Carla L. Rueckert and her brother, Tommy. Like JENNY, this tape is a performance recording and, therefore, imperfect. It is the story of a boy and a small tree who grow up together and who are transformed by their shared experience. Songs and narration tell the story. ❀

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SUMMER 1989, NUMBER 3I

DARKNESS AND TIMES OF TRANSFORMATION

Channeling from the Holy Spirit, April 18, 1987

I am of the principle of the Love of Jesus the Christ, and I greet you in the full consciousness of that lively Love.

As we gaze upon your springtime this holy Saturday we see much that the Earth has yet to bear, much that shall come to birth and bloom, flourish, and then, in its turn return to what some call a tomb and others call a time of transformation. How the little shadows and lights of each incarnation among all the peoples of the Earth blend together in one beautiful kaleidoscope of light and dark, times of blooming and times of dark waiting. Without the nurturing darkness, could the bloom be half so beautiful? And were it not for the blooming, would the searching, reaching, and learning underground be satisfactory as a condition for the soul of plant or man? My children, we ask you to accept the times of darkness; accept the times of nurturing, reaching, stretching and unknowing, for even in the numbest, most dead of feelings there is that quality of underground nourishment, and there shall come a time of blooming. Yet pray it may be the time appointed for jubilee, for bloom for you, that in season you may bloom and rejoice.

We leave you in the peace of the eternal cycles of creation, now and always. Amen.

DISAPPOINTMENT AND FAILURE

Q'uo, January 1, 1989

Group question: No matter what the sophisticated or old-fashioned method of consciousness expansion a person tries, what spiritual growth really seems to boil down to is a lot of trial and error and being able to deal with disappointment when we see ourselves fall short of our ideals. Would you speak to the idea that there really don't seem to be any shortcuts in spiritual growth and to the part that disappointment and faith play in the path of the seeker of truth?

I am Q'uo. Greetings in the love and in the light of the One Infinite Creator, on whose behalf we have been called here to manifest those thoughts of love and light that may perhaps find a ready, listening ear, so that we may be of some small service. For this to be possible is the height of our hope at this particular point in our development, and we cannot thank you enough for enabling us to speak through this instrument.

Upon this subject, the subject of the spiritual journey, we could begin speaking in one way, find another way of gazing at the same experience, and in always relevant fashion we would be unable to exhaust the ways in which one may gaze at and imagine the true structure of the spiritual journey. That is, there is nothing particularly spiritual about the journey. It, like any other ordeal, is a matter of certain, shall we say, natural laws with the ever-balancing axis always at ninety degrees to those laws of the unpredictability of free will.

But this evening you have chosen to gaze at the spiritual journey in terms of time commitment, in

terms of whether by taking thought, one might accelerate the pace of spiritual growth. My children, if we of Q'uo did not believe that it were possible to accelerate the spiritual growth of careful and persistent students by means of inspirational messages, we would not be working with this instrument, for it is no part of our intention to waste our time. However, the truth is that it is extremely possible; that is, it is possible in almost any degree desired by the entity to accelerate the pace of spiritual growth. The difficulty from within the illusion is that particularly difficult manifestations of accelerated spiritual growth are emotional pain, irritation with one's self for having failed, and other negative emotions.

The extremely simple reason for the seeming paradox is that in times of greatly accelerated growth, large-scale changes are being made in the road map of various portions of the program and metaprogram of the mind, and, especially when these changes have reached the initiatory or metaprogrammic phase, many, many feelings and actions will seem to have been those of an over-sensitive, immature and imbalanced person. This person will consider itself the least of all those who seek, for it is not manifesting cheerfulness, gaiety, merriment and freedom, but rather, suffering under a burden. However, when the memory has wound its golden bands about these times and that which you call time has elapsed so that one may gaze back upon that golden-shrouded memory, one may see again and again the rapidity of growth side by side and inexorably tied to the most nauseating and humiliating of failures. It is for this reason that within the illusion, it is most often felt that there are no short cuts, and that one must simply bumble along by trial and error.

In point of fact, when working with the deeper programming of the meta-consciousness, the movement of feeling within may be in such a powerful way that it may seem irresistible and perhaps counter to usual politeness. These expressions, however, are to be credited as part of the mind, not part of something called hysteria or emotions, but rather those times when the metaprogram has once and for all time changed a deep, deep program. There may well be some sort of release from change so deep that you do not understand it, and the fact that you may perhaps be disappointed in yourself must be accepted by you as

a condition of your attempt to live a life based upon the faith that there is indeed a kindly Creator, a Creator made of love, which loved us first, and to whom our response is faith.

Now with those things said about the difficulties of progression and the lack of shortcuts being incorrect, let us say that a person does indeed use tools to move himself toward such a time of vision, a time of initiation, a time of change and metamorphosis. A person may use the techniques of deprivation known in many, many systems of expression toward the Infinite Creator: the fasting, the changing of the daily routine to one of silence and devotion. All those daily acts of meditation and worship, whether it be for a moment or for a minute or for an hour, in their dailiness they keep you, the pilgrim soldier, upon the road. You are battling something you may well call disappointment. We would prefer to call it the uninformed intellectual mind. Your minds are very, very full of those opinions based only upon what this instrument would call conventional wisdom. Within your heart are stored the natural laws. It is well to know how to act lawfully within your society. It is well to act lawfully within that society.

It is also extremely well for you as a spiritual self to know who you are and who that individual that carries you around is. This is most important to you. If you do not know the large bipedal animal upon which you so depend, if you do not appreciate it, provide well for it, accept it, nurture it, and take care of it, then you as a consciousness will find it more and more difficult to spend intensity and time upon the spiritual search.

So let yourself be the nurturer of yourself. When you are disappointed in yourself, let your nurturing self remember that you are only disappointed within the illusion. You have no idea, my children, of what a blessing your hopes, your intentions and your ideals are. The light of those ideals is the light of your planet. Your zest for truth, your fidelity to the Creator, your living by faith and never by words; these things go beyond that self that carries you about. These things are what you really are: a being of faith. In times of disappointment, allow that being to nurture, protect, comfort and soothe you, for it is difficult to move quicker than the body is ready to go, than the mind is ready to move. It is a hard thing to change, and indeed it should be

carefully resisted. Each change should be seen, considered and approved, by your discriminating and entire self, a self always informed and centered by daily meditation.

To sum up, my children, each of you has spent many years accelerating the course of spiritual growth. Each of you has seen the most fruits come into manifestation in the midst of iniquity, error, mistake after mistake and self-perceived sin. Each is able to see that compassion has grown during pain, beyond one's limits, and beyond the pale of that which would not disappoint one. Yes, you shall disappoint yourself again and again, and may we say, the more you disappoint yourself, the more you are trying to do, and the more we salute your brave spirit. Never, ever, allow the words that your mind can create to attack your faith and your hope that all that is painful will also be fruitful, and all that is difficult will also become that which is golden, that which brings the compassion to the heart, the understanding to the mind. For at the end of each and every failure, at the end of each and every limitation, once accepted and forgiven, can the self find the corresponding compassion for that same limitation in each and every other human being which it encounters in the same situation.

May you grow sweeter through adversity, and, most of all, may we say perhaps our greatest hint to you, as those who would like to continue speeding up the rate of acceleration of growth spiritually, learn to work as hard during those times perceived as positive as those times perceived as negative, and the negative events shall not need to occur.

In order to gain from the positive, one must do what would be impossible, were not one familiar with negativity; that is, one must push against one's own standards of excellence, attempting at all times to give more and more praise to the Creator, more and more of one's conscious hours, attempting more and more, in moving into the sleep pattern, to program the self for the learning, and the setting of new metaprograms closer to the One Great Original Thought. Do these things faithfully. Work during the easy, the happy, the contented and the peaceful times, and you shall become ever more peaceful and contented. The work must be done, my children. You have designed this into your incarnations. You, yourselves, will judge yourselves at the end. Yes, it shall be as the greater Self, but it shall be you

specifically and personally that must riffle the pages of this incarnation.

Claim your disappointments now. Face them and learn from them and grow sweet with compassion. In this way, may the disappointment at seeming failure become, appropriately and in a balanced fashion, appreciation of and forgiveness of one's limitations, of the history and the tracks of one's change into an impersonal source of love. Then when, without the veil, you stand and gaze upon your life you shall see that you were aware that there is no such thing as earthly disappointment, but only the sounds, the experiences, the side products, the pain and the difficulties of transformation. May you intend always the highest and best that you know, and may each limitation, disappointment and seeming failure become for you the opportunity of self-forgiveness, appreciation of yourself, and the nurturing of your growing spirit.

MEDITATION, SACRIFICE AND EXPERIENCE

Q'uo, March 16, 1986

We would give to you our encouragement and speak upon meditation, for it is the key which unlocks the door to that which is within you, and that which is within you is nothing less than the One Original Thought which is the Creator. You may call this Creator "Universal Mind," yet that is not precise, for the mind proceeded and precipitated from the Thought which was thought without mind, but only with consciousness. You are the Creator and as you experience each other, the Creator gains experience.

We speak from the point of view that the Creator has made a great sacrifice in causing a portion of Its being to have mind and to become independent, for there is much effort in accepting the free will of portions of Itself which seem disharmonious with other portions of Itself. And yet the Creator has repeatedly made this sacrifice of wholeness without effort in order to bring Itself an expanded Self. The Creator, shall we say, takes the very, very long view and looks upon all that occurs through all the densities and dimensions in order that it may key into Its own Self all of the selves that have become unique and learn all those things which each unique portion has learned. And you, yourself, are a sacrifice to your own mind. For without mind you would constantly be in a state of meditation, and all things would be whole and entire unto themselves and one

with you and acceptable in every respect. Yet you have sacrificed that awareness to come into incarnation and to be limited by your separation from those things about you: the material of the seat upon which you now bear your weight, of each other because you can touch but you cannot become one in a physical sense. Separation seems to run very deep and one forgets that the stones sing, that the earth shouts with rejoicing and that the trees skip in the springtime. How easy it is to feel oneself separate from the life that indwells all things. How easy it is to feel separated from oneself, to feel that there are factions within the self which must be reconciled, to find oneself analyzing and re-analyzing to no avail. The only road from separation into unity is keyed with meditation. Some there are who benefit from meditating at great length. Some there are who benefit from meditating a brief few minutes each day, and some there are whose meditations are in action, and through action they are centered and one with all that is.

Therefore, do not assume that you know what meditation is and what your goals should be towards it, but, rather, as you meditate, listen to that voice which speaks within and meditate as that voice instructs you. There is no set time nor is there a set method. There is one thing, however, which we must emphasize and that is fidelity to the practice.

NOTES TO OUR READERS

We have received less than half the donations for a BOOK OF DAYS that we need to print it. Because so many of you who did order the book were so enthusiastic about it, we are going to extend the offer until October. There are 366 channelings which are short and pithy and lend themselves well to being studied as a thought for the day. If we can gather at least 3/4 of the cash needed to publish 1,000 volumes at \$10 per volume, we can have the book in your hands by Christmas. If not, we will happily return your donations. ✿

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 1989, NUMBER 32

OLD AND NEW MYTHOLOGIES

Q'uo, April 30, 1989

I am Q'uo. I greet you in the love and in the light of the One Infinite Creator. The Creator's blessing and ours be upon you, and our thanks and gratitude to you for the honor of being called to your group this evening to discuss the question of old and new mythologies, and, perhaps most importantly, the dealing with the young ones among you in the face of the teacher/parent's having found that the older and settled mythologies are not acceptable. This is a large subject, and we shall do no more this evening than scratch the surface. However, we would like to give you some ideas, reminding you always that we are prone to error, as any which is not whole and entirely within the Creator. As long as we have an identity of our own, there will be biases, and we ask always that you remember to discriminate carefully, and to keep those truths that seem helpful, to keep those inspirations that seem to be truth that you remember and recognize for the first time, and if something jars or is unhelpful, lay it aside and move ahead. That is part of what creating a personal myth consists in.

Now let us lay some groundwork. First of all, the words mythology and religion should be far more interchangeable than they are. The difficulty is that in myth there is no judgment between one myth and another, whereas in religion, those of one religion square off with hostility against those religions which in some way contradict it. Thus we prefer to talk of all paths of spirituality as personal myths, including classical paths such as the path of mystical Christianity, the path of literal Christianity, the path

of mystical Buddhism, the path of literal Buddhism and so forth.

Realize that the essence of myth is to move the seeking entity, by its own faith and its desire to know the truth, over a kind of rainbow bridge, a magical covenantal span that links time and eternity, that which is known and that which is a mystery. Those who dwell in that which is known have a deadness inside them, though they live and their hearts beat. Those that dwell from time to time in eternity have a livingness that only crossing that span into eternity may offer. Certainly there are those who naturally and unaffectedly spend each moment in the present moment. These are, for the most part, the young souls which parent/teachers are responsible for aiding in their growth and nurturing in the agony of constant change as growth occurs.

Therefore, we do not wish to engage in judgment betwixt settled world religions, except to describe how they create the rainbow bridge to eternity. Within the Oriental religions, the consciousness is considered to be spiritual, and that which is honored is the continuation of living eternity: father to child, to its child, to its child, and so forth. This mythological path is a path of ethic and wisdom. It is somewhat passive and unsuited to the Western, shall we say, mentality, as this instrument would put it.

That which you may call Buddhist is a group of paths covering exercise, breathing, work and worship. It is perhaps the most passive of the paths that are traditional in that the goal is to cleanse the self of preferences so that one may see clearly and be unmoved by the illusion. This is a path of wisdom.

The Muslim and the Jewish religions are those which have the God which acts for and against entities on a sometimes apparently capricious basis. This is a religion of ethic and one is taught to do certain things which shall span the rainbow bridge to eternity.

The many kinds of Christian religion are to some extent the more active of the world religions in that there is a strong ethic implied, an ethic of excellence, purity and good behavior, yet also an ethic which states quite clearly that by no means shall action bring one to paradise, to eternity, over the bridge. In this particular spiritual system it is acknowledged that there must be the bridge in place that by faith can be crossed. The Occidental part of the world finds this ethical and mythical system in its activity more suited culturally, and indeed, though all the so-called world religions have much to offer, it is probable that the parable of the channeling of Jesus the Christ, being part and parcel of the culture in which each present dances, is perhaps the most accessible and the most useable.

Now we speak of Christianity, Buddhism, Shintoism, and so forth as if they were singular. This is not so. Each of these religious systems has one thing in common, and that is a call to mysticism, a call to a life in faith. That faith is what makes the bridge between time and eternity firm. Faith is fed by desire. Thus the beginning of the creation of the personal myth is a burning, passionate, consuming desire to know the truth, the truth of who you are, of that which you are constructed, of your relationships to eternity and imperishability. Consciousness is malleable. It is plastic. And you are either at the helm of your consciousness or being dragged along by it, having lost the reins. Therefore, when deciding to create a personal mythology it is well first to grasp the reins of desire and discipline and passion, to hone and whet the edge of the need to know, the desire to understand. If you seek the Creator, your path will come to you.

Now if one looks at any of the world religions, and we shall concentrate, since we are speaking to those of Western culture, on Christianity, one may see that the images, the parables, the myth of the life of Jesus the Christ itself, has very little objective referent to the time in which you now experience this illusion. It does not fire the imagination to think of the images and the stories which Christianity has

to offer. The younger one is, the more true this is, simply because the parental generation may well not have offered the child the experience of organized religion, and the child, therefore, may not have a clear image of that for which it hungers, for at any age a spirit will hunger and thirst for spiritual food. Thus in relation to the children we would suggest very strongly that if the parents do not engage in traditional church-going it is well if there be an altar or holy place, small as it may be, within the dwelling or close to the dwelling that may be dry from the weather and accessible in all temperatures so that one may go there and meditate each day. When children see how seriously the parents desire to know the truth, when they see dailiness and discipline in seeking, they will, by osmosis and acting like the parents, imitate and grow to feel that place within themselves that hungers for heavenly food.

In short, what we are saying is, what you use to make the bridge should be a product of your desire. That which you can have imperishable faith in will come to you. Accept nothing that does not feel solid, and if it does feel solid no longer, leave it behind and move onward, for truth recedes infinitely in front of the pilgrim, remaining always a mystery and allowing one more and more, as one grows more and more mature and aged, to see the great depth, breadth and height of the spiritual path, the amount of glory and strength in service to others, the amount of joy and peace in dwelling in love and light with those who also seek. To have companions along the way is most important.

There are other reasons for the rejection of ancient myths than that of their being irrelevant to that which is occurring at this time upon your planet; that is, few people, for instance, breed sheep; therefore the thought of the one known as Jesus as shepherd is difficult to manage, and the leaving of the ninety-nine for the one that is lost nothing more than a cosmic joke. Those of you in the west have experience of heightened technology. Science has mistakenly assumed that it is separate from spirituality. This is a fatal flaw within science, and it shall be corrected. Although within your particular life experience it may not yet be evident, science and spirituality are one.

Knowledge has nothing to do with faith. Dogma and doctrine are deadly enemies of faith. To live a life in faith is simply to say, "I have faith that I am a

survivor, that I am held in the gentle arms of a kindly Creator, that that which is happening to me right now is what is supposed to be happening to me right now. Those who wish to polarize towards to service to others add upon that faith by attempting to listen carefully to others, that they may know how best to serve; not how to please, but how to serve. The materialism within your culture and the work ethic within your culture both mitigate strongly against an appropriate attitude towards creating a personal myth. For though it is well to have good ethics and good moral behavior, the bridge to eternity is made almost entirely of the deep and intuitive portions of the mind, the feelings, the emotions and the inspiration.

We ask each of you honestly, What inspires each? We see confusion in your minds at this question, except for this instrument who has chosen its own personal mythology as mystical Christianity. Thus we say to you, concentrate upon this creation. Begin to know who you are by processes which may be described easily: that of keeping the diary, that of keeping the dream diary, that of moving back in mind to painful experiences in the past and working with them until there is balance and forgiveness.

You see, without the bridge to eternity each entity is stuck fast in the mire of time and space. Things will go on and on, a road that never ends. This is an unreal picture of reality but a true picture of the illusion in which you find yourself at this time. The key to forming a personal mythology, then, is to discover that which you may have faith in; that is, not belief, but simple faith. It often works best, for those who are new to the concept of being, to act as though one had faith in a kindly Creator and a redeeming Creator, and therefore to be able to forgive yourself and others simply by the strength of your faith. It is not faith in anything or anyone, perhaps, but merely a faith in the general kindness of the One Infinite Creator and of your own preference to serve others, to polarize towards the positive, rather than to serve the self and control others, to move along a negative path.

How does one create a personal myth? It begins, as most things do, with the process of coming to know the self well, coming to feel the yearnings, the frustrations, the strong and the weak points of the self. Coming to find out what the self really desires, then honing that desire, sharpening that desire and

becoming passionate in the desire to know the truth of the Infinite One and your relationship to the Infinite Creator.

When you have determined that which creates the bridge to eternity for you, we urge you to cross that bridge as often as possible. The ideal which was shown by many Christed entities is to live in such a way that the entire life experience becomes a channeling, a parable of the journey to infinity, of the ridding of oneself of the dross of perishability and the winning through of the understanding that your consciousness, more and more refined, polarized and uplifted is indeed imperishable and is your true self. The more time one spends having crossed the rainbow bridge into eternity while in the physical body, the more one is able to offer in consolation, in forgiveness, in peace-making. For to one who has faith, there is no problem too great to solve, and that which is unsolvable is acceptable. Each day and night is its own entity, appreciated for itself, experienced for itself and action done for love out of faith. This is the life in faith.

Some entities require a very simple myth of a personal nature, and those with the so-called New Age movement demonstrate the simplistic nature of the path to infinity. It is, however, a path which is difficult to remain upon, for the nature of the illusion is to challenge and test the growing entity again and again. Those who feel that there is naught but love and light may be most distressed and confused by that which happens in the life experience which may be called traumatic or devastating. The impulse is to remove the faith and replace it with anger. Avoid such impulses, for the Creator is not simplistic. The Creator and you, together, have designed quite carefully the kind of lessons of love that you are to attempt to study within this life experience. To study them as a materialistic entity who lives and dies is perhaps all too often to remain asleep to the possibilities of challenge.

To face each trouble, difficulty and challenge with confident faith and quiet sureness in that bridge is to distance oneself from time and space, and, with that longer point of view, to gaze upon experience and choose the reaction which the hero would have. For this is the essence of myth. The hero, whether it be the Christ known as Jesus, the Christ known as Buddha, the Christ known as Lao Tsu or the Christ

known as Zoroaster, makes very little difference if one is mystical in one's faith and non-literal. The great difficulty with all settled religious systems is that they have become combative, materialistic and an artifact of the world and the culture in which you live. Many are the priests in all faiths that attempt with every fiber of the being to retrieve the parables, the mythology, the story which initially sparked the spiritual movement. However, divisive elements, competitive elements within the nature of humankind create an ever onward going of series of schism, splits, disagreements and steps backwards from unity into discord. Thus, many choose not to frequent the established spiritual system of myth for public worship. There is, however, an instinctive need for group worship. There is a need to come together as the children of the Infinite Creator to worship, to offer praise and thanks and to ask for blessings. Thus, there are meetings such as these, and many other of the so-called New Age type which aid the seeker in the creation of his/her own story. The personal myth is that of the hero or the heroine who must go on a very difficult and challenging journey. During this journey, this entity will lose everything which it has, but by the aid of the Infinite Creator, in one form or another, that which has been lost miraculously revivifies and becomes imperishable. This is the basic parable or story of the hero.

Let us look at the compelling myth of the Holy Grail. It has perhaps seized the imagination of mystics in a more direct way than any spiritual system, for it involves entities in a myth which is adventurous. The hero must go forth alone. It must pass impossible tests. It must bring back that which is unavailable, seemingly, and it must do it for the love of the Infinite Creator. It is, of course, in the journey itself that the transformation of the hero occurs. When the hero returns this entity, then, becomes the teacher, able to speak in parables and stories and anecdotes that may make sense to those about one.

What is your story? Have you conceived of yourself as a hero or a heroine? Have you learned to love the self and realized the consciousness of the self as blessed and holy and to become able to hollow the self of those things which are materialistic, greedy, grasping and worldly? The hero must lose a great deal of emotional and mental baggage, must unlearn the biases of pain and suffering found in childhood experiences and adult experiences as well, so that the

life is self-forgiven, the self is seen as consciousness, which in essence is holy. By sending oneself upon the metaphysical journey of the pilgrim one sets out for the Holy Grail, the impossible dream. One has nothing but faith, whether the personal myth combines well with traditional spiritual systems or whether the personal myth has been created by the self, the entity needs to see itself as a true hero, one who wishes to serve, to sacrifice and to learn. With the heart open, with the intellect disciplined, the traveler begins to learn to feel the natural feelings of consciousness.

The feeling we hope most to encourage you in is the emotion of worship or thanksgiving or praise. For the Infinite Creator, the Imperishable One, is indeed Head of all, Source of all and Omega to all. You are all, indeed, a portion of the Infinite Creator. And when your personal myth, your personal journey has been enough refined (and we are not at that state yet, at all) you shall one day gather that consciousness in its purity, having burned away all the dross of illusion, and move once again into the uncreated love of the One Infinite Creator.

To sum, we encourage you to do two things: Firstly, to realize the central importance of living a life which points towards imperishability on a daily basis. In this way shall the pilgrim slowly discover its power, its strength and its service. Secondly, we wish to encourage each parent to allow the children to see an active worship period on a daily basis in the home, for those who do not attend the traditional places of worship. And for those who do attend the traditional places of worship, let there be the daily practice of that particular form of worship within the home environment. In either case, the young spirit shall, by identifying with the father and mother which seem like the Creator to the young spirit, then have the feeling of the presence of the One Infinite Creator firmly in the subconscious of childhood for the entire life experience. This is a great, great gift to give your children. It demands discipline upon the part of parents, for it is difficult to do anything upon a daily basis. We are aware of your work ethic. We are aware of your busyness. We ask that you make the time to worship each day, standing upon the holy ground that is beneath your feet wherever you stand, for within yourself there is holiness.

Encourage yourself in your pilgrimage, and love one another. And although you need not believe in Jesus Christ or Buddha Christ or whomever, we ask that you have a consciousness of faith and live a life of faith to create that which you were born to be—a living string in the plangent tonality of infinite love.

We are glad to be with you in your daily meditations or spiritual observances. You have only mentally to ask and we will be there silently, attempting to aid in deepening the meditation or increasing the intensity of the spiritual experience. We thank this instrument. We are most grateful for being invited to join your circle of seeking this evening. We have been most heartened by this query, which we feel has struck close to the heart for the purpose of the incarnation and the means by which the purpose shall be discovered and enacted by each seeker of truth. We have enjoyed sharing our opinions, and we do remind each that we have shared opinions. We do not wish our words to be taken too seriously, shall we say, if they do not sound a note of harmony within. We shall look, as you would say, forward to those times in your future during which we shall again have the opportunity to blend our vibrations with yours and to walk more closely on that path which you now find yourselves upon, that path which leads ever onward and ever homeward. We are those of Q'uo, and we leave each at this time in the love and in the light of the One Infinite Creator. Adonai, my friends. Adonai.

HOPE AND FAITH

Hatonn, March 30, 1986

I am Hatonn and I greet you also in the love and in the light of our Infinite Creator. It is a great privilege to be with you this evening and to share our humble thoughts with you. As you know, no matter what our subject may be, we are speaking of some aspect of a life lived in love and we would choose this evening to speak to you of the art of hope.

It is easy to confuse hope with faith. Yet faith is blind; faith does not have eyes that see, nor does it need them. Faith is an inner sureness and is an invaluable ally to the spiritual seeker. In no way would we discourage any from the cultivation of the faculty of faith for it is one of the great tools of learning available to you upon the spiritual path. Yet there are situations in which a focused vision has its place and is far more effective than blind faith. That

faculty is hope. Hope is the development of faith upon a specific area of intent or interest so that there is a vision which is developed which affirms all that is best in a situation, all that is requisite in an outcome. Hope is that which, while the eagle soars, gazes towards its prey. Faith is that which causes the eagle to leap into the air. The eagle has wings, yet it does not cogitate upon its flying. It hopes for its prey and in its inner eye sees it long before the outer vision finds that which it seeks.

It is well to refine your inner vision for that faculty of hope is a means whereby one may use one's deeper intuitions to envision that which is sought. This does not say that one attempts to predetermine an outcome. It is, rather, to say that through hope one may perceive a situation in such a way that the good can be seen and the rest can be seen to fall away, just as in the eagle's eye all that which is not the prey is seen but is not registered as important. Hope has a way of clearing the mind, of strengthening inner vision, of pulling the cobwebs out of situations, of focusing that incredible strength within each of you which is will.

Do you think that you know what you desire? Is that desire intangible? Then sharpen that faculty of hope until within you, you can almost taste and feel and see that which is hoped for. Then allow faith to set you winging upon the air and open your inner eyes wide as you fly. Sharpen that within you that hopes, for hope is a valuable tool and never more valuable than when it seems unlikely that that for which you hope shall appear. Sad indeed is the soul which is hopeless, for faith alone cannot turn the mind to the goal of love. Faith has no direction but is a faculty which strengthens the spirit so that it may go forth and seek. Hope is the result of having found a direction in which to point the faithful self. We hope for you that which you hope for yourselves. And for ourselves, we hope we have been of service and further we hope that we may continue to be of service to you.

We do not ask you to hope for a wonderful, trouble-free, careless existence, although for some this is part of the environment in which lessons of love are learned. In your density it is to be expected, by the very nature of the lessons that you have set yourself to learn, that there will be confusions and difficulties. To put an end to these confusions is to limit your ability to learn the lessons you came to

absorb into your very being. And yet we hope with you that you may penetrate the outer shell of experience and aim unerringly for the transformations which lie just the other side of understanding.

How we appreciate being able to speak with you. We ask as always that you remember that we like you are hopeful seekers, our feet dusty upon the path, and our knowledge incomplete. Yet we serve the same Creator and we hope with the same beauty of seeking and purity of desire that lies within each of you. We leave you upon the path—your feet dusty, your bodies perhaps tired and yet your goal always in your mind's eye. We are known to you as those of Hatonn and we leave you upon that path, yet we are with you and shall be with you in hope, in love and in joy. In the love and in the light of our Infinite Creator, we say to you, adonai. Adonai. Vasu. Borragus.

NOTES TO OUR READERS

We did not receive sufficient donations to print the BOOK OF DAYS, so we have returned all donations for that project. Our thanks to each one who did donate. We hope to try again at some future time to finance the publishing of that book.

On a irregular basis we are considering offering a week-long workshop in the area of self-therapy which is part of practicing a personal mythology. If you are interested in attending such a workshop, send us your name and address, and we'll send you more information concerning it plus notify you of future dates for workshops on a first-come, first-served basis.

We happily welcomed Kim Howard to our staff September 9, 1989. Her heart and hands are much appreciated. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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www.llresearch.org

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WINTER 1989/90, NUMBER 33

ON BEING AND BECOMING

Q'uo, July 3, 1989

I am Q'uo. I greet each of you in the love and in the light of the One Infinite Creator and thank each for requesting our service which we may humbly perform. The question that you ask this day seems to contain a paradox. This means that the questioner is on the right track, for the spiritual quest has as its signal virtue continual paradox. In this case, the paradox is "How does one be oneself while one is becoming oneself? How does one be yet be open to change?"

Firstly, we would like to express that beyond any control of your own, you are. You have no choice but to be what you are, for you are an imperishable metaphysical entity, a form of light. The beauty of your vibrations is unique to each. The balance of service is unique to each, yet each is beautiful and cherished by us. And we thank all who seek the truth and turn their face towards the mystery of infinity and the Creator's love.

By far the greater part of the Creator is not active but resides in a state of love, which force created all that there is, and which force each of you seeks to bind into your lives more and more naturally, more and more authentically, more and more deliberately. The thrust of this thought is that you cannot help being. It is within you unquestionable, from our viewpoint, as to what vibratory complex each of you is. We realize this is not available to you in your illusion, but we assure you that you are imperishable ones and that there is no mistake that one may make

that could eliminate the beingness, the consciousness of the self.

Now let us turn our minds to the phenomenon of learning. Any learning experience is a kind of ordeal. The spiritual learning experience is one of a great deal of catalyst and change, for the spiritual seeker who attempts to accelerate the rate of his spiritual growth will discover more and more how uncomfortable change can be. So it may be that in the darker moods, one wonders whether one is spiritual enough, whether one has stayed upon the road to the kingdom that awaits. One questions oneself. The discomforts of the spiritual journey are all linked to the desire to change. It is a blessing to one who serves others when that entity understands that that which he is to do is prepared for him and sits in front of his face.

The trap of those with spiritual pride is that they would rate dramatic services above the less dramatic services and those who render them. This will never advance the cause of lightening the consciousness of Earth. Rather, it is a series of paradoxes which we suggest you consider; that is, the middle way, the via media, for walking in balance with the life about one in service to others. Non-dramatic servers of others, those who tend the child, those who sweep the hearth, those who work in jobs that do not seem to have satisfaction in them, are just as capable as the most experienced seeker of bringing into manifestation within their creation the love of the Infinite One.

Now the paradox between judgment and tolerance or open mindedness is solved only by faith; that is, the faith that we are, that each is, that oneself is an I

AM. All you are responsible for, in that regard, is learning who you are. Many there are who get so caught up in spiritual growth that they do not ever establish for themselves the roots of their faith. Consequently, they move from one spiritual practice to another, never getting the satisfaction and consolation of spiritual guidance and service to others in community. Thus we would say it is well to know the self well, to know what the physical vehicle that moves each about needs and to provide it carefully, to treat that instrument kindly, for it carries you about. Then one may turn one's face to the changing, assured of who one is. For in changing, you are not changing in kind but in refinement of quality.

Therefore, the open mind, the attempt of new things, will of course bring changes within the conscious mind and the programming of the subconscious mind as well, and this, as always, will be experienced as times of discomfort, frustration, sorrow, anger or some other negative stress. From within the illusion that is the picture that the eyes carry to the brain. This is not an accurate picture, for in retrospect one may always discover that where there was catalyst for change and the difficulty of changing in order to be of more service to others, there has also been the balance of learning that intensifies during traumatic events. Thus each seeking entity must do the work of discrimination and judgment for himself. Let no one express truth to you in a way which is infallible, but, rather, allow that which is infallible, the Creator-self within, to have constant daily opportunities to center and tabernacle with the One Infinite Creator.

You would be very startled, my children, if you knew what your true spiritual temperature is. None of you knows himself to the extent that we do, simply because we may read you. We may see your vibrations and your balances in their uniqueness, in their crystalline purity. Within the illusion you do not see a crystal forming in consciousness, but, rather, you see lumps of bone and muscle and sinew, hair and various features, things very much touchable, and it is almost impossible to experience, without experiencing through the senses of the physical body with relationship to the physical world, the pain of change. In actuality, when the pain is occurring, frequently this is the time of the greatest step forward for an entity. The challenge of the catalyst has focused the attention, and, therefore,

the seeker is more ready to welcome change in terms of increasing one's polarity in service to others.

Now we realize that none of you knows precisely how to know the self. May we suggest that especially in the mated relationship, the mate which is upon the spiritual quest with the other mate functions as teacher and mirror so that that which one hears comes into the biocomputer of the mind, is filtered through subconscious biases and thus becomes a rather distorted reflection of yourself. When conversation takes place, the two seeking entities are seeking to aid each other, to comfort each other, to console each other and to learn together. Thus they become honest. They become malleable to speaking clearly on any subject.

Within your culture many subjects are considered inadvisable to dwell upon. The spiritual is a matter of life and, in this illusion, death, for that which you do within this illusion, the choices that you make here, will in turn affect your being at the harvest and the more polarized towards the light you have become, the more loving, the more compassionate, the more accepting, the more peaceful, the more joyful, the more light you may accept in joy and use. And in that term, light, we do not mean simply the photon, but, rather, the energy that is the Creator's. The photon is the manifestation of that Great Original Thought of Love. So we would suggest that each examine the portions of experience which have caused each to feel an emotion, for emotion is a very deep and purified kind of thinking. As one gazes into one's prejudices and biases, one has the opportunity to attempt to balance them, to acknowledge the paradox, the opposite, and to see that they are two sides of one thing, that all is one, that there is no separation.

Now one may polarize and continue changing in any circumstance or condition.

We suggest that you see the balance and walk the middle road, using your discrimination after you have heard the ideas that are presented to you, not judging ahead or during the experience, but allowing each learning experience its own shape and space and color, allowing it to sink into that portion of the mind which is far more accurate, that portion of the mind which lies below the level of conscious thought. In meditation this is done, and it is well done to be daily in meditation. The goal you seek is to be in a state of consciousness within which is

preserved the feeling of unity with the One Creator, the experience of tabernacling in meditation, the experience of opening the inner door by meditation. Many times learnings will come to a seeker through dreams, daydreams or visions. These should never be ignored, but should be valued as deep indicators of who you are.

A paradox, too, is the result of a life lived in faith and service, for as one serves, one is served a dozen fold, a hundred fold, a thousand fold. As one gives, one receives in plenty. Thus the paradox is that compassionate feelings and actions in service to other entities by loving, by supporting, by sharing or by a brief smile to a stranger—these things commend you as a servant of the One Infinite Creator, yet what you receive back from the creation is a thousand-fold that which you have expressed.

Seek that inner fire. Seek to deepen the ability to worship the Creator, to give adoration, praise and thanksgiving to the Creator for all things, including those challenges which have been set up that you may learn what you intended to when you came here. You shall never be rid of your selfhood. It is only possible to be unaware of it. The practice of honesty with the self is the cornerstone of this basically analytical process.

In the case of the questioner and in many other cases the amount of learning that has been programmed into this incarnation is the maximum amount that the Higher Self felt that each was capable of in this density. Many entities, therefore, experience great difficulty and have designed that in place in the life experience for the purposes of learning to serve without expectation of return. This instrument has a great of trouble remembering that it is a service to receive, and we would remind each that those who receive are as blessed as those who give. The blessedness lies in the compassion between the two people. That which is done grudgingly is not going to polarize your consciousness towards the positive, so if it is impossible to serve cheerfully, it is well to move into solitude and meditation until one has the balance back, until one's faith is firm, until one no longer feels despair.

Thus the illusions of illness, limitation, financial ruin and any other life disturbing patterns may well not be disasters at all but, rather, marvelous challenges that enable you to polarize thousands of times more quickly than we ever could within our

density, which is the fifth, or any other density besides your own. The third density is the intensive density. It is the density of making the choice to serve the Creator by serving the self or to serve the Creator by serving others.

As you understand your biases better so may you work upon increasing the biases you feel worthwhile and decreasing the biases you feel not worthwhile. You may change your own consciousness, but again we say, your becoming is illusory, for in the ultimate sense there is no time; there is no space; there is the present moment which is infinite. Very few entities are able to dwell in the present moment, but, rather, they are chastising themselves or congratulating themselves on that which is past or worrying about that which is to come. It is well to remember that each moment intersects eternity. We ask each to release the fear of living in this illusion and to become content with whatever conditions prevail, accepting any condition as agreeable, even though it may seem to be a serious challenge or difficulty.

You are not alone, as you work towards becoming more of what you are. Basically, you are uncovering who you are as you refine yourself, for the original self that is your consciousness is the consciousness of the Creator, that great intense passionate Love which calls into being the photon and from that point all manifestations of your illusion.

There is much to be said for sheer persistence and the refusal to rebuke the self. For the more unsparing you are of the self in the attempt to realize the Creator-self within in manifestation within the illusion, the more difficulties you will experience. Allow the fact that this is an illusion to sink deeply into the mind. Think of all that there is. It is made, we are aware that your scientists have said, of atomic and subatomic particles and combinations thereof. However, there has never been a sighting of an actual mass, merely the track of the energy has been found by your scientists. They see at first-hand the depth of the illusion.

May you too realize that you are a mind and body and spirit composed of complex energy patterns, that you are sensitive to the environment in which you dwell and the universe in which you find yourself. The art of becoming is not an art that is won easily. It is a craft, and you are the artist. It is a play, and you the actor. Know yourself as well as you can, and then listen open-mindedly to all

information and put it to the test within, and within you will come the answer, for you will recognize your own truth. Each entity has a slightly different path to the Creator. What is functional for one entity may be useless to another, with the exception of the practice of silent meditation and listening.

We wish you the joy of knowing, even in pain and difficulty and distress, that work in consciousness that you have planned for yourself is being accomplished fruitfully, beneficially and steadily, so that each persistent and faithful pilgrim along the way shall, by conscious decision and intention, live more and more the life of the instant which is eternal, bringing infinity into the illusory experience, bringing the vast point of view into the mind which is saddled with many words and numbers.

We wish you to be extremely nurturing of yourselves as you perceive failure within the illusion. You have no idea of how you are doing within the illusion. You will not know how you have done until you have left the heavy chemical illusion that you experience and are once again able to look at the life experience as part of what this instrument would call the Akashic Record, turning the pages of the life, gazing at the tapestry one has woven of love and sorrow and service and selfishness. May each weave the most beautiful tapestry he can. May each look to the life experience as to a poem, an attempt to write each line with grace and beauty. In this you are supported and are never alone, for the Higher Self, under any guise which you wish to call this energy, is with you as comforter and nurturer, and when despair does overtake the soul, we ask that you suspend all judgment, all discrimination of the self, and move into an awareness that one is being held in the infinite arms of the Infinite Creator, that one is in truth nurtured.

I am Q'uo, and am most grateful to each for inviting our presence. We cannot thank you enough for this honor. We look, as you would say, forward to each gathering in which we may participate as your brothers and sisters seeking the source of the same mystery which each here finds the center of the life pattern. We shall leave this group at this time in the love and in the light of the One Infinite Creator. Adonai, my friends.

NOTES TO OUR READERS

We would appreciate receiving any information that any of you might have concerning computer bulletin boards that specialize in channeled information.

We would also appreciate any prayers and affirmations that could be offered for Carla's neck fusion surgery that will occur towards the end of January. Happy New Year to all. ✽

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
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P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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SPRING 1990, NUMBER 34

THE NATURE OF SUFFERING

Q'uo, April 3, 1988

I am Q'uo. I greet you in the love and in the light of the One Infinite Creator. It is a great privilege to be called to your group to answer your query about suffering. You wish to know what the cause of suffering may be, whether it may be due to a lack of perception of oneness, what its cause is, and what its cure?

We are minded to discuss a suffering life that all within your culture are aware exists, that of a teacher, Master, and Christ known to you as Jesus of Nazareth. When we examine the life pattern of this individual we see an entity thrown apart, even within childhood, suffering the loneliness and lack of companionship which accompanies the unusual and serious student in the small child's body. For by the age of what you call your teens, the one known as Jesus was very learned, speaking as a rabbi would, knowledgeable of much literature, much memorization, much insight. This lonely entity walked in his curiosity into many places, always the stranger, seeking information, seeking guidance, seeking understanding, and suffering always the loneliness of the stranger.

When the time had come to make the final dedication of the life's work the one known as Jesus was aware of this great and momentous necessity. There had been clear communication within this entity with that which this entity called "I AM." The ministry, the one known as Jesus knew in advance, would be difficult and would end in the physical death of his body. Why did this instrument of the

One Infinite Creator accept this suffering, with no strife or struggle, no contention argument? This is what we would explore.

There is much of what is called truth which is indeed not truth, but a multiplicity of ever-shifting truths which function in what you may call a social way, in order to slide one through the incarnation with the least possible friction. There is another Truth, an absolute and unchanging Truth, a mysterious, puzzling, ever-calling Truth which any within your illusion cannot see but only know through the experience of Love.

Love is the great One Original Thought. It cannot be bought. It cannot be manipulated, and it cannot be killed. It may become obvious that we are not speaking of romantic love, which is prey to all these difficulties. We are not speaking of the love of friendship or any other definition of love which may be put into words. Indeed, could we find a unique word which would express the beautiful, terrible Love which created all that there is, we would use it. Yet this concept lies so far within the area of the deeper mind its reality can only be reached through the non-words which may be called faith. This Love is single, and within it are all things, all entities, thoughts, artifacts, seeming objects and each and every energy within the infinity of creation. Each of you is Love. This is your reality, your absoluteness, your unchangeable nature, your Truth.

Suffering lies not upon this level but upon the level, for the most part, of half-seen truths, truths that are relative to the situations and conditions of your society and culture. We realize that there are those who experience suffering in physical ways: pains,

hunger, sickness, and death, that process which is so feared among your peoples. By far, however, the greatest amount of suffering among your peoples is due to the ingestion and acceptance of cultural and social truths, and in this we include theology of all kinds, as standards against which to measure the self. This instrument, for example, experiences continual pain to one degree or another. The instrument's suffering, however, is far more emotional than physical. For this entity suffers in wonderment that she cannot fulfill her own expectations of what her service, her energy, and her life should contain. Are you then suffering emotionally, each to whom we speak? We assert that this suffering is paramount.

We could weep at the suffering caused in the name of truth. And as we go back within your planet's history, we see and ask you to see with us how each time and age and culture created its own bigotry, narrow-mindedness and distortion of harmony and unity, marking each person out in some way as unacceptable. And because all of the culture expresses much the same bias, the entity experiencing incarnation at any cultural moment will find that it is suffering because it cannot be that which the culture and the society have declared appropriate.

May we say that those whose spiritual orientation is rigid, by their judging of others in a harsh and overt manner, create much suffering in the name of the very teacher, the one known as Jesus, who moved into this vibration to call those who suffered, those who were mocked and despised. This entity was not interested in the righteous, those who knew the truth of the culture, and we specifically in this term, culture, include organized religion, as this instrument calls it. For these judgments carry an enormous, though specious, weight among your peoples. Ah, we weep for you. Yours is a planet of sorrow, even upon the joyous day of Easter.

We move now to the contemplation of unity. We move out of the realm of the relative to the absolute, and we ask you to follow us. We ask you to release the opinions of the world, to release the dictates of what is expected, and especially in those suffering spiritually from teachings that do not show them the face of I AM, to release those harsh theological strictures which, though most helpful for some, have not been helpful for you, but have instead caused tremendous guilt and suffering. We ask you to turn

from opinion—all opinion—and most especially your own, because this is Easter, because the energy of this planet at this moment is most light and full of life. We would ask you to experience directly the promise of which Easter is the symbol, the promise of the infinity of I AM.

When one moves away from I want, I feel, I think, I like, I dislike, and so forth, one is left empty and may perhaps feel that the comfortable structure that houses one's ethics and principles have been left behind also. It is a naked feeling. It is a difficult feeling to achieve, for one who has not carefully examined the huge weight of opinion and accepted authority in one's life has no idea of the percentage of the active portion of the active portion of the conscious mind which is involved in processing catalyst using these distortions, rather than experiencing catalyst with an open heart, an open mind, and a knowledge of the self's true identity.

Thus, before we speak upon the purpose of suffering, we wish with steady hand and firm heart to present to you the concept that the truths which are relative and cultural must needs be examined carefully and analyzed closely so that one may see, to the best of one's ability, what one's own selfhood truly feels and thinks about that which the culture demands of one. This includes everything from the choice of career to the intricacies of relationships. So much of your communication is distorted by each entity's attempt, conscious or unconscious, to manipulate one's environment in such a way that one is positioned in a satisfactory angle to one's culture, one's acquaintances, and one's self.

Cultures change. The self changes. These truths are relative. Those rules regarding behavior, for the most part, need constant re-examination, for that which has been true for you at one time will, of necessity, change and transform as you change and transform. We do not wish to suggest that it is necessary to change any thought or action. We only ask those who are suffering because they are homosexual, divorced, addicted or any other calamity need not think of themselves as lost to oneness, for all of these things are taking place within an illusion which is designed for a certain purpose. This certain purpose is absolute, and within the absolute purpose of spiritual evolution towards Love suffering is an absolute necessity.

The one known as Jesus the Christ noted that his kingdom was not of this world. Think you then that he meant the kingdom of the world of flowers and birds, spirits, and beauty? May we hasten to give our opinion, fallible though it may be, that this was never this entity's intent. This entity had been courted as the hoped-for and earthly king of a specific people in a specific region. These people had a truth which was theological and, therefore, relative, made of opinion. This opinion was that this entity could lead a revolution, topple a government, and reign as the kings of Judah and Israel of old, a Jewish king for a Jewish nation. This entity wished none of the limitations of relativity. He wished to be limited in no way. For this entity focused always upon the absolute. And in his converse, he turned as much to his Father, Abba, as he did to any friend or student.

"My kingdom is not of this world," he said. Not, we say, the world of experience, the world of opinion, the world of cultural demands, the world of theological limitations. When this instrument of the Father came at last to face that man which could spare the entity the one known as Jesus made no defense. His judge was puzzled, for he saw the suffering which had occurred and the suffering which was to come, which was prepared for the one known as Jesus, and could not understand why this humble teacher did not defend himself. Finally, in desperation, this entity simply asked, "Are you king of the Jews?"

Jesus the Christ, eyes calm spoke clearly. "You say that I am so," said he. "Yet for one purpose came I unto this world, to bear witness to the Truth."

His judge was immediately fascinated. "What is truth?" he asked.

Jesus the Christ only gazed into Pontius Pilate's eyes, and Pontius Pilate saw the I AM of Love.

What is Truth, my children? In seeking for this answer the greatest spiritual suffering may be experienced, for as we have said, Truth is most often sought in the culture and in religious theology. And in this we include, to some extent, our own work with this instrument, not excepting ourself from the world of opinion, but consciously accepting that we who use words can never be, but only express, thus offering a manifestation which is but the shadow of our being, our I AM.

Truths and Truth, the relative and the absolute. There is a Truth; there is an absolute; and thus there is an end to suffering. That Truth lies in the kingdom which the one known as Jesus the Christ stated was not of this world, not of this world of opinion.

We ask you to gaze within. We ask you to gaze upon that which lies behind that which we are saying, our consciousness. All of you are suffering within the confines of a prison. It is the prison of your limitations. Your fingers stop and the air begins. Your feet stop, and the ground begins. There are separations of space between you and all other beings. There is the curtain behind the eyes of those with whom you wish to communicate which limits harmony. You are, to this extent, dead in a very real sense, and we want you to enter into the consciousness of life.

We want you to experience I AM. As you rest, speak that word, "I AM," and find something come to life deep within. I AM. This is the kingdom of which Jesus the Christ spoke. For the essence of being, the essence, I AM, is that which we have called divine Love. It is not only that which loves all that there is; it is all that there is. It is not that through any agency you may become an associate of Christhood; it is that all of you shall eventually perceive the self as Christ. Or to put it another way, that one day, if we may use inaccurate terms, you shall be all Christ, all absolute, pure being. Rest in this consciousness for a moment, and experience life.

Where is Truth? Truth is in the absolutes that shine through the relative. Truth is in the smile, the laughter, and joy, the moments of kinship, the body's intimate ecstasy in the making of physical love, the spontaneous reaction of deep compassion. And in the end, Truth in an absolute sense may, to the disciplined mind and heart, become the companion that walks beside you, through whose eyes you may see anew the whole and unified life lived in Love.

That which is called suffering is that against which the entity seeking to know love for the Creator, love for the self and service to others, may push against and may use, not as the stumbling block, but as the starting block. For each difficulty which causes suffering is that which has been arranged, that some distortion concerning the essence of love within your

understanding may be examined, thought about further, and perhaps revised somewhat.

Each challenge gives one the chance to turn to I AM, to Beingness, and ask that infinite intelligence which is Love "What is the absolute principle which illuminates this situation?" Absolute Love may be hidden for long periods of time, and the questing process, the experience of pain and separation, may go on for a seemingly infinite period of time. Your people attempt to avoid, cover over, and patch up these situations to alleviate discomfort, without seeing the spiritual opportunity for new understanding in the light of that which is absolute.

We ask each to remember the experience of true, living consciousness, and then in faith to turn to the self and bless each wound, each limitation, each pain and each circumstance that causes suffering. For suffering is the sacrament, the food of spiritual evolution. May you rejoice in your troubles even as you suffer. May you roll the stone away from the tomb of your limited acceptance of damaging thoughts. May each look you take be fresh, and may you live in Love, and so love each other with a passion and a zeal that blesses each with whom you come in contact. You need say nothing. The I AM in you of which Jesus the Christ spoke, lies deep within you. For you are all that there is. It is simply the illusion which keeps you from that ultimate knowledge. By faith in the Love you have observed in whatever limited form may you enter into that life which is Love.

We hope that you do not accept suffering as something which must be done so that in the next incarnation you shall be rewarded. Instead, in all humility, know that your heaven lies waiting within you, just as your hell waits to embrace you. Your life experience is a matter of choices. Shall you follow truths, or shall you attempt to experience your own true being, your own inner I AM, and thus prepare the holy ground whereon you may see the face of your God, your Christ, your Love, your Peace, your light, your life.

NOTES TO OUR READERS

Thanks to all of you for your prayers for Carla's health. She continues to need and appreciate them. The neck surgery has been postponed for the nonce.



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publication of L/L Research,
a subsidiary of
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P.O. Box 5195
Louisville, KY 40255-0195
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SUMMER 1990, NUMBER 35

HOW TO FIND YOUR GIFTS

Q'uo, October 22, 1989

I am Q'uo. Greetings in the love and in the light of the One Infinite Creator. It is a great privilege to share in this circle of meditation and seeking and to see the earnest hearts of those who wish to express their unity of all that there is in the very life that they lead.

The third density is not a density in which wisdom plays a great part. It is the folly of men to believe that there is wisdom in third density, and thus one may see the ideal of justice, an ethical, philosophical ideal which does not take into account either the nature of the illusion, the purpose of the illusion, or those entities which have come to self-consciousness within the third density illusion. In any real sense, there is little observable justice, for the plan which each has created before the lifetime often deliberately includes difficult, unfair and painful circumstance, and the more spiritually ambitious an entity is, the more difficult the lessons that that entity came to manifest will be.

This is especially true of the mated relationship, and the raising of children. There is no greater or more sacrificial service than the raising of young souls, attempting to offer to those souls that information which is grist not only for making one's way in the mundane world, but for becoming aware of eternity, becoming aware that so-called human beings have a context into which they fit. They are not the be-all and the end-all of evolution. Evolution moves steadily on, and the progress, after third density, is all spiritual. Within this density you still need more

of the personality in order to deal with the heavy chemical vibrations. More and more you will see yourselves as a spiritual discovery, finding and refining that truth which is within you until you become aware of your nature.

Perhaps the greatest spiritual service you can do is to center and meditate and think upon the Creator, lovingly, gratefully, emotionally, in a purified and inner way, not letting your prayers float to the four corners of the room in which you are so that entities may hear you, but rather stepping into that inner room and listening in silence, waiting for the presence of the Infinite One.

The difficulty for those within your culture is that people identify service to others with certain specific skills, which we would call dramatic skills, such as the vocal channeling and the healing. It is our opinion that each and every entity who has incarnated at this time upon the Earth has a beautiful, loving and right service to perform, planned beforehand, planned in such a way that one may be continuously rocked and buffeted by the winds of change that accompany realization. This is true whether or not the service is the greatest service of all, that of knowing who you are, and of vibrating in that knowledge consciously, or of nondramatic service. This is what confuses your people. It is your people's idea that some services are greater than other services. This is true only insofar as some desires to serve are purer than other desires to serve. It does not matter what is in front of your face. What is in front of your face is your service. If you can allow yourself to flow intuitively in the river of consciousness, you yourself will let yourself know,

“Yes, I wish to do this.” “No, I do not wish to do that.”

Therefore, we suggest that in order to find out one’s gifts one do several things. Firstly, if one is of some substantial age and has had many experiences it becomes extremely easier to gaze back over the incarnation and see the pattern of lessons to be learned. One kind of lesson will occur again and again and again, until you have mastered and balanced it.

Each goes through a lifetime process of accepting the unacceptable, of forgiving the unforgivable, of loving the unlovable, of consoling the inconsolable, of pardoning one in error, even when that error has cost you greatly.

It does not seem to be a service to be a parent, or a breadwinner, or any of the other myriad nondramatic ways of living possible. What sets the spiritual seeker apart from one who simply lives in the mundane world without questions as to eternity is that realization of the present moment as eternity, that ideal which says “I can have time spent with the Infinite One; I can feel Its love and Its light. These experiences are meaningful to me.” This creates an atmosphere within of trust so that one may gradually relax and allow the rhythm of life, as you have planned it, to overtake you.

It is not well to pray and affirm in the attempt to control the life because that which is upon the surface of your minds is as the tip of the iceberg, and those things which are deepest within take some time to express themselves through dreams, vision, or instant realizations after ten years of work. Some entities move quickly, others more slowly and more surely. All that we suggest to each is that each remain within the integrity of the self, feeling the selfhood of the self, feeling the discrimination and the thought processes of the self, so that as one listens to all of life, whether it be the weather report, a symphony, or a channeling such as this one, one is listening with an ear to pray for the lost, to rejoice with the joyful, to give thanks for those who have had blessing, and to console those who are wretched.

Any form of loving one another is that action which expresses what you would call the Christ-consciousness, that which is deeply buried within you, that with which you are to some extent acquainted, but, perhaps more to the point, of being able to love without stint, to give without thinking,

to spend all one’s energy, time, talent and what you call money, with the spiritual life central in the mind.

We find that it is unfortunate that many entities upon a spiritual path which does not include orthodox religion, tend to wish that they may be of this or that service rather than allowing service to come to them. It will come; it has been planned. It may not seem dramatic, or large or important, but the dish washed for the love of the One Infinite Creator is a dish washed in a bath of love as well as soap and water, and that love radiates and lightens the consciousness of the planet. This is each of your greatest services, and you do it within the unmanifest being with no one to know, no drama, and no announcement of having done so. And within each and every situation, no matter how unpromising, lies that which may be a certain knowledge, a certain determined hope in that which is unseen, that the situation before one’s eyes is exactly what it should be, and, painful or wonderful, is giving you what you need to take in and work with as catalyst at this time.

Each upon this planet at this time had a hand in creating the life pattern. Once one has discovered the lesson that one has set oneself, it becomes easier to see tiny moment after tiny moment, and small detail after small detail, take on an aura of the spiritual as one seeks within such situations to find a way to manifest love where there is no love, light where there is no light, and union where there was discord.

Perhaps the second greatest service upon your planet at this time, or at any time in third density, is the responsibility of parenting young souls who know and seek the truth with childish lilting voices and squeals of laughter. This particular service is looked down upon by most as being the lot of the one who is too lazy to work. We find the concept ludicrous in that children and a home are a great deal of work. There is no boss; there is no judge; there is only the parent attempting to be of service to the young one. And we may say that it is our opinion that the most helpful thing spiritually in the service of raising children, for the children, is either to bring them to any organized religious group for interaction with people of their own age and teachers, or, and this is undoubtedly preferable to many, to create a worship service within the home that is done daily and

without comment. Emphasis is not put upon such spiritual discipline so that it is not picked up by young children as that stress or emphasis which protests too much. Happy are the parents who are settled in peace together and who may sit in meditation or whatever form of spiritual practice is desired, each and every day for a short time. This moves into the child's subconscious as that which is, and in our opinion this is the truth of that which is; that is, that the Creator is within everything.

It is impossible not to serve if one is loving the Creator while doing the service. At this time your planet is very polarized. Very positive entities gaze upon the havoc created by very negative ones, and negative entities gaze back at those who are polarizing towards the positive and see what this instrument would call suckers. We urge each, therefore, to allow those things to happen which happen, and to ponder them and ruminate on them, and even analyze them if one is of an analytical turn of mind, at the end of each day, that one may remain clear, confident and calm, centered in the love and the light of the One Infinite Creator. We know of no other way to explain to you the difference between your view of service and our view of service than to say that to us there is no lifetime lived that is not potentially a life of service if things within it are done with a love of the One Infinite Creator.

You will be hurt, broken, humiliated and defeated in the course of a life in faith. It runs directly counter to the culture in which you live to do things for an ideal reason, to focus upon the Creator which is unseen rather than all of the phenomena, all of the gadgetry, all of the amusements that are so delightful upon the surface of life in your density. Be aware that even in those situations you may choose to be of service by moving constantly in an awareness of the love and the light of the One Infinite Creator. But also, and most of all, be aware, we ask each, that non-dramatic service is as vital as dramatic service, just as the mouth of an entity speaks many things, but would not be able to function without each and every other organ of the physical vehicle, which must be kept in some sort of balance in order that one may manifest any gifts whatsoever.

We may say that there is one thing that we would not advise in attempting to be of service and find one's niche, and that is to attempt to control the

process. The conscious mind has very little in it compared to the unconscious mind, in which lies the roots of mind and the Creator Itself, covered over and over by distortion, but there, perfect and whole nevertheless; each one's true nature.

Now we would suggest that you simply practice the presence as it moves about the daily activities, not berating the self every time one realizes one has not thought about the Creator for hours, but simply turning again and again to Its simple ideal, the desire for the love of the Infinite Creator, to love each other. Almost any situation which seems difficult involves a lack or a loss of love. Hearts that are not opened to the love and the light of the Infinite Creator can be mean and petty, hurtful and vicious, all in the name of service. Better it is that you do nothing but sit in one place and send love than be active and confused, and somewhat negative as well as positive by desiring to control what happens to one. For in the desire to help someone, there needs to be the realization that one must come to a halt within and admit that one does not know all that there is to know about service to this entity, that one will need inspiration and intuition, so that one may call upon these deep resources of the self, which many call the Higher Self, the Holy Spirit, guardian angel, or inner planes master. All of these sorts of entities exist, the difference between them is only that of outer plane third density and inner plane third density. Those within the outer plane may come from other planes and places, those within the inner plane must have at one time been incarnate upon this particular sphere.

Thus be aware, we ask you, that you provide immense service by your very consciousness, by your love of the sunlight and the dappled shades of autumn trees, by your love of the immensity of the universe and its noumenal mystery, by seeing life itself as sanctified, a blessing which oftentimes seems a most uncomfortable and inconvenient blessing. Now how shall you reach that point of faith where you refuse to accept that you are not of service and simply continue to be of service? As this instrument has said many times upon its own due to its experience with its intelligence, the intellect has almost no help to give a spiritual seeker, for those truths which will be helpful to one will be recognized from within as personal truths.

Thus we urge each when listening to us, or to any other spiritually-oriented being speak, to discriminate carefully, not in terms of intellectual right and wrong and so forth, but in terms of the intuitional feeling of recognition or non recognition of truth. Each has a different path. The thing common to all paths in third density is that you are learning how to love and be loved. This is the foundation of a social memory complex which shall be your next lesson; that is, to see all that there is in each mind, and in each mind is the mind of the murderer, the rapist, the robber, the revolutionary, the despot, and yet accept the self and all others for the nature which has been given them in order that they might make choices with free will.

It is very important that there be negativity and difficult experiences that one may learn the humility of one who allows, observes and then acts, rather than reacts. To take the life into one's own hands is not to take control of what one wishes by affirmations and prayers unceasing. It is rather to realize that the plan has already been set. It is the best pattern you and your Higher Self could create for you, and all that you need do this time is allow yourself to be upon the path upon which you are, keeping your eyes open, watching your feelings and finding ways to manifest love: the smile upon the street, the kind word to a stranger.

I am Q'uo and am most grateful to have been able to speak this evening to this group. We take great joy in joining our vibrations with yours, for we find the queries from this group are not only thoughtful and interesting but come from the deepest concerns and desires to know more of the self in order that the self might be offered as a sincere honestation to the One Creator. We shall leave this instrument and this group at this time, leaving each, 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, my friends. Adonai.

NOTES TO OUR READERS

(There were no Notes in Light/Lines Number 35.) ❄

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 1990, NUMBER 36

POSITIVE AND NEGATIVE UFO CONTACTS

Q'uo, July 1, 1990

Group question: UFO abductions are occurring at an increasing rate in this country, and much is written about these “grey” entities who seem to do most of the abducting. Not only do the people who experience these abductions report profound feelings of fear as a result, but much is now being written about agreements between these “grey” UFOonauts and world leaders that suggests that these entities are seeking to enslave the population of this planet. As a result, many people report a feeling of helplessness and hopelessness. What would you say to such people who feel that their free will is soon to be taken from them? In what perspective can we put this and any other phenomenon that seems to remove the ability to act as a free entity?

I am Q'uo, and I greet you in the love and in the light of the One Infinite Creator. The subject of which we are to speak this evening is a subject that is, indeed, on the minds and in the hearts of many who have had experiences with so-called extraterrestrial entities. Since we who come in the name of love and light and service to others are also alleged UFO entities it is what we would call our loyal opposition of which we would speak this evening. Let us move backwards from the heart of the question to describe methods whereby entities external to your planet and its web of energies are given access to the attention of those who are incarnate upon your planet at this time.

We who come in the name of unconditional love and limitless light, we who are of the One Infinite

Creator, the one original thought that is Love, must go before a group of entities which is chosen from among our Confederation, and which changes from time to time, and offer to them our intentions, our plan, if you will, for aiding entities upon your planet. These requests for service are taken most seriously, and it is an honor indeed to be allowed through quarantine to be able to share our thoughts with those who ask for them.

You may ask why the planet is quarantined. It is quarantined because it has been put, shall we say, in an unbalanced state by those from the Confederation who have, in your far past, erred in decision-making. To avoid this occurring again the planet was quarantined some of your years ago. Why do we wait for the calling and not speak to any who would listen? As a curiosity we could speak to many. However, we have found, by careful experiment, that attempts to speak to those who are not specifically calling for information which we are able to offer will be misused, misunderstood, and ineffectual regarding the goal which we have, which is to offer information to those of your peoples who request it and who will use it.

Just as there are those whose path is service to others, there are those whose path is service to self and control over others. This is not a strangeness to your thinking. Each who sits in this circle of seeking knows those whose delight is in controlling, sometimes not even for the benefit of the self. Those who have truly moved along the path of negativity, or, as it is sometimes called, the path of that which is not, or again, that which is sometimes called the path of separation, control strictly for their own

benefit. Because of the fact that positive information, that is, information concerning the path of unity and peace and love, is available to those who ask, it was considered right or just that an opportunity be given to those whose call was for information of a negative type who desired information on the path of service to self and control over others. Consequently, in your web of space and time there were built in, with the impossibility of prediction of where or when, these windows of opportunity that occur, openings in the web of time and space, in space/time, that, if the negative entities were able to be there at the correct time, would place them in a position to offer the information to those who requested it.

There are various densities of learning, both in the service-to-others path and in the service-to-self path. Those entities in the service-to-others path always obey free will and will not abridge it because if they do so they cannot sustain the contact with the vocal channel that has been able to receive the information they have come to offer. Those who are, shall we say, of a more sophisticated nature along the path of service to self, having wisdom as well as love, that is the love of the self, await the free will contact of those who seek negative information, for such contacts are likely to be fruitful, in the negative sense, and satisfactory in the transferring of information which is helpful to those who are upon the path of service to self in your density and who are preparing for harvest. Those entities who are less sophisticated and closer to your density, that is who are of the density of love, feel that they have come in simple conquest. Therefore, they do not feel that there is any need whatsoever to avoid the abridgment of free will, for their thoughts are those of warriors who attempt to battle what they see as a light which must be put out, a strength which must fail, a faith which must be vanquished, a foolish group of people who are not aware of the relativity of the illusion as they understand it. Speaking ethically, we gaze at the battle of situational ethics versus ideals.

In your third-density illusion it has been clear from the first ophidian representative of negativity in your Garden of Eden to the great dragon that now thrashes its tail among your people in its death throes, that the illusion seems to be weighted heavily, sometimes, on the side of the negative or service-to-self path. This is a necessary and salutary

virtue of your illusion. It is the background or the drama against which each of you shall make a choice that is so important that the remainder of millions of your years of life will depend upon it. You may choose to be foolish, unworldly and idealistic, and find yourself constantly at odds with situational ethics, which is the way the "world wags." Or you may choose to be those who serve the self, what this instrument would call "numero uno." The negative path is also a path that leads to the Creator. It is simply a difficult and long path.

Now let us return to the drama of third density, as both positive and negative entities are consciously attempting to achieve harvestability, to positive fourth density or to negative fourth density. Many are the stories of contacts and arrangements betwixt governments, or individuals within governments, and those who are not from your world. Because there is no way we could speak of these things that would not interfere with the free will of those who hear these words, or read them, we shall simply say that were such things possible they would be part of an illusion which is soon to end, part of the fifth act of a play. You may make it a comedy or a tragedy. It is not anyone's choice but your own. There have indeed been many, many landings, abductions, and that which seems to be abduction but is in reality work upon the computer within you which you call your brain placing within it programs which seem as much the truth to the one experiencing such, upon awakening, as any other memory. The basic intention here is to create fear. There are other designs of which we cannot speak because of that same law of free will, but we can say that they are inconsequential to those who choose to live a life of faith. Yes, these things are occurring, and yes, many, many positive contacts are also occurring for those who seek in love and light and the purity of intention. Of course both experiences will be far more active towards the end of a cycle.

Your density is quickly moving towards its end, and you shall, each of you, walk the steps of light, and when you find the light that comforts you the most you shall be either third density or fourth. The polarizing that you do now is that which you came to do. The judgment that so many fear among your people is a simple and objective matter of how much density of light you have learned to use. There is no fire and brimstone, objectively speaking, for those who must repeat third density, but only the matter-

of-fact reincarnation upon a third-density planet, and another very short period of time, seventy-five thousand years or so, in your measure, to make the choice to love and serve the One Infinite Creator by serving others or by serving the self.

Now, there is fire and brimstone; there are angels and harps; there is anything that an entity has desired by way of healing and expressing that which it wishes after the incarnation, and it may rest in this heaven, or this hell, until it is ready to release the third-density experience in which these things were necessary archetypal images, to undergo the healing of the previous incarnation, to view it, to see that which was learned, and that which was half-learned, and, with the aid of the Higher Self and many other angelic presences, you may call them, or extraterrestrial entities, to determine those lessons upon which each shall focus in its first fourth-density incarnation.

Always are you in the classroom; always are you learning; and yet always do you have the choice to make the learning merry or solemn, to find the vacations and the play time, or the weariness, and the tiredness, and the hopelessness.

Those who do not polarize do not control what occurs to them with any particular preferred reaction. Reaction is random. Those who wish to polarize in service to others choose by faith to feel that all situations are situations in which service is possible, that simply to be and to love the Creator, to worship and adore that Love which created each of them, is a service worth performing, and indeed may we say that as many upon your planet awaken to this choice the consciousness of the planet has grown lighter and lighter in the past few years, as this instrument would measure what you call time.

You are never without the ability to choose that which occurs to you because if you have no fear you may have negative experiences which you will see only as environments in which to learn challenging lessons of love. Positive entities can gaze at one, shall we say, of the loyal opposition, and find in this contact the opportunity to realize that this entity too is a part of the self and is to be loved, and blessed, and prayed for, and cared for, and taken into the heart. It has been said in your holy works that it is easy to love those who love you. Better is it then to love without fear those who revile you and wrongfully use you. These entities who are called

greys, or any other entity or situation whatsoever which is attempting to make one feel helpless and out of control, are completely malleable and transformable by love, love unhindered by any fear, for indeed there is nothing to fear.

You, yourself, are not either a good person or a bad person. You are, if you can consider good and bad as the full circle of being, a 360-degree being. It is by your choices that you define who you are and where your loyalties, where your choices, and your faith will lie. And as you move further and further, building choice upon choice and polarizing toward service to others in the name of the One Infinite Creator, as you become more and more a transparent channel for the love and the light of the Infinite One, you create your life. You do not react to it, for the reactions are automatically those of one who seeks to help.

We realize that we have spoken too long. We apologize, but there was much information needed to put these seemingly terrifying events into perspective. They are local third-density phenomena. They are set to rest by love, faith and honest realization of one's union with all that there is, whether it be called good or bad. The duality is an illusion. You are all things. It is your choices which create the you that is unique and will be refined from this point through density after density after density. This is your choice. These are your precious moments. Know in your heart how passionately you wish to move on and evolve as a spirit, an imperishable, metaphysical being of light. Your physical evolution in this density is over. Your spiritual evolution is beginning. Make your choices fervently, carefully, and persistently. In order to aid you in these choices and in your point of view, we ask two things of you. Firstly, we ask that you find a path that includes love of the Infinite One shown as worship, adoration, or simple attention, on a daily basis. We do not ask for any particular path to be followed. We are not those who ask for one religion or another. You choose the path that works for you and brings you into awareness of your true self and your true relationship with the Infinite One. Daily time spent in silence, listening for the voice that is silent but speaks so loudly, is recommended as an aid to this process of choice.

Our other request of you is that you be light-hearted and merry, and find every chance to be joyful and to

love one another, not as a solemn duty, not as a reason to polarize that negates the polarization, but to find joy in the service that gives you the true freedom and peace of doing that which you wish to do with all your heart, all your mind, all your soul, and all your strength. Be merry in your service. Be merry in your worship. For the most serious choices of millions of years are being made by you now, and you would be crushed by your own solemnity and your own realization of the importance of this choice did you not have the saving grace of a sense of humor. See the illusion and the choices that you make, not only as the life and death choices that they are, but also as part of the unimaginably funny human comedy that is called third-density experience.

Oh! how high your emotions run, and how important everything seems. Step back whenever you feel too intensely disturbed, or saddened, or despairing, or inconsolable. Step back, and see the thousands of years that lie before and after this moment. See the true situation. Do whatever is necessary for you to break the spell of the illusion, and then gaze up at the stars, which are part of the Love of the Infinite Creator, and know that you are a player upon a stage, and you do choose the comedies and the happy endings and have no wish to be stabbed through, in great Shakespearean agony, in the fifth act. The critic that is you, you can be assured will give you a better review for the comedy. We leave you now, my friends, in the love and light of the One Creator. We are those of Q'uo. Adonai.

NOTES TO OUR READERS

Schiffer Publishing Company of West Chester, PA. has bought the reprint rights to THE RA MATERIAL and will also be publishing Books Two, Three, and Four of THE LAW OF ONE in the same quality paperback format as THE RA MATERIAL beginning shortly after the first of the year.

Thanks to all who sent their get well wishes to Carla. She is much aided and encouraged by all of your love and support.

For early Christmas shoppers we offer our tape, JENNY, which is designed to combat the "bah, Humbug" blues. Words, music, and story by Carla and Tommy Rueckert. ❀

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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corporation dedicated to
discovering and sharing
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WINTER 1990/91, NUMBER 37

WHAT IF HEALINGS DON'T WORK?

Q'uo, September 23, 1990

I am Q'uo. Greetings to this group in the love and the light of the One Infinite Creator. We are most happy to be asked to share our opinions and give what insight we have found to be so on the subject of the spiritually correct life's necessarily being reflected in perfect physical health of the physical body complex, which is the vehicle for such a mentally, emotionally and spiritually whole and healthy individual.

You notice that we segregated from the person the body; that is, your physical vehicle, your personal animal, which has sacrificed its instinctual life in order that it may house the self-conscious spirit that each of you is. It is not that there is not, within the illusion, a tie there that cannot be broken and have the physical vehicle sustain life. It is simply that who you are is not that which you see in the mirror. Who you are is not that which loved ones, friends and enemies recognize as you. Your animal, having done its very best in your behalf, will surely die, and this is part of the necessary function of this vehicle, for your spirit has a great deal further to go than your physical vehicle can take you. You are beings finishing the evolution of your physical being, continuing your mental and emotional evolution, and either continuing or just recognizing and beginning your evolution in spirit.

Much has already been said concerning the difference between mind and brain, and we will not belabor that point, but say only that in addition to the brain of the body and the mind of the mental

complex, there is a wisdom of the spiritual complex. Like the spiritual complex itself, it is not relative. It is absolute. It is that which is most deeply hidden within each of you: the true wisdom of spirit, the true compassion of spirit. A great deal of patience, purity and persistence is required that that spirit may awaken within you and become what it always has been without the knowledge of the conscious mind: that being your true, absolute and perfect selves. As all things are one, so do all things in spirit occur perfectly, simultaneously, and with joy. This includes any condition whatsoever.

Now let us take these three parts of the unity of your being and artificially separate them that we may gaze upon them separately, for there is no one answer to the question of healings occurring in body because they have occurred in mind or spirit. The body is an entity of instinct and reason. In the early stages it was called the tool-making animal. It, in and of itself, has a body-wisdom. If, in the opinion of the wisdom of your own body, you have done harm to it, it will react to protect itself. Thusly, those who abuse their bodies in one way or another—and this is usually done because of an underactivation or overactivation of some point of energy entrance—the body will react by causing a necessity for the body to heal. Thus you may see those who press themselves against the limits of substances which are harmful to the body, becoming ill, because they need, in a simply bodily way, a rest. If there is that in the nature which is somewhat sensitive, the body can be put in many situations, one of which occurs to this instrument as malaria, during the building of the Panama Canal. These illnesses are examples of illnesses which have to do with the bodily complex

for the most part, although it is always true that the mind can control the body to the point of which that mind is capable. Thus, the first kind of illness has absolutely nothing to do with anything but circumstance.

As we gaze at the mental/emotional complex, we see that portion of the belief you have mentioned; that is, that the body is acting out the illnesses which are basically emotional or mental in cause. Your people—and we speak of those who are technologically advanced—have used the technology, not to free themselves from labor, but to become ever more enslaved by it. Light, which was to give leisure to the people of your planet, has been used artificially to extend daylight. Your particular physical vehicle is not designed to be a night hunter. Its diurnal rhythm is to wake with the sun and sleep with the darkness. When asked, this remarkably adaptable body will do its very, very best to support alternative diurnal cycles, but it is at its weakest when the schedule is not steady; that is, when there is no set time of being awake or of being asleep. This is very confusing to an animal which turns to the sun instinctively, and which controls its environment for its survival. Consequently, unless an entity has thought deeply about such a simple thing as attempting to remain upon a schedule of sleeping and awakening, an entity can induce a high degree of stress while seemingly not overworking, but giving oneself enough time to rest.

There are many other stresses through which one may put the body because of concern of an overactive imagination in a personality that swings in its attitudes and needs to a greater extent than is comfortably handled by the physical vehicle. Thusly, it is quite obvious that in many cases the mind is the parent of the illness, and the illness is the acting out of that which was refused as catalyst by the mental/emotional complex of the self. There is the cancer of anger that grows upon itself. There are the lung diseases of those who have not said the words that they must say to be healthy, have not told truths that must be told to be free of misunderstanding at a deep level in their relationships. There is the acidic condition brought about by sheer overwork which ruins your gastrointestinal tracts. Many are the illnesses that are the outworking of mental imbalance or emotional imbalance. (We use the word “balance” and not “happiness” because we, in our experience, have not found the concept of

“happiness” helpful. Joy, not happiness, is a spiritual concept.)

Because the mind and body are so closely linked in many diseases, they are indeed responsive to love. You may name any emotional or mental complex distortion that has caused illness that you wish, and we say to you that that is love, poorly expressed. But the mind is not closed, and consciousness is as creative as you allow it to be. Consequently those who undertake, in healing, the will to health, and a faith that that which has been caused by their own minds’ concerns can certainly be reversed, will indeed respond to positive suggestions. Indeed, the habit of saying anything whatsoever about the self or others that is judgmental is a harmful and unhealthy thing to do, both metaphysically and physically.

The third category is the one of spirit. The cause of so many entities neglecting this portion of the characteristics of healing is their thinking of the spirit as that which is in the same relativistic configuration with regard to this illusion as the mental/emotional complex and the body complex. Such neglectful entities, though spiritual, have not grasped that each entity is absolute. What you see, hear, taste and touch will die. What you are, if you think of yourself as your body, will die. All illness is healed by the entrance into larger life, if it be done in a natural manner; that is, if one lets nature use its spiritual wisdom and decision-making ability.

It is not only those who have come to this planet to help with the harvest that have, with the aid of the greater Self, which is Love, planned the difficulties and limitations, as they are subjectively perceived by the entity within the incarnation but so has each and every entity alive on your sphere. These have been set forth by each entity for a reason. Most of the entities upon this planet are capable of graduation from this density to the next; are capable, if they wish to make the difficult choices, of learning the last lessons of unconditional love that they can learn while in this illusion. They have had their part, and you have had your part, in planning just those things you may bewail the most. If you consider it carefully you will see that your intense periods of learning have often coincided with intense periods of discomfort, anguish, and pain. It is not altogether false that an artist suffers, and from his suffering makes beauty, for that is the way of spirit. The goal

of spirit is not happiness, for that suggests a static, unmoving self, comfortable and unchanging. Evolution suggests the continual cropping off of that which is no longer helpful in the process of spiritual evolution.

Thus, in order to distract themselves or in some way focus themselves away from destructive fear and concerns about the mundane and everyday world, many entities choose to incarnate with illnesses, diseases, and unhealthful situations of mind also that are deemed necessary by the self and the greater Self, in order to give to the pilgrim soul's self the best possible chance of learning the lessons, of having the realizations and the transformations occur, that you, yourself, felt were needed in this incarnation. Many are tempted to serve before self-acceptance has opened them to the voice of Spirit.

Consequently, if repeated and earnest attempts are made in a single-minded and careful manner and poverty does not open to riches, or ill health to heartiness, it is then that one must look at one's situation. The first realization is that this is a relativistic illusion. For instance, each in this circle is unwealthy; one, extremely unwealthy, others closer to being comfortable and without worry, but not close enough to avoid difficulty when unexpected expenses occur. Why would we, and you, sometimes choose such situations? What have they to teach us? In a relativistic world a simple geographical move to any of your civilizations that contains a large majority of people who do not have enough to eat or a place to sleep will indicate that even those in this culture that consider themselves the poorest are seen as rich by those who have even less. To one who is dying, an illness that does not kill does not seem serious. To one who has a nonkilling disease, but one which limits, those who are able to move around without limitation seem healthy.

When preincarnative choice has given you a difficulty, have faith that you are a spirit advanced enough to participate in your own destiny, that occurrences do not happen simply by chance, that the seeming poverty, the seeming limitation, the seeming difficulty, the seeming illness, is also a forthright aid in setting up a circumstance in which a lesson of love can be learned under adverse conditions. Yours is the last density with truly adverse conditions for the positive or service-to-others oriented person. Only in this density, the

density of choice, does this occur. Know then, that that which is in front of you is not more than you can work with, is not that which defeats; you would not program that for yourself. But you are stretching yourself because you wish to change; you wish to become even more polarized in love and service to the Creator and others than you are now. There may be a lesson to learn. There may be a part of service that you chose that could not be achieved in any other way, given the uniqueness of your person, the uniqueness of your character. Consequently, there are illnesses, limitations, and what seems to be a grinding and degrading poverty which may be seen—only in the spiritual sense—as challenges rather than difficulties, as chances to learn rather than sentences of condemnation.

It is well, when one is gazing within at one's situation, to consider all three possibilities. First, give the body what it is asking for. If you are still ill, if you have worked hard and are still poor, offer to the mind the opportunity of thinking carefully about the possible healing of this sorrow of self by a change in attitude, a change in the way you treat the body that has been so good to you. And if these things are tried, in all sincerity, persistently, and yield nothing, try the assumption that this situation, though seemingly negative within the illusion, is the very cornerstone of your evolution in spirit. The lesson there will be learned during the suffering, the pain, the anguish of learning, and change, and the transformation of the self.

Can it possibly feel good for the felled tree trunk to be hollowed out? Yet if it is not hollowed out, it cannot be the canoe; it cannot carry anyone anywhere. So, too, are lessons unique. You seek in yourself a hollowing out of those petty concerns that you cannot afford if you wish to be open to spiritual evolution. Certainly, do all that you can to maximize the use of the vehicle that you have. But gaze beyond that. If you are a player of a violin, and you begin to get fingers that are numb, a doctor will say to you that you are holding the instrument incorrectly, and are causing some nerve condition. Pills and treatments will ensue. If that does not cure the difficulties of the hand, gaze within and see if the mind enjoys what it is doing. If it does, and affirms so in a persistent manner, and there is still the pain when playing the instrument, the situation may well be preincarnatively chosen in order that your path of service may be changed to another direction, another

impetus, perhaps one better suited to the deeper gifts of your unique self.

In any case whatsoever, release all fear, fear of the illness or the limitation, fear of the stigma this may bring upon you, fear of what others may say as they misunderstand you. All of these things are as nothing to one who is paying attention to that source of information that is by far the most reliable; that is, the self. As always be daily and persistent in your meditation, acting upon those new points of view that this meditation inevitably brings, and praise and thank the Creator for this opportunity to break the walls of previous misunderstandings within yourself, no matter how small. Here is your opportunity to gaze steadily at the illusion until it blinks. Do not accept any negative explanation or condemnation. Take it not in. You are engaged in walking a path of spirit, with the mind and body set in complete cooperation from before the beginning of this incarnation. You chose the physical vehicle you now have. It may seem, in the case of preincarnative choices which are challenging, that your body has betrayed you. This is never so. The body that you have is of second density. It will do anything it can for you. It loves you. It accepted you. It wishes to do what you wish it to do. Sometimes it cannot because you chose this situation at this time.

You will move from these words to the many other situations that are criticized as being those of failure of some kind. Take them to heart and have courage and faith and the will to learn that which you came here to learn: the will to love ever more purely, the will to allow the pettiness of humanity gradually to depart from you as water from a pitcher so that you are at last an empty vessel which may channel the love and the light of the One Infinite Creator, as expressed through the gifts manifested by you, in greater and greater understanding of the true goals of this life of choice.

NOTES TO OUR READERS

For those who would like to meditate with us, we have changed our Sunday meditations to 4 p.m., EST.

Our unending thanks to Jo Weber who has offered to illustrate our BOOK OF DAYS for future publication.

A Bulgarian reader writes of the atrocities of Communist terrorists against those who work for

democracy. His and others' houses were burned down. Donations can be sent to: Rosen Lubomir Paskalev, Tsar Sisman 23, Sofia 1000 Bulgaria.

WORLD HEALING DAY V, 7 a.m., EST, December 31, 1990. Join 2 billion people from 105 countries around the world to pray and meditate for world peace.

May your Christmas season be filled with joy. ❀

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SPRING 1991, NUMBER 38

THE MIND OF THE SEEKER

Q'uo, December 16, 1990

Greetings in the love and in the light of the One Infinite Creator. You have asked a question concerning the attitude of the spiritual seeker. We may say that it is to the benefit of any seeker to approach the path as if it were its first day upon this path. Consequently, when we speak to those who are beginning the path, we speak also to those who take another step upon the path; to those who are sitting, weary and tired by the side of the path; to those who have seemingly been treed in the rocky terrain of this path by fierce wild beasts; to those who are enjoying gifts of the path, and who may perhaps be less than pleased when the path becomes difficult, and it shall become difficult and infinitely easy, by sudden turns. Meanwhile, the truth that you seek, that we seek, and that the Creator seeks of Itself, recedes in mystery forever beyond the seeker.

Yet the endless path is indeed ended at last, as in cosmically large amounts of what you call time, all of the universe, all consciousness, coalesces once again into the unaware, intelligent infinity that is the closest that we have been able to come in your language to describing that which we would call the Creator, and that which we perceive to be a nurturing Creator which has infinite regard for that which It has created. It was noted that the prayer to the Father, with which you begin your sessions, was perhaps a limiting factor. Indeed, the nature of one's relationship to the Creator may be any relationship which nurtures the entity. It may be considered as father, as mother, as father and mother, or as any unknown mysterious but somehow kindly spirit that

is consciousness itself, just as you are, in essence, consciousness.

The difference between the consciousness of all that is and the consciousness which you experience is that in order to experience Itself, the Creator created entities which are self-aware and which made free choices so that there was nothing slavish about the possibility of loving the Creator—in the Creator's mind—but rather an infinite curiosity. Each of you is experiencing. And in your experience, the Creator, Itself, is enriched and learns, and as that giant heart beats from creation to creation, each creation builds on the last, and each of you, beings of light, infinite and eternal, move also, from illusion to illusion, and then into non-self-awareness, and then once again moving outward into individuation, learning, and experiencing. Is this not a pleasant infinity? Always learning, always moving, and always resting.

Now we have laid a groundwork upon which we would like to build. Let us talk for a moment or two about what you may call your mind or your brain, or as this instrument does, your biocomputer. The nature of your mind is such that it is geared, as a computer is, to make a large number of choices very quickly in order to tend to the survival of the physical vehicle of which it is the intelligence. The programming of this computer is most usually not done by the entity within the incarnation in any conscious manner, but is a reflection of those needs for survival—physical, mental, emotional, and spiritual—that were being experienced at the survival level when you as an entity were powerless and unable to defend yourself. Consequently, there is strong programming toward self-protection, and

much of that which is programmed to be noticed is that which has to do not only with physical needs for survival, such as the breathing of air, but more subtle needs which are discovered as the entity grows in years and experience.

Think to yourself. What have you noticed this day that was not useful in some way to your survival or your enjoyment? We suggest to you that it is within your ability to reprogram this computerized choice-making in order that you may notice more of those things which you feel have spiritual significance and less of those things which you feel have become undesirable things to notice. Those things may be any portion of your self which is judgmental, towards yourself especially, which is not accepting of the self, which defends opinions instead of listening to those who speak. Once all attempts at asking forgiveness for any perceived wrong are done, what is there to do with the past except accept it, learn from it, and move on? Yet among your peoples there are often many, many bits of program involved in defending any past action because the sense of not being worthy is crushing, and it is not known how one can become worthy.

May we say this is indeed true. Each entity is both worthy and unworthy, both hot and cold, positive and negative, honorable and dishonorable. You have available to you as an entity all manner of behavior and, more importantly, of thinking and being. It is within your ability to choose, in the first place, that which you wish to perceive; and in the second place, the reaction that you wish to create within yourself, a reaction that is loving and compassionate and does not fear being foolish.

The most direct and efficient way to reprogram the self is to ask the self to sit and listen within on a daily basis. We do not encourage entities to do this for long periods of time. The practice is powerful. It is the intensity of desire to know the truth in order to serve others that creates the excellence of the meditation, not the subjective experience of the conscious mind, which within your culture is, from your childhood, a consciousness so over-stimulated that it knows not how to rest and perhaps will never have the experience, in a normal state of consciousness, of peace. Yet, do you not seek peace? Do you not seek a Comforter? Do you not seek guidance, that you may make choices that have authenticity, that speak of you as a truly real entity,

not a collection of chemicals, not that which sprang of the primeval ooze, but consciousness which is unique to yourself? You are your own creation, and the more you accept responsibility for the creation of your life, the more lovely may that life seem as you find each delicious part to be a gift, and each difficult patch to be a challenge and an opportunity.

We ask that those who wish to seek spiritually refrain from any attitude except hope; hope that they may know more, hope that they may serve, hope that there is in fact a deep and heartfelt truth that cannot be expressed except by living lives faithfully. To what shall you be faithful? Yourself, that which is treasure within you, that of which you shall only become aware as you listen and open the gateway betwixt the conscious mind and the infinite resources of consciousness which lie within the subconscious mind, and more specifically within the frontal lobes.

Spirituality is not behavior. There is nothing more hypocritical than behavior. Spirituality is being authentic, whoever you are, and finding that power within you, using whatever story, or thought, or inspiration may move you deeper and deeper and with more respect into that portion of you which contains infinite treasure, as though you were indeed an earthen vessel filled with gems. This is your true nature. Not the vessel, but the gems. Your physical body is that which carries you about and enables you to be so blind that you must live by faith, and not by proof of words of any kind.

The spiritual path begins with trusting yourself. Resources that are useful to the beginning mind (and as we say, all need the beginner's mind in order to continue to learn and not to become self-satisfied) include various ways of communicating with the self. The most efficient of these, after meditation in silence, is the keeping of a journal, whether it be the dream journal, or the essay journal, or any kind of remembering journal where various difficulties are examined and ruminated about. All of these journals are helpful in opening a voice to you. In truth, this is the reason that each Christ has come into your illusion. At various times, as you call them, there have been great needs for the creation of a way, a gate, a bridge, betwixt the daily, limited, little life of the body and the infinite life of the soul. As you are both, it is greatly worthwhile to proceed with this

investigation with all enthusiasm and intensity and passion.

We ask several things of one who wishes to seek the truth and is willing to change, to reprogram, and to evolve. We ask that discouragement be accepted, be felt, but never be considered to be anything but an artifact of the illusion. Perceived errors are simply mistakes. Sin is an emotion-laden word which means only that someone added two and two and got five. There is no more emotion in correcting an error than there is in using an eraser and writing down the appropriate answer. When you have realized that two plus two is four, you are not in a state of error and there is nothing to forgive. In just such ways, in very much more complicated emotional mathematics, shall we say, again and again you perceive yourself to be a failure, unworthy to the task, or in some way at fault. Was there any soul with a 360-degree capability to love and to not love that did not have, in the brightness of light, a shadow to cast? Can you not accept both your light and your shadows? For as your light grows brighter the shadows will be more sharp, and you will seem always to yourself to be one very iniquitous and often in error.

This is primary to your ability to move forward: that you are able to let judgment of yourself go. For only insofar as you love, accept, and refuse to judge yourself can you be compassionate in such wise to others. And only in compassion, as you see the treasure within you and within all, can you truly serve in a love that is without condition and that demands no return. We do not mean to suggest that you will not have any return, for indeed, as you console, your life is consoling a hundred times more. It is never known where love will come from, but it is a subjective truth of those who love without stint that the love that is received is overwhelming. This is our experience. This may also be yours. But it is in those who finally become ready to give what they can, to multiply their talents, shall we say, as this instrument has the holy work called the Bible much in mind, it is to those that moments of enlightenment occur, because there are no truer words than "Seek and you shall find; knock, and it shall be opened to you; ask and you shall receive." Indeed we would warn you that this is literally true, and ask you to be very careful about what you do desire. Let it be the deep and true desires of your heart, for you are an authentic, imperishable being.

Do not let the heavy, chemical, physical vehicle, that has sacrificed itself in order to hold your consciousness, fool you. There is no knowledge in science or any other discipline that may explain to you your nature. This is unseen, is without proof, and must remain without proof. We ask you simply to meditate, to feel free to desire to know love, to know the experience of tabernacling with the Infinite One, in immediate presence, for you may be dust, but you are dust in the presence of the Infinite One, and nothing can take that from you. Nothing. Certainly not the cessation of viability of your physical vehicle. Release yourself from that prison in your consciousness, and the universe is yours to roam at will. Identify with that which shall decay, and so shall you, as a soul sinking to repine, cynicism, and a settled hunger that knows no food, no drink that may satisfy. Food and drink for the physical vehicle are seen, but food and drink for the spirit are never seen. Take those delicacies with thanks and praise, and, as you ask for daily bread, know that you do not ask simply for food for the body, but for the spirit as well, for there is a spirit of love which is always with you, which is of the nature of the One Infinite Creator. There is no lack, no loss, always companionship and comfort. But it must be allowed to be. There is a door within you which must be opened by your will and faith, and your comfort will come. And as you are comfortable, so shall you be able to shine a light that comforts others, not as one who is powerful, but as one who has finally reckoned with its weakness and accepted the aid of the infinite.

Do you wish to live an infinite life? Then you may be in the New Age, so called, in the kingdom of love, now. You are experiencing a marine boot camp. You have loaded your plate with every difficulty that you can possibly cram into one incarnation because you wish to be harvested, and you know that the harvest is upon you. This may be your last incarnation in this particular opportunity to move into a new level of lessons and learning, loving, serving and giving, and dwelling in ever increasing harmony.

But to begin is to take a step, not a great step, but a cautious, interested, open-minded step. Submit yourself to silence each day, and be persistent, through faith alone. Do not judge any experience. Do not take your spiritual temperature. Do not attempt behavior that is holy, but learn who you are.

Learn what brought you to this path, to this moment. It was right. There are no mistakes. You have done precisely what you wished to do in coming to this moment, and now it is yours. Seize it. Use it. Remember that which is helpful to you. Accept and allow the love within you. Accept that you are a channel through which an infinite amount of this love may flow and that you need only move the bits of yourself that dim that light to one side, choosing not to be those petty things which staunch and constrict that energetic and creative light and love which is the Original Thought.

Yes, the Creator, as closely as we can say it is, in its active aspect, a thought, and that thought, in the weak words of your language, is love, unlimited, unstinting, all-compassionate love. It has created you and all that there is in wonderful unity. Yet you are unique; there is only one of you. You are quite, quite without peer. No one can be you except you. As you weave the tapestry of your life, weave it truly; weave it as you are; and have the confidence to know that the Creator would not create that which was not wonderful.

I am Q'uo, and we would take this opportunity to thank each present for inviting our presence to your session of working and your journey of seeking on this afternoon. We shall take our leave at this time from this instrument and from this group, leaving each, 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, my friends, Adonai.

NOTES TO OUR READERS

It's time for us to clean out our mailing list again. If this is your first or second newsletter, you do not need to do anything to continue receiving it. Otherwise, you must send us a card telling us to keep you on the new mailing list to continue receiving the newsletter, even if you have recently communicated that to us.

Once again this Easter we are offering our THIS IS THE DAY tape. Like JENNY, it is a performance tape and, therefore, not perfectly recorded. It is the story of a small boy and a tree that grow up together who are transformed by their shared experience. Words and music tell the story. ✿

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

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corporation dedicated to
discovering and sharing
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SUMMER 1991, NUMBER 39

THE CHOICES WE MAKE

Q'uo, January 20, 1991

Group question: We find that there are different aspects of ourselves that have different ways of expressing, perhaps even contradictory from time to time. Is there some way that we can increase the harmony in our relationships by integrating or becoming more aware of those various portions of ourself that seem at times to be at odds?

Greetings in the love and in the light of the One Infinite Creator. I am Q'uo, of the Confederation of Planets in the Service of the One Infinite Creator, and I thank you most humbly for calling us to your circle of seeking, and for giving us the opportunity to talk upon this subject. Indeed, it would be well for all third-density peoples to examine well, not only the answers to questions such as this, but the questions themselves, for the seeds of truth lie not within answers but within questions, and it is the more skillful spiritual student who pays attention to the questions that his incarnational experience generates.

How to live in harmony with the self or with another? That is a dilemma for those of your density, locked outside of the knowledge of others' true resonances and seeing only that tip of the iceberg which is behavior. How can entities choose most wisely, especially when they require of themselves a choice which must be made, often before the entity is aware of its deeper desires? Consequently, many mates and many behaviors are chosen because of shallow and petty reasons, reasons which will not endure, truths that will not hold.

Let us again begin within the self. What is it that causes an entity to feel that it is self-contradictory? Indeed, it is the fact that entities are self-contradictory. This is a part of the illusion that may be taken as truth for the purposes of learning. Like all other portions of the illusion, there is no permanent or lasting truth connected with this personality that you experience as yourself. Indeed, you have simply taken on a personality, a solidity, an incarnation, in order that your consciousness may experience this very illusion of separatehood. Not only are you within your physical vehicles apparently separate from all other solidified entities, but within yourself you are apparently solidified into various portions, or voices, or personalities within the self which are responding to various stimuli.

Let us use a created example. Let us say that a seeker has a father, a mother, a brother and a sister, and perhaps one other relative which has affected interaction with the seeker at very young ages. There is within the self the capability of absolutely every behavior possible. This is true not only of those who are seemingly evil in their behavior or negative, but it is also true of those who are seemingly very positive in their behavior. Behavior is simply a way of responding in a situation in which it is not safe to be. Consequently, the portions of the personality that do not seem to be congruent as one integrated self are those voices that spoke when you were helpless, in the years of your incarnation before you gained any maturity or strength. These voices were powerful; you were not. The voices, however, were not often, in some cases, kind. The voice of the father, perhaps challenging in one way, perhaps refusing to consider any point of view but the

father's own. The mother's voice, perhaps a particular mother was cowed before the authority of the mate, and did not choose to stand with a child, even if the child might be in some sense correct, if the mate, the father of the child, wished to exercise negative authority. Perhaps the brother, the sister, the aunt, put one in a bullying position, or only bullied the seeker. There are many, many hurts that to a mature and independent entity are only scratches, but before the infant has created for itself a nexus of experience full enough that it attempts to control its environment, it has been compromised into fear by the voices that it hears that have power over it, and so the seeker develops behavior.

It is a role directly at odds with being because it mimics being, often perfectly. One can behave, although one is under great stress if one does, for all of the entire waking hours of its day. One can choose never to be simply as one is, and instead one may simply respond to each situation with the appropriate voice, the appropriate behavior. This is a life lived in primary fear. The fear is reasonable for the small child. The same fear can be employed by the self as a learning tool if the self is able to decide for itself that its choices will no longer include those drawn from the soil of fear.

Each entity to whom we speak is what you call adult. Within the adult there lies the universe, and this creates in you great treasure, but it cannot be known to you except insofar as you release fear and the behaviors that it brings into being. When, for instance, an entity who has been terrorized by a parent finds itself in a position where it must make a decision, a hard decision with which it must live, it experiences the fear of that voice saying "You, you small child, could not possibly have the wisdom to make the correct choice." Let us reexamine this voice, this portion of the personality that you think is your own voice, but in fact is not. That voice speaks fear, but what have you to fear? Shall you be wrong? Mistakes occur. Out of that wrongness, no matter what it is, a desirable and beneficial result will take place, for in the mistakes that are seen in men's eyes are the happenstances of spiritual evolution as seen in the eyes of a living spirit of love. What is feared? Being wrong, being foolish? Let us put this in perspective. Do you fear that the wrong decision shall cause your physical death? That is unlikely, and yet perhaps that can be taken as the worst possible outcome. Gaze at that outcome. Do you fear

entering larger life? Do you fear leaving behind the pain and the heaviness of third density illusion and entering into a creation more filled with light, feeling and knowledge? My friends, this is an interesting thing to fear, indeed. Yet this is the worst that can happen to you.

Let us recall to your minds the basic purpose of third-density incarnation. You are here to make choices. It is imperative that you make choices. If the choices that you make are unskillful, that is acceptable to the Infinite Creator. The process of making choices creates in the seeker more and more skill at the process of making choices. Like any other process, choice-making improves with practice. If one is able eventually to claim and name all of the portions of the personality, one is then able simply to say, "I know not these portions of myself fit together, and I lay that before Love itself, for I know not what to do, yet Love knows that which is the very best for me, and I will allow that Love to lead me, and I shall follow. We are aware that this seems in some ways very glib because the tearing and rending of the self, as one develops in maturity, is certainly most painful and almost impossible to understand while it is going on. It is necessary only to understand that all things within the self, though contradictory, confused, and to whatever extent unenlightened, are acceptable, beloved, and supported by the One Infinite Creator, and by that spirit of love that moves with you and is your companion at all times. There is no way that you can move away from love, except by ignoring it because of fear.

You see, to the Creator you are never guilty; you are never unaccepted. To the Creator, you are always in a paradise, but each of you is in an illusion which decries the apparent inaccuracy of our previous statement, and it is only by faith that you may securely feel that love, that acceptance, that forgiveness, and that support. It is only by faith that you may continue standing when you feel that life has cut you off at the knees. It is only by faith that you can stay alive when you feel that your life is not worth the living. Feelings of despair are normal portions of the experience of humankind in third density. There is no negative feeling, passive or active, of which you are not fully capable, given the appropriate circumstances.

It is vitally important that you are able to see that, scattered as you may be in this illusion, there is within you a center, a core that is the very treasure of all that there is. Within you is a spark of love that, whether you wish it or not, unifies you, not within the illusion, for there you must struggle to learn, but within that underlying reality of your spiritual self.

Let us gaze one last time at the struggle of the self with self. Which portions of yourself do you not like? You may write these things down about yourself, or you may trick your conscious mind by attempting to write down those things which you like and dislike about an entity whom you truly, seriously, have arguments with, or dislike. When you write down those things which you are willing to give to that entity of goodness, and when you write down that entity's faults with which you are so in a struggle, you will discover that you have written about yourself. This is a useful exercise for learning how each entity within the illusion of third density distorts the Love and the light that moves through the universe in a way unique to itself.

It is well to trust that all the personalities within have made their own quite lucid unification. It is equally clear that an entity cannot express at the same time all of that which it feels, thinks and is concerned about in a situation. There you have a window into the process of making choices. Come to know the voices that speak within, not so that you may silence them, necessarily, but so that you may recreate a list of priorities in which those voices and the behaviors that they have caused are of a far lower priority than the self forgiven, accepted, and loved in the present moment. Claim this self, for this is who you are. There is no you but you. You are unique, a child of love who has made choices. Whatever you have done to this point, know that this is a new moment, as is each moment, and that all choices are equally open to you at all times. Yes, you must bear the consequences of the choices. One of the beauties of this density, in terms of its being an excellent environment for learning, is that entities are indeed held responsible for their choices. This enables the spiritually growing self to be aware of the importance of making choices.

Now let us look at the kind of choice that you wish to make, whether it is for yourself or for another. First of all, if the Creator loves and accepts and forgives, is there a significant rationale for refusing to

accept, to love and forgive either yourself or another entity for behaving or being in a certain way? Here is another question. Can you see in the behavior of yourself or another self the consciousness that lies beyond, beneath, above and around that behavior? Have you any clue as to the nature of that entity's unique being? Remember that this is a place for positive action. Positive action in third density is not simply in the arena of the body, but in the arena of the mind. If you find yourself judging, belittling, demeaning or engaging in other negative interactions with yourself or portions of yourself, or with the behavior of others, take a breath, stop, rock back on your mental or emotional heels, and ask yourself if you are appreciating and respecting the freedom and the beingness of yourself or another. For it matters not whether you are dealing with yourself or another. Respect for consciousness suggests that you and others are equally worthy of respect, care, attention, service, and above all, love.

Another question that is fruitful to consider is whether you expect an outcome from yourself or another. To ask of yourself this and this and this outcome is, in the way of making plans, simply a sensible process. If the plans that have been made are not possible to fulfill, then it is the wise seeker who does not waste time bemoaning the undesired outcome of some action or thought. Any action or thought done in order to please or palliate or expedite or control situations is also behavior that will likely engender the harsh edges of other entities' personalities. For when one acts through fear and attempts to control the environment of one's incarnation, one is also controlling other entities. Usually there is rationalization given to the controlling of other entities, "for their own happiness." However, to the one being controlled, any control whatsoever feels like interference, and consequently the fear within that entity comes alive and moves to defend the perimeter of that personality.

Relax the mind now, and see all solidity fly away. You are not solid entities; that is an illusion. You are not your behavior; that is part of the illusion. You are yourself and your choices and the deep biases that they bring. If you attempt to define yourself in permanent terms while in this illusion as anything but a student who is attempting to learn the lessons of this classroom, you have moved into an area which will be confusing and debilitating.

In hopes that you may truly love yourselves and one another with confidence and faith, we leave you in the kingdom of eternity into which this basic attitude delivers you. We thank you for the beauty of your vibrations and for the peace of your seeking. In its persistence and depth there is a beauty not often seen among your people, and we are humble before third-density pilgrims such as you who struggle and weep and survive to hope and have faith and love tomorrow. Move that tomorrow, my friends, into the present moment, and never let it go, and you shall be one, and all shall be well. And when you cannot do this, forgive yourself, accept yourself, and love yourself, for these are the tools with which you learn to love all that there is.

We bid you Adonai. We are known to you as those of the principle of Q'uo. We leave you in the love and the light of the One Infinite Creator.

NOTES TO OUR READERS

Books Two, Three, and Four of THE LAW OF ONE are now available in the same size and format as THE RA MATERIAL. We will distribute all of our current inventory of the 8 1/2 x 11 blue-covered books before ordering the newly formatted edition. Anyone wishing a set of the new edition can order through his/her local bookstore from Schiffer Publishing, 1469 Morstein Rd., West Chester, PA. 19380

Thanks so much to all who have been praying for and sending healing thoughts to Carla. Your continued prayers are very much appreciated. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 1991, NUMBER 40

THE POWER OF FAITH AND WILL

Hatonn, February 3, 1991

We are most happy to consider the question of faith and how to attain its pleasant pastures of consciousness. First, let us gaze at the fundamental dynamic which causes faith to be important. Let us look within; let us gaze at smaller and smaller things. Let us imagine ourselves to be studying, first the things that can be studied about visible life forms. It is found that there seems to be in each cell of a life form the entire knowledge, history and consciousness of that life form so that from one cell, another being may be created to duplicate that one cell. How can knowledge and identity be so compressed? It is not known, it is only manipulated by your peoples without knowledge. Let us gaze at smaller things, at one of your atoms. Although your scientists have succeeded in breaking it, which was considered the ultimate particle of mass, into even smaller particles, yet has any science or system of measurement been able to see, weight or deduce the reality of mass? No, this has not been done. All that has been done is finding instrumentation to observe the paths of energy left by these particles within the atom. When, if all is energy, energy and fields, energies interpenetrating other fields, how is it that fields exist? Again, your scientists can manipulate magnetism and electromagnetism, but they cannot explain it.

In the genuine sense, nothing is known. All is, if followed to its conclusion logically, a mystery. That which you may view is inevitably not that which it seems, for the entire nature of your experience is one of learning in a special classroom which was created

specifically to confuse and baffle the intellectual mind, and thereby force the consciousness of humankind, because of the desperate hunger that it has for spiritual grace, to move from the mind to the heart, from intellectualization to love and the wisdom of love. That is your situation. You are consciousness aware of yourself, but all the tools that you use within the illusion, beginning with the mind itself, are creatures of the illusion designed to operate within the illusion and doomed by birth itself to a life sentence ending in death. Shall you strut and fret, as your Shakespeare has said? Shall you walk that petty pace until the last tomorrow, and then cease? There is that within the human consciousness which, once awakened, is aware of but one thing, that whether or not there is survival without the physical body, the yearning for consideration of that continued existence is a real, virtual and actual part of the nature of humankind.

Entities within your culture are fond of saying that humankind is made in the image and nature of the Creator. What image do we think of? What image comes to mind when one thinks of the Creator? That is a key question and central to those who seek faith. For if a Creator is sought that is angry and punishing, righteous and full of justice, then we gaze at a part of ourselves, and if the Creator is gentle and nurturing and all-embracing and unifying, then we gaze at a part of ourselves. Since there is a mystery, there is a choice to be made concerning one's attitude towards that mystery. Those who feel instinctively that the Creator is an unifying, loving and nurturing Creator, are those which discover faith in one way; that is, the positive path of polarization through service to the Infinite One and

to other selves, the images of the Infinite One. Those who choose to see the Creator of judgment, righteousness and law, are those who wish control, control over the life, control over the self, control over others, that there be no surprises, but that all be reckoned ahead of time, safe and tidy. This is the path of separation. We are aware that we speak to those upon the positive path of polarization, and so we will address faith in its positive sense, that is, that faith does not begin with faith in the self, but faith in the Creator.

Now the faith that is so hungered for does not rise out of nothing. It begins with very simple faiths. Even as a young entity, one early begins to have faith that the sun will rise, and the sun will set, that the moon shall appear, and the stars, and then shall disappear in the blushing dawn of day. Your entities learn gradually to work towards a faith in the conventional wisdom of the culture. And there, all comes to a screeching halt. For unless one is not very observant, one soon discovers that absolute fidelity, that which one may have faith in regardless, when applied to humankind, will fail. Not always, but sometimes. There is always the risk and a gamble in trusting another entity or the self. For if entities are made in the nature and image of the Creator, that image would not seem to include absolute trustability, but could the Creator be capable of such capriciousness as humankind? Let us gaze about at the creation for which it is responsible. Is the Infinite Intelligence which created the balance of the infinite universe, the planets in their courses and the stars in their long, slow expressions of love, the work of a capricious Creator? It would seem unlikely. For if one were to gaze upon one of your calculators one would not mistake it for that which occurred in nature, for that which is random and perhaps came from a process of evolution. This calculator is obviously made for a purpose, to do a certain task accurately again and again. Yet how simple is this calculator compared to the infinite accuracy of the clockwork universe whose steadiness your scientists so have faith in.

Once a seeker is aware that faith is not faith in the human self, one is then open to examine other possibilities of where to place faith. As one gazes up to the stars one realizes the face of the Creator, as it is written in your holy works, moving across the face of the waters of your consciousness. And there is an intuition that says to this intelligence, far or near, "I

place and give my faith to this kindly, loving, nurturing Creator. In this Creator I place my trust."

Now there is no proof that this is either a wholesome or wise consideration or conclusion. Why should entities think about faith? Why should they not simply enjoy what life they can and begrudge not leaving that life when it is time? Examine your hearts and see if you are satisfied with this life which is you, ending. Does this seem appropriate for consciousness? We certainly hope that this is not your opinion, for if it is, then you are caught in the net of mortality. You shall begin, and end, and that is all. The mind of the seeker rejects this null hypothesis as untrue. It moves beyond logic. What is beyond logic within the mind except utter chaos?

Now we have the stage set for an honest beginning in faith. The mist of chaos surrounds the entity as he stands upon the cliff, a sheer rock face with barely a foot-hold of human knowledge. Shall he ascend? Shall he descend? No, for he cannot climb sheer rock; there is no cleft; there is no comfort. That is your situation. Consequently, with the tiger above, the tiger below, of that which is not possible, those who choose to live a life in faith must choose to leave the cliff of human knowledge and embrace the mystery, willing to allow that mystery to teach them. At that point the seeker gathers itself together, enters its consciousness upon the next step, and begins its long and dusty road of seeking by leaping from the cleft into the thin mist of chaos, that chasm of unknowing which will forever separate time from eternity. Yet the seeker knows that it does not know any way to proceed except to will itself to take that leap. The will is secondary. The feeling for faith is primary. However, it takes an application of will to leap into a chasm, and it is a right use of will, not to corral oneself into doing anything, but when one feels that the time metaphysically is correct, to act. And so, the first expression of faith is very much, for most entities, that of acting as if there was faith within the heart already.

In all spiritual matters there is paradox, for all things are so at once. And to a world caught in space and time, there is no place for all things occurring at once. All things are, instead, linear, a road to be traveled. How can we tell you that it is a spiraling circle in one location? We cannot tell you these things, for they do not make sense. Thus we speak of walking a dusty road, of narrow paths, of being a

pilgrim and being upon a quest. However, the actual experience of developing faith is forged in midair in absolute unknowing, and often in fear and panic because of the step that has been taken and the dramatic unknowing of that step.

So we say to you that, indeed, one must accept the utter vulnerability of unknowing, of acting as if one were faithful. For only when one acts in this way do the processes of spiritual evolution accelerate so that one may eventually have immediate experiences of tabernacling with the Creator. It is this immediate experience of unity with deity which informs one's faith. These moments upon the mountaintops of your experiences within the incarnational pattern are precious gold, to be treasured within the memory and to be brought to remembrance again and again, for faith does not have its place upon the mountaintop. Faith has its place in the Valley of the Shadow of Death, if we may quote again from your holy works. Thusly, one acts as if one has faith, and in so doing is faithful. For nothing can be understood or known. This is very important to realize within your illusion.

If you wish any sort of knowledge, much that is supposed knowledge will be examined and ultimately abandoned until the spiritual and metaphysical quest centers upon all that is left when one strips away that which one has been told, and that is an instinct, a hunger, a yearning for something that is variously called love, or charity, or virtue, or beauty or truth. Many entities among your people have no use for faith any more than they have any clear perception of the truth. That is acceptable, for it is not those who are unripe that will be harvested but those whose time of ripeness has come. Each of you has taken that leap of faith, but each is at an unique position within the heart regarding faithfulness. Thus, each experiences a continuing and often repetitive scenario of events and situations in which faith can be informed as one attempts to behave and express and manifest the self in a faithful and loving manner, attempting to glorify by imitation that which is conceived to be the nature of the Creator; that is, Love itself, the energetic, original and absolute thought which is Love.

Now once one has had the immediate experience of joy in the presence of the Infinite One, one is almost immediately cast back into the desert of the valley. Words can only muddy and distort that absolute

experience of being one with the Creator. Therefore, one does not approach faith through words. One is content simply to live in faith a simple, wholehearted, and single-minded faith that humankind expresses itself most truly when it expresses itself in fidelity to love and service.

How can one be a faithful servant of the Creator? Perhaps the most difficult thing, and the central thing that a faithful entity does, is to lay aside the human self, that endearing and much beloved outer shell personality, in order that one may experience the treasure that lies within, the treasure that can only be approached with love and trust and faith. For doubt and mistrust are distancing emotions, and when entities think in that mode they remove themselves further and further from the shining sinecure of grace. The life of faith is a life lived in the limelight. One who lives in faith stands with a light that is bright that others may see. It is a kind of public undressing of the self, metaphysically speaking, to live a life in faith. For when one who is faithful perceives that in the midst of the confusion of mundane living there is a spiritual principle which must needs be upheld in order to be faithful, one must then abandon so-called human wisdom and foolishly express faith that appearances are deceiving, and that all is truly well. The essence of faith is the simple feeling that all will be well, and all is well.

Now let us look at one who faces a tiger, a lion, a predator. Is all truly well for one of faith as this predator comes to eat its chosen prey? How foolish can the prey be to have faith that there is something more than eating and being eaten, killing and being killed, striving against adversities? Such an entity must be quite foolish. Yet it is those foolish entities who shine through the centuries of your recorded time and history, blazing off the pages of books and records into the human heart. Those who loved and gave themselves for others, no matter in what circumstances in the outer world, those who acted according to an absolute and perfect love are those whose shining memory inspires all seekers still. Thus, when faith is young, and, indeed, faith shall always be the faith of the beginner for you, for in this illusion that you enjoy, faith only begins, and it is that choice of how to begin that you are making. As you make that initial choice, so you build a cornerstone upon which other choices may be erected one after another, act upon act, thought upon thought.

May we say that the failure of faith is a foregone conclusion. It will fail again and again. You will hold yourself accountable again and again, and go through the pain of your own damnation. Yet always the handle of the door to faith is ready to be turned, but you as a spirit must turn it and must go through that door into self forgiveness and awareness of infinite redemption and newness, a resting place for all eternity.

NOTES TO OUR READERS

As each of our LAW OF ONE books in the 8 1/2 x 11 format, (which we have been printing privately) runs out in our inventory, we will be replacing them with the new quality paperback editions now available from Schiffer Publications, 1469 Morstein Rd., West Chester, PA. 19380. The additional expense of the quality paperback editions over the privately printed edition will be reflected in the cost figures on our order blanks. It will be a few more months before we have all four LAW OF ONE books in their quality paperback format, so anyone who wishes such a set can order directly from Schiffer Publications.

We have put our Christmas tape, JENNY, on this order blank to be sure that anyone who would like to give it as a Christmas present will be able to order it early enough to do so.

Keep those cards, letters and prayers for Carla's health coming. She really feels your support and thanks you all greatly. ❀

Light/Lines is a quarterly
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Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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WINTER 1991/92, NUMBER 41

HOW TO KNOW THE CREATOR

Q'uo, July 21, 1991

We are the principle known to you as Q'uo, and we greet you in the love and in the light of the One Infinite Creator. It is a great blessing for us to be called to your group at this time and we bless and thank each whose desire for the truth cannot be denied when we come together in one bright circle of light to seek that truth. We, too, are pilgrims on the path of truth and we, as you, make many errors; we are not infallible. We ask you not to think of us as authorities but as fellow travelers. Perhaps our feet have moved through more dust; perhaps we have experienced more, but still the Creator is a mystery. So how can we ask you to trust us as an authority. Nay, my friends, trust your own hearts, for if it is your truth you will not learn it. You will recognize it. If you do not recognize it, release it, for we would not be a stumbling block before you.

You ask this evening, how we may better know the Creator, we being those of several densities. Let us go back to the assumption implicit in this question; that is, that the Creator can be known. What is it to know? What things do you know? If you gaze at what you know, you find yourself dealing in quantities and measures, things that can be touched and counted. Thus you can say, "I know I have three apples." "I have a piece of paper." Yet this knowing does not satisfy the consciousness within the grasp of each of you. Each of you knows that that which is called knowledge is not knowledge; it is observation and it can be used to create many, many gadgets to fuel a technology, yet what does that technology know? The basis upon which technology is built is

observation. That which lies behind the observation is unknown. Mass has never been seen under the microscope. There is absolutely no way to explore absolute objectivity, for without an observer there is no knowledge of any experiment. No one has yet been able to explain or know gravity. No one understands the so-called speed of light or knows why it is apparently a constant. Magnetism and electricity are also fields which are in some ways inexplicable.

What do you know? Let us look a bit deeper. Move, each of you, from the mind that is in your brain. Relinquish it and think courteously, gently, and with the skill of suitor, to pay court to your heart, for it is the unconscious and silent wisdom of the heart that gives to an entity its closest experience to that of knowing. Within the illusion in which you enjoy yourselves at this time nothing can be known. The sooner the seeker becomes aware that the truth will beckon ever onward, the sooner the seeker can set to rest the hunger for proof which so often leads to a debasing of the pure love of the truth. Relinquish your hold upon the need for proof, for that which is proof is proof within an illusion. Would you wish to know something in the illusion? For all that you know in the illusion is an illusion. Or would you wish, rather, to gaze straightway at the mystery that is not known and know that you are tabernacling with that mystery; that you live in that mystery and in a very central sense you are that mystery which is Creator and creation.

Listen with your ears to all that you hear at this moment in time: the subtle inhalations and exhalations of your brothers and your sisters in light,

the songs of the small animals, the gentle whirl of the cooling fans; for some who are sensitive, even the hint of a heartbeat heard in the ear, a pulse felt, the energies of the circle felt. How many things there are to apprehend in this one moment! It is normally thought that one knows what one knows by the process of observation; but let us look carefully at this, for we would ask you above all things to be stewards of your attention. How do you pay attention to your incarnation? All of these things that we described to you were probably not part of what you were aware of knowing at the moment at which we described all the sounds. They were not in any way important to your survival. They were only incidental to your purpose for conversing so kindly with us. Yet all of those things lie in the matrix of your mind, not only now but eternally. All that has happened to you, all that you have taken in, and all that you shall experience are a small part of the infinite being that you are, forever you. So is each of you a knower; such is that activity you would describe as yourself. Perhaps you would see why we would ask you to pull back from being one who knows, and ask of yourself if it is better to investigate being one who asks, for the answers have very little meaning compared to the questions.

What questions move you, my friends? Can you not see that you spend your attention like money, yet, unlike money, you are not often thrifty; you are not often listening with your spiritual ears open. Why is that? In this western culture we may suggest that one reason is the great emphasis upon accomplishing visible tasks. This entity would call this distortion the "work ethic," and this entity itself is less and less a slave to the "work ethic," but certainly still highly distorted towards valuing actions above essence, the essence of intention and desire, of passion, of the quest for truth. It is not the truth to be proven. It is not the truth to be trotted out, elegant and set before all, tidy and finished forever. Truths come and they go, and they are useful for one person only. Each of you will find some truths to last for years, incarnations; other truths to last a week or a month or a year.

So let us move back to beyond the need to know and prove, and investigate the processes of perception. When you have heard, felt, seen, smelled, tasted, touched your environment a moment has occurred, the present moment. You have chosen that which you will notice and examine. Day upon day and

moment by moment you notice what has moved you. Thus you discover for yourself the kind of mind that you have to this point created. For you see, as fields of consciousness, you are stewards of this biocomputer; you are stewards of what you perceive and stewards of your actions, whether they are creative or reactionary.

So what happens after you have heard all the things that you do not pay attention to? Perhaps someone has entered the door; this then is the next perception, this is your choice. You have chosen to observe this one thing. Before you can form a mental thought about it, you will, willy-nilly, be informed by all your biases concerning that which you have noticed. What is your attitude toward the entity who has entered? How has that entity been a catalyst for you? In what way have you distorted an emotionally neutral occurrence? There is a palpable pause between the first sense-consciousness and your consciousness' willingness to take on a mental formation in relation to the present moment. Has it occurred to you that you can be stewards to the extent that you may choose more wisely the sense perceptions to which you wish to pay attention? Have you thought perhaps to investigate those things which cause you to generate biased observations rather than emotionally neutral ones or balanced ones? This is indeed possible and is part of the discipline of the personality that will deliver to you a more lucidly working partnership betwixt consciousness and the mental and bodily complexes which carry that consciousness about within your incarnation.

Perceive then that you are both less powerful than you think, in that you will not perceive all that you can perceive, and also that you are more powerful than you may think you are, for you can be creators of those thoughts, attitudes and actions which you choose when you see the catalyst and sense perceptions and biases within yourself which resonate in the present moment.

Now all of this has been discussion of activities. The portions of these exercises all take a great deal of practice, persistence and devotion. Yet it is beyond them that the heart of your question lies. You are perhaps familiar with the words which the Master known as Jesus has been said to have said: "I am the way, the truth, and the life." Let us look at the entity who said this. This entity spoke always in parables,

never plainly. This entity taught by telling stories, by suggesting mental formations and biases that went beyond the words which were used. Moreover, this entity often said "When you hear me it is not I who speak, but the Father within me." Would this entity then have said "I am the way," or would this entity have made a small pun, perhaps a slightly irreverent one, upon the name of the Deity as this entity knew that name? For the name of the unnamable Deity to the one known as Jesus was a word formation which translates, roughly, "I AM." In fact it says it twice: "I am that I am."

Now gaze back at this famous quote and see in a more spacious way the "I AM" that is the truth, the "I AM" that is your road and your path, the "I AM" that is your service and your life and perfect freedom. We of Q'uo are. We are an I AM, for we have come together, yet each of us also is a unique I AM, and each of you listening to this instrument is the only one of you in the infinite creation. You are utterly necessary, precious and perfect, for you are part of all that there is, part of an infinity which is from everlasting to everlasting.

How can you know? You cease asking to know and ask to learn to ask who you are. As you move deeper and deeper in this quest, you become more and more authentic essences. You see, within your heavy, chemical, third-density illusion, what you see as your physical vehicle is seen by us basically as large quantities of water with some few chemicals in them: an ingenious design indeed, but a second-density one. Yet this second-density entity knows in every cell of its vehicle, "I AM," for it blooms just as a flower does. You, in your second-density body, are so beautiful! The Creator has made all things well and this includes you. Thus your relationship with this physical vehicle need not be one of scorn but one of thankfulness and praise, for this second-density entity could have had a perfectly good instinctual life of its own. The brain, the personality, all of those things which seem to you mundane are things which this animal which carries you about could sociably and naturally do with grace and even elegance, as is the way of things created by the Infinite One which do not have the self-consciousness to be awkward, but move with the infinitely appropriate rhythms of growth, blooming, evensong, and death. Treasure this entity that carries you about. Nurture it; love it; pamper it. Be a good boss to it, and know that there is a wisdom in every

cell of that second-density body that your consciousness, infinite though it may be, is blocked from seeing because of the veil of forgetting between the conscious and the subconscious mind. That veil dropped specifically so you cannot know.

Gaze at this creature who asks questions it cannot answer. How is that logically possible? Here is the beginning of the mystery. You cannot help but know that you are other than you think you are, for you ask questions that you simply cannot possibly answer. You sense truths that you cannot possibly ever touch. The genius of living consciously in an illusion that is heavily biased toward sleep, is in paying attention, for you are an "I AM." You are a creator experiencing itself. Do you strive to be virtuous? Thusly does the Creator know of hope and virtue. Do you strive to be aught else whatsoever? Thusly does the Creator know of aught else whatsoever. Have you served in your own opinion as a bad example? How valuable that "I AM" is you have probably learned by your self-perceived failures.

Knowing is a shallow thing. Asking in the heart is the beginning of wisdom. As you move deeply, deeply into your heart breathe, breathe full into your belly, into your abdomen. Feel the light, the energy that is infinite. Feel the love that expresses itself as your consciousness. Ask your heart "What is this love? All these people, why are they so dear? Why are we so pointed toward the light we cannot ever know?" Let yourself be overwhelmed, for this is the knowing that you seek: I AM. I AM. I AM. I AM. Move deeper in your heart. I AM. Breathe again and again softly, deeply. I AM. And feel in the womb that is within any entity in that bournous present, that birthing moment that is a brand new I AM. This is your essence. This holds your passion. This is you, I AM. As you tabernacle, know that the I AM that is at your heart is much closer to you than your breath, far nearer to you than hands or feet or face or any portion of the physical vehicle. You are essence; you are all that there is; you are a quality that is infinite, a flavor not quantifiable, not measurable but infinite. It will take you all the life that you are and that you will live in your subjective stream of consciousness to learn to focus upon your essence and not upon your activities, for activities may be done with or without love, with or without that great sense of I AM.

Let your intuitions, your intentions and especially those intentions about which you are persistent form within you an ever more tangible I AM. How can we know the Creator? I AM. I AM. You are. We know the Creator partially in our essence and to a great extent in the essences of the I AM's that we perceive as other than ourselves due to our continuing distortions of understanding. How can you know the Creator? Precisely that way, my friends. Learn yourself; love yourself; for you are love. What other appropriate response is there to love but love? As circumstances befall you, see them as love, for all things are the I AM, that one great idea, Love. It may be very distorted, the branches may have gotten twisted, seared, burned, ruined. Then you must look to the roots for I AM is the root system. You have a good deal to do with the branches, but gaze at your roots.

Others will look at the fruits of your incarnational experience and say that you were such and such a person, but the I AM gazes at the I AM in you and is one with it and fullness of love is added to fullness of love in a mystery that has no answer that is known to us.

We cannot thank you enough for the opportunity to blend our vibrations with yours, and to walk with you upon your journey at this time. We are humbled by the intensity of your seeking and are thrilled at the joy of your being. At this time we shall take our leave of this instrument and this group, leaving each as always in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai.

NOTES TO OUR READERS

We are offering a sample tape of our Sunday meditations on this newsletter's order blank. This tape is unedited to preserve authenticity, and the availability of other Sunday meditation tapes will be noted to those who order this first tape.

Donations to L/L Research are tax-deductible. Your check is a receipt, but we will be glad to provide a tax receipt to anyone requesting one.

Our best wishes to each of you for a prosperous New Year. ❁

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SPRING 1992, NUMBER 42

TEMPTATIONS FOR CHANNELS

Q'uo, December 2, 1990

Group question: What happens, from the metaphysical point of view, as a channel and supporting group begin to receive a positive, service-to-others contact? What happens in the way of attracting negative, service-to-self temptations and attention, and why do so many groups end up with such a strange mix of information?

I am Q'uo, and I greet you in the love and in the light of the One Infinite Creator, whose name, though ever unspoken and unrevealed in its nature, is the source and ending of all that is, all that has been, and all that will be. We have made a major concession to this instrument, for it has requested repeatedly that we assign ourselves more than the name we have given, and indeed less. For this instrument is not gazing and searching for new models. This instrument is provincial and archaic, and requests that we use the term, "angels," as we greet you. It increases her ability to channel, and aids each of us in the other's polarization. We have found in this instrument no taint of personal bias as in the worship of the Creator but only in its usage of myth to focus upon the mystery. Consequently, we may say to you that we are those of the Confederation of Angels and Planets in the Service of the One Infinite Creator. And so we shall attempt to address ourselves to this instrument, but we do not ask you to accept either our angel status, or our extraterrestrial status. We care not. Think that we are of this instrument's mind alone. That would satisfy us, and it would satisfy this instrument.

And so we move, hopefully without breaking the seamless thought, into the question you have asked this evening. The first temptation to a channel is the temptation to channel before the creation of a mythical pathway, that one holds personally sacred, with life effort. For all of you strive and age and die in your senses and your physical vehicle. Yet only those who know why they are living, and for whom, or for what undying principle they would die stand firm against every temptation, every deceit, every anger, every grudge, and every human emotion that rips the positive polarity from the soul of the minister of the Word. It is essential to the achieving and the continuation of a contact which has a lifelong integrity, or any duration whatsoever on a stable basis, that the instrument be an instrument who is an advocate of the mystery, and is no longer struggling terribly with why.

Those who must sail are sailors, and others would do well to stay upon land. Those who wish to use spiritual contacts such as this one with purity over a period of time must continually practice that which they focus upon as their mythical path, from the past and present and future to the timeless infinity, the spaceless everness of the One. The centrality of this cannot be overstated. We mind not by what end you choose to make your stand. We care only that you have chosen, and that your choice is made in utter blindness. Never, ever, make a choice because of someone else's path or someone else's truth, for all paths lead to but one place if they are efficacious. And one which you create, knowing yourself, will accomplish—if there is worship, adoration and the purification of emotion—the same end as this instrument's quite prolific, many-peopled, greatly-

historied myth. Indeed, this instrument does not carry what many Christians would call the Christian myth, for many Christians do not realize that myths are created by those who know myths' importance and that Jesus the Christ intended ever, from the beginning of this entity's ministry, not to create understanding, but to create confusion and challenge and mystery.

And does any true spiritual path, proven efficacious to many, ever offer proof, or specificity, or any claim to know what lies beyond the veil of deity? Who claims to know the Creator in any but experience? That one you will watch carefully, for there is a personal bias; there is a limit; there is an intolerance. How great the difference between those who have the religion of fear and those who have the religion called love. That is not religion, but life itself.

Given that the instrument is prepared and has dedicated itself to a ministry in which it knows ahead of time that it shall be stripped of much of its humanity as it gains experience in joy and forsakes the glamour of happiness, then that instrument may listen further. But we imagine many would stop just now, and say, "Perhaps I have some work to do. Perhaps I have a self to examine, a life choice to make, and perhaps there is too much at stake for me to choose now, for I do not know whither I go. I must be moving on for I have not found my path home." Let those who seek and yet feel a dedication to ministry move on blind faith, but not for any other reason than the feeling of vocation, the love of people one at a time, never humankind, but individuals such as yourself. That is who listens to you, not humankind.

That is the first and greatest temptation: to think that you can save the planet. My beloveds, there are many of us here, in numbers you would not understand. We have not been able to do anything except talk to people who are ready to awaken, and this is the season of the year in which, although all that grows in second density has buckled down into the earth to gain sustenance over a long sleep, you humans, yearning for the light and warmth that seem so reminiscent of the Creator, seek the hardest and look the hardest that you can look for the truth. This season of darkness is the perfect beginning place for faith. It is not possible to see, but then since one cannot see or sense in any way the truth of the mystery, one needs one's heart, one's strength

and one's life, and a dedication to serving in the name of love.

Those who are not able to withstand being foolish shall never be able to offer others any description of holy ground that is provocative enough to create an area of thought in which people may begin to feel the concepts we cannot speak in words. Concepts are helpful. They, themselves, give no understanding in this density. Thus, anyone who comes to you with specific information that has been channeled may be carefully studied as to the source of this information and the history of the group. For it is not of the Confederation to move from the rôle of aide and helper, comforter and succorer of the lost and wandering to speak of specific events. Would that not be to infringe upon the free will of many for nothing? Is there some reason that we should interrupt the Creator's harmony? Yes, it seems so to those who live within the flesh. But there is a time of terrible trouble already in motion, and within your illusion this is so. But is it not clearly seen that it is in the dark ages, the dark times, the perilous situations, that one is minded of mortality and likelier to think upon the possibilities that their candle shall not be blown out when the flesh ceases viability? So then the channel must be ready, not to predict safety for the body, but safety to the soul.

Now why do instruments choose to ignore our simple refusal to answer from a Confederation channel? You who are not as precise in your terminology would call this an ego problem, but since that is only a jargon term used by a most biased healer, we would not choose that term. We choose simply to offer what we can to those words, "ego problem," which are further made specific with our terminology as difficulties in the various energy centers of the lower body. That is ego: the blocked, overactive or otherwise imbalanced or obstructed lower energies. Only they can stop the full flow of love, energy, power, illumination, transformation and vitality to the heart. For the heart must bear the greater part of this incarnation for each of you. Consequently, any ego blockage will cause a new instrument, or even one who has much experience, to wish that it had an answer for this question or that. Or perhaps the channel itself wishes to speak a concept, and when it perceives a refusal from us, decides that it would do no harm, since it is such good advice, to offer it, while not in the flow, and not being the unbiased servant of love.

Those who do the best channeling make their requirements known as they make the connection, with fastidiousness and dedication, only to that which they call Master, to that love of which they are the servant, and can be proud of being the servant. There is no energy except faith. Call it hope, or love, or faith, or charity. The open heart is the protection against this single most telling detuning mechanism, and that is the interference of the channel itself.

Look at as suspect any prophesying and as very suspect any prophesying which has to do with your numbering system, for we have always confessed to you the difficulty, which approaches impossibility, of dealing with your local geometry, arithmetic and numbering system. It is indeed an artifact of human observation, quite relative and quite local as you shall undoubtedly discover when, and if, you are able to plumb the deeper riches of space as you see it.

Think of it. How many among your peoples are not in some way bound by fear or attachment to this physical incarnation? It is understandable that people would come to you, the channel, with many, many questions, for they do not know where to begin. Each culture has chosen, in its religious practice, so to divide and multiply, that unity is so far from being within even any one religious system, that each belief vies with each other artifact of humanity and logic, and all fall by the wayside in endless wrangling and division. Nothing could please what this instrument would call the loyal opposition more. For any leaving of the unity of nonjudgment leads to division in thinking processes more basic than a simple error caused by bias.

The testing is the second area. In testing, you are not yet tempted. You are simply offered ways that are difficult and ways that seem easy. Look out for the easy way, for the way that is glib, and simple, and short and painless. Look out for the weekend that will change your life or the seminar that will awaken your consciousness forever. For what you seek you shall get, and you must be ready to deal with that responsibility. For with each honor does come responsibility. With each learning does come the doing. One who channels in dedication and quietness of heart is itself one who has abandoned much. Let those who are positive channels tell you, individually, their stories. We assure you that they

will not feel that they have given anything up. It has flowed into their lives and away from them, and the less they have resisted it, the easier it is.

Pain is always there for one who follows what this instrument calls the Christ, and we feel comfortable in calling Christ-consciousness, for we would not be a stumbling block before any, nor seem to blaspheme. We are lovers of the mystery, and honor Jesus, this master who opened the doors of perception to eternity for any who choose to take up the cross of life and live it as if it were the last three hours of the life. Burn that hotly each day, and you will see various ways in which the humanity within has been burned away, not to be replaced by indifference, or a lack of perception, or care, or compassion, but rather purified somewhat, and able from that stance to have at least an idea of what it takes to tune the self to the highest that it can be tuned. It is this dedication and this realization that may keep you who wish to channel purely, from testing. But each new realization, each new piece that is found in the strife within of humanity versus eternity, will be tested.

If there is a desire within any to appear a better channel than another, to appear a cleverer or more advanced student than another, to have a more advanced level of understanding, Ah!, those things make one ripe for the picking, for there is no message that has come before your people that has not been requested. Even those of negativity cannot sell their wares where there are no buyers. Those who do not fear will not buy fear. Let those who fear pay attention to channels that have been taken over by fear and are causing fear. We do not say that this or that channel is true or false in terms of this illusion. We say only that this illusion is very short, and that you are not attached, except by choice, to it. You came here by choice. You do not leave here by choice, but by destiny. You do not move from one moment to the next, from one heartbeat to the next, from one breath to the next. You cooperate with destiny, or you do not. And as you resist, so the forces of separation tempt and then test the faith that you have begun with. So make sure that you are standing upon a faith you can live with, and if necessary die for, because, and we do not say this lightly, there is the tendency of those who are fools for love to find their manner of living and their manner of dying unusual, so that it may be remarked that so and so gave one's life for love, for

divine and sacred love. We do not speak only of martyrs, but of all those who have lived and died in faith and never remained, always to be forgotten by history, but always at home in their path that has opened to them the gate of eternity.

There is a chasm which cannot be crossed except by faith, and the stirring up of faith is that with which all ministers, lay or clerical, are concerned. Any other business is that of emptying the self to be an appropriate servant. For we must use the clearest pipe and the purest instrument in order to offer the purest contact and thus be of the service that we most humbly came to offer you, and for which we are so grateful.

We have been so, so glad, so blessed by your call and by your beautiful company. We offer you the joy of communion in love and in oneness, and we hope that you may go forth in joy, shining like the sun, ready to gaze with humor and a light touch, and always invoking merriment upon any occasion, as you wend your way through what would otherwise be rather jagged territory. This is third density, the density of choice. Have you made your choice, and having made it, are you a witness of your own truth? We do not just ask this of vocal channels, to whom this message has been dedicated, but to all, for all channel something, as this instrument has often said.

We are those of Q'uo. We now leave this instrument in love and in light. Adonai.

NOTES TO OUR READERS

Thanks so much to all who have sent love and healing thoughts to Carla during her recent hospitalizations and surgery. She is doing much better and we are optimistic that her health will continue to improve.

And we also wish to thank everyone who is helping with our Sunday meditation tape transcriptions: Dana, Maxine, Ann, John, Art, and Kim. One of these days we may actually get caught up!

Please note our new zip code in our return address for all future correspondence. ❄

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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SUMMER 1992, NUMBER 43

CONTACTING THE HIGHER SELF

Q'uo, December 31, 1989

Group question: How do we go about developing the magical personality or Higher Self, and what is it that we develop when we develop the magical personality? And what value is it to us to do so?

I am Q'uo, and we come to you in gratitude and greet you in the love and in the light of the One Infinite Creator. It is a tantalizing prospect to us, a marvelous avenue of service that you offer us, and we offer to you our humble thanks and our abiding love that you who struggle in the darkness still see and have faith in the light within.

The question offered this evening has to do with the magical personality. But before we speak upon that subject we must speak upon a subject that is fundamental to an understanding of the magical personality. That understanding is the simultaneity of all time, all space and all action. This present moment is eternal. The past, the future, and the feeling of being in the river of time, are part of an illusion which gives you who seek an enormously powerful opportunity, consciously to accelerate the rate of your spiritual growth. You see, you are at the beginning of self-consciousness. You have almost finished this year in the school of eternity, this illusory time. However, the choices that you make are made in time/space and speak not to the outer world and its mundane concerns but to the heart and the vital feelings of each.

In this way we may say to you more simply that the magical personality is an artifact of the one who has been able to focus the heart and the mind upon the

Infinite One. It is, in a way, possible to think of the Higher Self as being separate from you. But just as you were yesterday and will be tomorrow in a new year and a new decade, so the I AM that is the core of you learns of love, of wisdom, and of loving, wise compassion. When these lessons have been learned to the extent that they are without significant distortion, you turn and, reaching through time, you offer yourself a gift. You offer the biases and decisions and choices that have been made, not up to this density alone in your illusion of time but all the choices that allowed you to graduate into fourth density, perfect the lessons of love and learn the lessons of light, to fifth density when you manifest light and learn the true meaning of wisdom. In sixth density, there is eventually, at mid-density, a point in which there is no longer any polarity, for if all is one polarity there is no polarity. It is when the spirit has reached this point, full of unity, wisdom and compassion, that the sixth-density self places within the third-density self, in the deep mind, the biases which are to come, the destiny which has been fulfilled, the beauty, the exactitude of service to others.

Therefore, the magical personality, or the Higher Self, is the last vestige of the self which contains polarity. And as you deal in a world-illusion grounded in polarity, this gift can be extremely helpful. Many, many, times one is faced with dilemmas and enigmas that cannot be rationally discerned. There is no logical answer. There is only the wisdom of the heart and the compassion of the mind. For this is what the sixth density of unity provides: the realization that compassion is not only

of the heart but of the mind, that wisdom is not only of the mind but of the heart.

The process of accessing the deep mind, and especially the Higher Self, may be accomplished best, as we have often said, by repetitious, persistent and daily meditation. Not lasting so long but lasting as long as it feels as though you are in a holy place with the One Infinite Creator. Thus, meditation is always the key to the opening of the subconscious or deep mind to the conscious mind. The Higher Self does not operate by giving instructions, for that would be an infringement on free will and would cause paradoxes that would be an infringement on free will and would cause paradoxes within the universe that are not desired. However, the call must go forward within meditation that you may be visited, strengthened and renewed by a longer view, a vaster field of incarnation and of incarnational decisions. For, as each knows, there is no thing upon your planet which is as it seems. You are energy fields, complexes of energy fields, with the energy holding you together, carrying you through life.

Now, how does one make use of the Higher Self, the sixth-density portion of you? The first thing that you must do is give up your physical reality. You are an illusion within an illusion; mystery surrounds you. Consequently, as one asks for guidance from a deeper self, the Higher Self within, one opens a door that can only be opened by the seeker, since the Higher Self is a far more clear, lucid and defined product of your thinking. Yet, still you will find it most helpful to blend the conscious and rational mind with the deep mind for they give you feelings and biases that are far more a part of who you are and what your essence is than you may have by any amount of consideration of these matters within this illusion.

To attain a magical personality there is much which one can do and, indeed, must do to create the appropriate atmosphere for the gentle lover's touch of the rational mind into the deep mind. This is a slow process for many and infinitely worth it. Once you have been able to contact that part of the self that is sixth-density and which has given the gift back to you within the deep recesses of your mind, you may then have a much wider perspective, a much more clear vantage point from which to view the life experiences which your incarnation brings to you.

The Higher Self or magical personality is placed deep within you. It is not placed without you; it is not placed within your teacher or your student or your colleague. The magical personality is an artifact of the self, the mystery-clad being whose entire experience is recognized to be mysterious. In preparation for the magical personality's development, the first thing which one needs to accomplish is a full and complete examination of conscience. Not that you as an entity may judge you as an entity—not at all. But rather that you may forgive yourself. For you have forgiven all others, have you not? Yet, still you hold your self unworthy. This is not an helpful spiritual point of view. For the magical personality is based upon the fact that the spark of the Creator within is the true self of each entity.

Therefore, to begin working with the magical personality one must first go through much searching of the mind, the intellect, the emotional biases that constitute that which you are at this time. Perhaps you wish to make changes; perhaps you do not. But to come into contact with yourself as a self is the beginning of the magical personality.

The day-to-day personality wavers. It is happy; it is sad. It is active; it is passive. Life is easy or life is difficult. The more you live within this illusion, the less likely it is that you will be able to have access to the deeper mind, the magical personality. So we suggest to each that the table be cleared, the table of petty prejudice, any unfairness, stinginess, desire to manipulate others and all of those artifacts whose bias is not helpful in gaining polarity toward service to others in the name of the Infinite One. For those who do not clear themselves excellently may receive any number of guides which would purport to be the magical personality but which instead are means by which positive polarity is gradually lessened. This preparation takes a different amount of time for different entities and at the end of it, it is still impossible to live within the Higher Self at all times. However, it is possible to clear the self for the special and sacred door to the Self to be opened.

We suggest that each begin a magical personality meditation with that which has been the call of the white, or positive, magician from time immemorial: "I desire to know in order to serve." I desire to use my subconscious mind to enrich, enliven, enable and engage this third-density mind and heart. It is

impossible for most to keep this clarity over an extended period of time and there is danger in attempting to do so.

Consider yourselves as toddlers, just learning to walk, the spirit so young, so lovely, so strong and yet so vulnerable. This is how the magical personality sees the outer portion of your behavior and thinking. It is perceived as that of a child who knows not what he does. When you turn your will and faith to the quest for the philosopher's gold of greater wisdom, then you may begin to see gradually a change within you. But, firstly, you must accept that the magical personality is already your own personality, for all time is simultaneous.

One good way to prepare yourself for meditation upon the magical personality is to visualize each chakra in turn, beginning with the red or root chakra, and moving upwards carefully clearing energies, carefully seeing your chakra centers glowing: orange, yellow, green, blue, indigo, violet. When you have reached sufficient humility to be able to listen to advice from the Higher Self that is not easily understood to be other than the self, then we suggest that you begin with this clearing of the chakras, so that you feel the light streaming from your head. For you have opened all your chakras; you have become vulnerable; you are ready to take a risk.

There is available a tremendous amount of protection of the body by the body, and we recommend to each that this be utilized. For instance, this instrument blends the violet of the crown chakra and the red of the root chakra to cover the self with an energy that is completely personal and denotes that which it is. Upon completing this encapsulation of yourself in the red/violet of body protection, you will then put on a garment of light. That is the Creator's protection, impersonal, loving and infinite.

During the meditations it is helpful for those who call upon guides or angelic presences to do so, for that work which you are doing is work in which you are vulnerable. For you are open to learning and you do not always have truly appropriate vibrations for this energy. This must be seen to carefully. The self must be gotten in order, cleared of the small change of life's miseries, cleared even of the laughter of good times, clear to listen within to what has been called in your holy works "the still, small voice." That is

your magical personality. It is well to call any whom you wish to call to aid in your protection. This is not an illusion any more than you are an illusion within. This instrument, for instance, invokes the archangels Raphael, Gabriel, Michael, and Auriel, and with these four pillars standing in the corners of the room there is an over-arching golden dome, for these principals of love called archangels are most powerful and most protective.

When you have prepared yourself for the meditation upon the magical personality it is well to sink into the self with no pressure, no thought, no worry and no wonder. Simply open the door and invite the wisdom and compassion of the ultimately learned balanced being, which you shall have become, to the self as it is.

It is well, when you wish to work in consciousness with another by communication, to make these same preparations, for by far the majority of those who channel are channeling their own magical personalities, their Higher Selves, their uniquenesses. And it is well, when it is finished, that you mentally acknowledge that you slip off the garment of light and move back into the illusion of energy fields and the experiences that challenge you to love.

The magical personality is one which is grounded in the deepest humility and in the strongest sense, paradoxical though it may seem, of the worth of the self. Like a string or a ribbon, time unrolling behind you gives you information at each present moment as you request it. It is well for those who wish to maintain the magical personality for a longer time than a mediation to work with visualizations. The first visualizations are simply shapes: the square, the circle, the triangle. The discipline it requires to hold this image in consciousness is the same kind of discipline that an artist employs as it studies its technique that it may, in the end, be a better instrument through which music or communication or healing or living may be used to allow it to be the shining metaphysical being that it truly is.

It is not advisable, in our opinion, to keep the magical personality any longer than you are able to remain completely clear within. This normally limits that which the magical personality may do to very brief moments within the waking hours and to enspiriting dreams during those hours when the subconscious and the conscious move together in play, in ritual and in meaning. For woe betide those

who act as if they were acting out of the magical personality when they are less than clear. May we say, this is extremely unadvisable and that the student of the magical personality who does not wish to study the Tree of Life, the Kabbala and all those things which would inform him of the history of this concept, content himself with knowing that the magical personality lies within him, fallow and ready to bloom. When you call upon it may you do so in humility. We hope you may call upon it often, but always protect the self before you open your vulnerable spirit to that which, though it is you, appears within the illusion to be another.

We wish to take this opportunity to thank each present for asking with an whole heart that which is of the greatest concern to each, for we cannot be of service without the asking and we treasure each opportunity to respond to your queries with that which we have found helpful in our own journeys of seeking.

At this time we shall take our leave of this group, thanking each for the joy and the love that is given to us, and we leave each in that joy and that love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

NOTES TO OUR READERS

The reprint costs of THE RA MATERIAL recently doubled and we have sold all of the 8 1/2 x 11 blue copies of Book Two of THE LAW OF ONE, so Book Two is now available in the quality paperback format as well, and our order sheet reflects the necessary increase in our costs for these books.

We will have the second tape in our Sunday Meditation Tape Series ready for distribution within the next month or so.

Carla's health continues to improve, and we continue to be grateful to everyone who has sent love and support to her these last few months.

And we also continue to be grateful to all those who have volunteered to transcribe our Sunday meditation tapes. Your help is appreciated very much. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

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FALL 1992, NUMBER 44

HOW WE CHANGE AMIDST CONFUSION

Q'uo, July 12, 1992

Group question: The question this afternoon deals with the concept of change and transformation and the confusion, the anger, the frustration that comes when we don't feel that we are changing in the way that we wish to change. Is there some necessity for change, in order for it to be seated in our being, to become a tumultuous sort of experience? How can we accomplish change in the most efficient manner as seekers of truth? Would attention to diet, dream-recall, or any other kind of exercises help this process?

We are those of Q'uo. Greetings and blessings to each in the love and in the light of the One Infinite Creator. We wish you the peace of heart and mind that seekers have, yet often know not that they have, and would offer our thoughts in reaction to your query upon the ways of dealing with confusion when the changes in life feel as though they were coming too quickly to understand or guide. As we offer our thoughts, we remind each that our opinions are fallible and, if any thought disturbs any of you or feels misplaced, simply omit it from your memory as we would not offer even more confusion of an unhelpful kind.

We imply that change can be helpful, confusion can be helpful, and do so on purpose. There is a difference between discomfort and injury. The confusion of incarnate life in general is massive and was meant to be so in order to challenge and successfully baffle the intellectual mind, which thinks in black and white, yes and no. The point of

this baffling effect is to coax the seeker into opening the heart to the processes of thinking, evaluating, and decision-making. Those with unawakened hearts may reason perfectly yet come to inappropriate or inefficient decisions and conclusions relative to their own deeper desires. The spiritual journey is many things, but it is not linear or logical.

Earlier this day, this instrument was thinking of a story within its holy work. It is an apt tale to share at this time. It concerns a traveler who was robbed, beaten, and left upon the road. He was passed by a very well-placed gentleman who had an appointment. The man left the traveler on the road, as did another wealthy man. But there was a stranger who found the man and, although he was not from this particular region, the stranger took up the robbed and beaten man, carried him to a place of safety and succor, and made sure the beaten traveler had what he needed to recover.

In the context of the Holy Bible's story, this was an answer to a question concerning who one's neighbor is. The answer indicated that all were neighbors, not simply those clustered geographically around one. In the context of the query concerning confusion in a time of change, the story may be seen to be an inward representation of a frequent circumstance which occurs when the seeker attempts to monitor, review, analyze, and interrupt the process of change in order to make it more like the picture the seeker has in the mind.

When a seeker becomes an actor—not only of desire, but of grasping the life as it is being lived and attempting to help the process of change along—the

seeker is standing athwart what may loosely be called “desire-driven destiny.” The resulting cross-tides of confusion are a mechanically created artifact of this stance. Yet each seeker wishes to so live the life and so cleanly make each choice that it is in charge of the life experience and gives it up to the Infinite One as a beautiful gift.

Of course seekers wish to help along the process of transformation. But if the seeker can pull the point of view back far enough to gaze upon the conscious self living through the confusion of change, which has been put in motion because of purified desire, this seeker may see that once the desire is honed and tempered then there comes the time of faithful patience. The intellectual mind may rush ahead and seem to predict accurately outcomes which are not actual outcomes, thus creating confusion on top of the necessary initial confusion which accompanies any change.

How much better to respect the work in consciousness which has been done and then to see the self as the first neighbor, the nearest one to the observing portion of the self. The conscious seeker moving through the frustration, pain, and anger of not-yet-understood changes is a weary, broken, tired and needy traveler. Yet, there is a portion of the self which may remember to forget the rush towards the next appointment, to let go of the control of happenstance because there is a neighbor, a self—which happens to be the self, rather than an other—which needs aid and comfort in his travail.

The seeker is so eager to go through the process of transformation. Yet it is a long, subtle process. The implications of any one decision seem, on the surface, limited. But when one is transforming the being, the seemingly limited ripples of effect give way to a much more complex field of interwoven options or varieties of tone and color in the, may we call it, “sub-programs” within the mind, which are in fact effected by seemingly simple changes in the way of being.

To change an action is relatively simple in its effect upon the essential core metaprogram of beingness. It often does not touch any deep programming to change a behavior. But you are asking about changing a beingness, changing the way of perceiving and experiencing one’s own essence and this is endlessly subtle work.

You can, and may well, take the uncomfortable self and visualize the giving of healing and love to this self. You would do just such for another. You also may do this for the self. When the self is somewhat comforted, the gaze again may be turned to the observation and watching of the working out of the destiny requested by the purified desire already spent. Faithfully and trustingly place the deeper observational self, with eyes clear and alert, at the right hand of all that occurs; but ask for the patience and the faith to remain an observer while a process seems to be working itself out.

All your work, as an entity of spirit, is groundwork laid in before confusion overtakes one. Once the cloud of confusion is there, the realization simply may be maintained, and remembered that this was asked for, this is occurring, and this is a time-bound phenomenon. In this way, you are able to affirm your own desires, to comfort your own discomfort, and to position the heart open and lovingly addressing the confusion in tones of faith in the process and trust in the kindly nature of the Creator, which allowed you as co-creator to create this vortex of transformation and to go through it powered by desire.

You ask, what can be done to aid the process of change, to ameliorate the discomfort of the confusion? Firstly, we do not recommend attempts to become comfortable. If change is comfortable, it is likely not to be effectual. One wishing change is dealing with power which is moving in one direction. This power and all its ramifications are being asked to alter their vectors. In any study of movement of things with weight, one can see clearly the mechanics of turning to be those of the braking, the balancing, the changes in the steering, and so forth. A good deal of dynamic work is done when there is momentum to overcome and a new direction to be taken and then to be accelerated in the new direction.

So, too, when doing work in consciousness, you have a certain amount of spiritual mass which has a certain amount of momentum. When change is desired, prayed and asked for, visualized and preparations made, then there is a very graceful moment available when the realization may come that the spiritual visualization preceding change has been completed and now the spirit, along with the conscious self in incarnation, must hang on for a

bumpy ride, for there will be the braking to overcome momentum, the proper shift in direction which takes several adjustments, and then the process of gradual addition of power to the direction so that the pace is accelerated once again. The one who attempts to wrest change too quickly is doing work against the self and subverting his own spiritual, purified desires.

The various helps mentioned as possibilities, such as working with dreams, changes in diet, and so forth, are valuable individually insofar as they offer to a seeker a comfort. What is most uncomfortable about confusion? It is the disorder. It is the feeling that one is out of control. Those who seek tend to see this feeling, which is natural, and say "I should not be feeling off-balance; I should be clear." But "should" is not a helpful word. The way one should be is the way one is. We do not mean to split hairs, but to take one word out of the language would be perhaps rewarding to those moving through change, and this word is "should." The heart has a wisdom concerning time which the mind lacks. Thusly, it is well to let the heart choose what form of comfort it may appropriately and skillfully take to bolster the endurance while going through transformation.

Such things as the cleansing of the diet may well give one a feeling of more control. The keeping of the dream notebook is a way of glimpsing the material which the deeper mind is discovering, recovering, and restructuring, and this may give one a deeper sense of some control in understanding the process. But intrinsic to the process are two things: the willingness to endure through discomfort, and the faith that invokes unlimited patience for the time of change is, in spiritual terms, timeless. Yet that instant which in time/space exists for so long, being fully potentiated to come into manifestation in space/time, occupies a variable amount of space/time in the experience of one in incarnation. Thusly, there is not a standard waiting period and patience needs to be given without limit.

One thing we do recommend for all who experience confusion is a very well-encouraged sense of humor. The most helpful point of view for a changing spiritual seeker is light-hearted irreverence. Play with that which is occurring. Be playful. Allow the vision to relax, the eyesight to become less than entirely single-mindedly keen when the pressure mounts and the anxiety builds, when frustration and anger begin

to accumulate. Lighten your own load with laughter. And if you can laugh with another, the strength of this joy is doubled. Part of the service spiritual seekers may be to each other is to exhort and encourage each other to take it easier with the situation and the self.

Many are the times when a serious seeker feels very inadequate to that which he wishes to accomplish. The earnestness begins to become more tight and urgent. The seriousness is taken further and further until this beau geste consumes one. To a point, this intensity is helpful. Beyond that point, it always needs to be remembered that the most serious things in a life experience are made more clear and understandable by the enhancement of turning the spotlight off the seriousness of the situation and onto the beauty, the praiseworthy beauty, of the overall plan.

In this group, there is not the holding of the fear to the self for which we would need to request correction; there is only the judgment of the self by the self as the self sees that it has fear. May we say that, in our opinion, fear is a normal and healthy reaction to pain. When you were small you recoiled from the touch to the oven. This was wise. Now you put yourself to more subtle testing of the boundaries and nature of your journey. You will frequently touch something very hot and have the healthy fear which allows you to recoil and remove the self from spiritual or mental pain. Allow yourself to move naturally and vulnerably through the unknown. Accept and love the fear, the frustration, the anger. Note them. Honor them. Comfort the self experiencing them, but do not deny them their appropriateness.

Why should you not feel the difficult process happening? Why should the changes not cause many bumps, stops and starts and discomforts, which express themselves in manifestations of fear, anger, and frustration? When the unknown has been penetrated by desire, the new country cannot even be seen. A transforming individual is mapping, for the first of many times, the new and changing territory of its road. The way is mazed and muddled and, in many ways, the sensing self is blinded by so much incoming data concerning a novel situation. The computer mind of the physical body gives many, many alarms when receiving this kind of data from the metaprogram. The resulting fear, anger, or

frustration is completely understandable and acceptable, at least to us.

We hope we have enabled you to have compassion upon yourselves. You have asked a question which can only be asked by those who are consciously working within themselves and who have accomplished the purifying of the desire and begun to co-create a life in faith. We speak to experienced wayfarers and we say to you: When did you expect to be perfect, comfortable, or settled if you wish to be a pilgrim on this particular road to infinity? You know well you expected none of those things. Comfort yourself, therefore, through the frustration. Love yourself through the anger. And cherish yourself through the depression and the grieving at the loss of the old familiar ways. Above all, release the spirit pilgrim from the strictures of perceived time and know with every fiber of the being, that the Creator's time will become your time at the absolute moment of manifestation of transformation. Watch, wait, pray, praise, and give thanks. Always give thanks. And this thanks and praise will inform to a great degree the attitude that must lighten the load of negative emotion. Then, filled with this buoyancy of spirit, gaze again and again with compassion on the weary, weary traveler that is your outer, conscious self.

NOTES TO OUR READERS

This issue of LIGHT/LINES is late in coming out because donations for the last three months have not been sufficient to cover our normal operating expenses and get the newsletter out at the regular time. The global recession seems to especially be affecting small businesses, but we are hopeful that we will continue to be able to be of service to those who seek this information.

Tape #2 in our Sunday Meditation series has been delayed at the recording studio but should be available within the next month.

Since the next newsletter would be coming out just about Christmastime we are offering our tape, JENNY, now as a possible Christmas gift. The words and music tell the story of an angel who came to Earth to be of service by becoming a Christmas tree angel. It's designed to combat the "bah, humbug blues." Words and music by Carla and Tommy Rueckert, respectively. ❄

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 1992/93, NUMBER 45

THE PURPOSE OF WORSHIP

Q'uo, October 1, 1989

Group question: The question this evening concerns worship. We would like to have some information on the purpose of worship, the elements that go into worship, and the means by which one can accomplish worship.

I am Q'uo, and I greet you in the love and in the light of the One Infinite Creator. You ask about worship. We find that worship is a daunting word in your society. Worship denotes that which takes place within an acceptable church or temple. Worship is that which is finite. Worship is that which is ritualized, and so forth. In this way, many of those who are unable to deal with the proliferation of doctrine and dogma in settled religions find that they have lost the ability to worship, for they have lost their innocence, shall we say, and no longer believe that the Creator is separate and far apart from Its creation. Each seeker becomes aware subjectively that the Creator is immanent and at all times with each seeking entity. It is the entity's decision to open the door to Love.

Prayers and worship are many, many things. They may be praise. They may be thanks giving. They may be intercession. They may simply be a statement of adoration. Or, indeed, it may be the silent communion tabernacling with the One who is All, knowing that the self is indeed upon holy ground, standing at both the beginning and the ending of the great cycle of creation while it experiences the illusion of the passing of time.

The purpose of the emotions evoked through worship is to so purify and clarify within a seeker the feelings of unconditional love that the entity becomes aware of the Source of unconditional love. When it is realized that the Creator is truly within, and the whole creation also, then it may be seen that it is an internal matter: the small human self, through purified emotion, opening the gateway to a deeper and deeper awareness of the Christ self, the Creator self, that is the core, the reality, the beginning and the ending of each. One cannot cause oneself to feel emotion. One may behave in such a way as to indicate emotion, but there is the inner knowledge of the depth of that particular emotion. And what the seeker wishes to do is to intensify, by steps which are natural and unforced, one's emotions of adoration and worship of that Great Self which is at the core of all that there is. Many simply go through the motions, hoping the worship will strike from the sky as lightning. However, it is to the persistent, steadfast, daily plodder, the one who walks with slow, firm steps, who accepts the dust and difficulty of the spiritual path of service to others, who is best able to begin the discipline of the personality that leads one to be able to release the personality and the limitations of human understanding, if we may use that term.

Now, the beginning of worship is a clear realization that the true self of you is the Creator, that you are love, and that within you is the capability of manifesting or channeling the love and the light of the Infinite One—though each of you is within a finite illusion and, therefore, unable of yourself to generate infinite emotion. Within your culture the attitude toward the teacher is not that of adoration

and worship. Within your cultural nexus this would seem to be blasphemy. The next great step then, in preparing oneself for worship, is to yield up the humanness of the self, gladly, willingly, and eagerly, to release oneself from the limitations of making sense, of being rational, of analyzing, thinking, concentrating, pondering, and so forth. An emotion is experienced; it is not an experience. It is that which occurs to one.

And why would one wish to rationally analyze? Let us gaze at the nature and the face of the Creator. Oh, how many books have been written about the Father-Mother Creator of all that there is! How many words have been written, how many paths have been taken, to attempt to gain, from the self, wisdom, knowledge, and information that may make one holy, sanctified, and blessed. This type of belief, that understanding and information will move one forward—to the exclusion of purified emotions—is termed among people, “gnosticism,” and is indeed, though not heretical, an ambiguous and unsuccessful road upon which to travel in search of the One Infinite Creator.

Now, you see, many, many wish to be of service to others. Many feel the need to express love to others. But first there must be two realizations. The first realization is that the Creator loves you with a passion most intense, for you are a portion of the Creator experiencing Itself: Love experiencing love. True worship is a response to the unconditional love that lies at the center of the universe and of your being. Within you is infinity and within that infinity, an infinite intelligence. And this principle is one of love, and so all that there is, is love. Secondly, within the process of moving toward worship one first dies to the self. That is, one releases oneself from humanity; one surrenders the self to the Greater Self that lies within in complete trust that that which is love may be answered with the most profound and purified love in return.

The one known as Jesus was a teacher particularly adapted to offering these teachings. Yet, they were misunderstood, misquoted and, to some extent, lost, for this entity always declared that it was not he who spoke but the Father within—an indication of his own surrender to the Infinite One which lies at the heart of each and every thing in creation.

Some entities feel emotions of any kind with far more ease than others. Thus, we ask each entity to

move toward worship, allowing itself whatever latitude it needs to work with the distortions of the self, to by-pass that which is not held in faith. Worship is not an artifact of belief. Worship is a purified emotion from the Self to the self. One self may be capitalized; that is the Self within. The other self is your outer shell which is as a shadow dancing upon the wall of reality.

Your physical shells are illusory. Your creation as you perceive it with your senses is illusory. And, indeed, the reason that many mystics are able to continue worshipping within the established church is that they have been able to separate themselves from the judgment of Self versus self and are able to see teachers, such as the one known as Jesus, not as objects of worship and adoration, but as worthy entities leaving a legacy of wisdom and compassion. Because of the times in which this entity offered its ministry, all of the senses were valued and, thus, each sense was stimulated to align the mind to obedient and complete surrender to that greater Self within. The music, the incense, the taste of body and blood of heaven, the smells and feelings of those buildings which are considered holy and which have been upheld in prayer, occupy the surface consciousness to a great extent, thereby making it far more easy for the entity to move deeply into the self and open that inner door which none other shall ever open, to find love waiting, love so profound, so undeniable, so joyful that one cannot help but love, worship, and adore in return.

The Creator is, to use your words, holy and sanctified. Each of you is likewise holy and sanctified. But there is, shall we say, the surface illusion to be penetrated. As always, for this we recommend daily meditation and the daily contemplation at day's end of those things which have moved each so that one is familiar with one's human self and may find it easier and more safe to put aside, knowing that the surface self shall be resumed at a time when these purified emotions have surged through the spiritual shuttle which moves each into the infinite and eternal reality of the circle of creation.

To be in worship and adoration is to walk the path of angels. To move from that path to the daily round of activities is a sorry shock for most. Yet, we would suggest that it is the daily grounding of the self in surrender to the Great Self within that may

bring that eternity, that infinity of love into manifestation through the very being and nature of the entity. There is much sacrifice in this path, but as the teacher known as Jesus said, "I do not come to bring peace, but a sword." That sword shall refine the choice that each makes to be of service to the Infinite Creator. The peace that is found in the service of that Infinite Creator is a peace found only in complete surrender.

This is the sticking point for many who do not wish to surrender what seems to them their free will in order to worship that which cannot be seen, that which is intangible and which has no objective referent. It seems equally improbable, that one would worship another or that one would worship the interior of one's being. However, in daily meditation, in listening, and in opening that inner door to the principle of love which meekly stands waiting to enter, is to begin the process of spiritual evolution that results in what this instrument would call "praying without ceasing." When one is conscious always of the Greater Self within, the life becomes effortless and flows naturally as the spring of love wells up infinitely through the entity to the surface entity and then into manifestation to others.

Emotions are not understood well or given appropriate importance within your illusion, for each prides itself upon its rationality, its practicality, and its common sense. These functions are those given to your biocomputer, your brain, and these functions are extremely helpful in making choices, analyzing situations, and moving towards the spiritual by asking questions of this type. However, there will not be enough energy for anyone to sustain a manifestation of service to others unless that entity is feeding itself with the heavenly food of recognition, surrender, and worship, and finally, dedication to be true to the enormous love between the Greater Self and the expressing self within the illusion.

Each of you sees yourself as a being progressing through the years, growing older, and facing the leaving of the physical vehicle. What will you bring with you? What is your permanent personality? It is the biases that you have gained by dwelling in love, praise, prayer, and thanksgiving, in seeking harmony, in seeking peace, in remembering the humility of one laboring under an impenetrable illusion.

For those who wish to enter ever more deeply into the covenant of Love meeting love, we can only suggest that, with light-hearted merriment, one observe the humor, and, shall we say, the oftentimes ridiculous nature of the illusion while maintaining an awareness that at one's heart one is not foolish; one is not limited; one is of the Creator; one is love. Each day it is necessary to observe the self and begin to cleanse from the self those portions of personality which would keep one straying from the path of surrender to the Infinite One. The fact that the Infinite One is within means that this is work in consciousness to be done by the Self with the self.

The group meditations are most helpful in this regard and, indeed, it is true of worship in general that the greater the mass of worshipping faithful souls, the greater the power of love that is experienced not only by those who worship but, in the planetary sense, in the lightening of consciousness of planet Earth. It is for this reason that we never condemn any sort of religious practice which has as its goal, worship. We are not particularly interested in the specific means of attaining the emotion of worship and adoration. We are interested, and each entity needs be interested, in finding a path by song, by prayer, by whatever ritual is required that opens the shell of the passing self, that shell of personality that shall die and be no more, so that it may be broken apart as the egg broken into the dish. It is not the eggshell which those sitting in this circle are interested in; it is that which is within the mystery of that egg, that life, that birth.

If you are at this time only beginning to work upon the releasing of the surface self to the deeper and infinitely wiser will of the Greater Self within, we may say, treat yourself as if you were a precious child, tiny, helpless, an infant which needs to be fed heavenly food. Find a way to feed that appetite through the singing, through the praying, through whatever has meaning for you, and do it persistently and for the love of the Infinite One.

Worship, ecstasy, love—these are interchangeable words as regards the nature of the creation and the Creator. Your worship is only an answer to the Creator's worship of love. For Love worships love in all ways. The illusion is most complex. That which is to be worshipped, the reality behind the illusion, has no concept, no shape, no face. It is a great mystery.

It is also a mystery to us. We do not believe we will plumb the depths of this mystery until we are once again without any surface consciousness of personality, so that we have become completely that which is in the core of our being.

Do not be discouraged. This is not the work of a lifetime. The work of your lifetime is specific lessons which you laid out for yourself and specific services which you wished to perform for the love of the One Infinite Creator. Service to others without love has no real beingness metaphysically and the so-called burnout of many of those who enter the helping professions is due to the limited awareness of the surface self and the lack of depth in seeking the heart of self so that those aids which one may give to others come through the self, not from the self, exhilarating and clarifying the self, not exhausting the self.

Emotions, when purified, are true thoughts. That which you consider thinking is simply that which has been given you in this illusion in order to make choices, and you make them well, my friends. But know this, that love is a steady state. As you tune into that steady state of the Creator's love, you are so loved. You must needs yearn and hold out the hands of prayer, praise, and thanksgiving to the One who loves you infinitely. And, in time, your return may become infinite and you may indeed live the life of praying without ceasing, of seeing holy ground under each footfall, of seeing the face of love in each and every entity regardless of its condition of life. We leave you now in that love and light. We are those of Q'uo. Adonai.

NOTES TO OUR READERS

We have enclosed a flyer in this newsletter that we think may interest our readers. Our good friend, Barbara Brodsky, channels her guide, Aaron, and it has been our pleasure to work with both of them and to recommend them to you.

Significant increases in postage and reprinting costs are reflected in the cost figures for each of our books and tapes listed on the order blank. We are still happy to accept whatever amount of donation is comfortable to our readers, and we would like to thank so many of you who have been most generous in your donations.

We would also like to again thank all who are helping us to transcribe our backlog of Sunday meditations.

Many of you have accumulated metaphysical libraries and may be wondering where they will end up. Our library is happy to accept materials left to us by will. ✨

Happy New Year!

FLYER FROM BARBARA BRODSKY

Dear friends,

With thanks to Carla and Jim for helping us to meet you in this way, I'm happy to introduce myself, Aaron and Deep Spring Center. We offer a mix of meditation instruction and practice and channeled work with Aaron, a discarnate entity.

Aaron calls himself a "being of light," as all of us are. He was incarnate on the earth plane for many lifetimes, until his final human life over 500 years ago. He tells us that in that lifetime he was a Buddhist meditation master in Thailand. Aaron emphasizes that he's no longer that master, that he has practiced many religions. In his words, *"I am not a Buddhist. I have a great love for that being who was known as the Buddha; also for he who was known as the Christ, and for many other great saints and teachers. I do not choose to label myself here. I find that such labeling enhances the illusions of duality."*

What Aaron teaches largely falls into two subject areas. The first is addressing the myriad metaphysical questions people ask. He will not predict the future nor in other ways impose on our free will. Beyond those restrictions, he speaks of other planes and answers some of our questions about who we are and why we are here. He describes the universe as he experiences it, and shares some of his own memories and insights and his present experiences as a discarnate, sixth density energy form. He speaks with humor and insight. What many people find most important in their friendship with Aaron is that he relates to us as spirit, not just as human incarnation. His perspective of us helps us to deepen our awareness of that divinity in ourselves and in all things.

Aaron's main focus is to help us learn to live our lives more lovingly and wisely, and in so doing, to find freedom from this cycle of birth and death. He says we are a composite of four bodies—physical, emotional, mental and spiritual. We are incarnate to find harmony between those bodies, not to get rid of one or another or to find one better than another. We are here "to learn the meaning of unconditional love." We do this by beginning with ourselves, finding love even for that which we have judged as unacceptable in ourselves. We learn to watch for the arising of fear and judgment and find equanimity for all that which arises in our experience. This is our

path to learning non-judgment and unconditional love of others. Such love does not preclude work to move past unskillful reactivity, nor does it mean we are free of responsibility for hurt to others, but we all can find compassion, out of which judgment ceases.

Many of us find that we learn as much from what Aaron is as from what he says. He truly embodies (if one can use that term for a disembodied spirit) what he teaches. He is gentle, compassionate and truly non-judgmental. These qualities inspire us and allow us to feel safe as we explore our own fear and judgment. Yet Aaron does NOT want to be put on a pedestal, and reminds us that he is a seeker just as we are, that he also learns from us.

Meditation work focuses on Vipassana or Insight Meditation, which finds its roots in Buddhist teachings. We're not teaching this to push people to become Buddhists. To Aaron, a Buddha is "an awakened one." Our wish is not to create followers of any specific religion but to offer Vipassana as a foundation and vehicle for awakening. We do branch out from traditional Insight Meditation; instruction may include meditation involving the chakras, Mudra meditation which works with the energy meridians of the body, meditations to open to our spirit guides, guided meditations of various sorts and more.

We offer channeled workshops and meditation retreats in many cities. Spring will take us to the southeast and northwest United States. Please write for a schedule. There is also a program of classes and workshops in Michigan. A thrice yearly newsletter includes 4 pages of channeling from Aaron. A book, Aaron, is available for \$8. It's 75 pages, spiral bound, 8 1/2 by 11 and contains transcripts from tapes of channeling sessions in many cities. Book Two is under way. Feel free to write; I try to answer every letter in whatever way I'm able. We cannot personally channel answers to your mailed questions, but they often find their way to channeling sessions. If so, we'll send a copy of the tape. We're always glad of help to transcribe tapes from channeling sessions. It's a wonderful way to "hear" Aaron first-hand if you live far away. I'll send you a tape to transcribe. Do it at your own pace. We have a big backlog of tapes waiting to be transcribed and about twelve new ones taped each month. Your help with this will continue to make Aaron more widely available.

How do we each walk the path that speaks our true nature of limitlessness and oneness? How do we find faith that all paths lead to God and simultaneously understand that it is necessary to develop the self-discipline to adhere to a path, even when the way is hard? It takes love, courage and effort. Helping others to find and walk their own paths is the focus of Deep Spring Center. Please take from us what fits your needs and leave the rest.

With love,
Barbara

Our work is supported by your donations. Your generosity allows its continuation and is deeply appreciated.

Please let me know if you'd like to be on our mailing list.

Barbara Brodsky, Deep Spring Center, 3455
Charing Cross Road, Ann Arbor, MI 48108

THE JOURNEY; DURHAM, NC; FALL, 1990
(EXCERPT)

Question: We often hear the phrase "our journey" or "our path." Can you talk about this journey. Where are we coming from and where are

Aaron: From the perspective of your human understanding, you are going home, to that sweetness and brilliant light that you once knew so well and now only dimly remember. From the perspective of your soul, you are going nowhere.

The whole journey is an illusion. How can you have ever left God, when He is within you and you within Him?

Do you really imagine you could leave that source of perfect light and love, and be alone and separate in the world?

You are children, camped In your parents' back yard, learning the skills and independence that lead to maturity. The illusion tells you that you are away from home. Do you see the necessity of that illusion? But your parents keep a watchful eye from the window and the back light shines brightly. You are never truly alone.

What is this journey? It is the slow unfolding of that which you must learn to return to your Creator as mature and compatible co-creators in the dance of

life. It is the blossoming of your beautiful self, from an ember into brilliance.

It is time to move beyond your fears, to acknowledge your true being and the oneness of all creation. It is time to penetrate the illusion.

You have never been anywhere, but the illusion has served its purpose. Now shed the illusion. Learn to acknowledge your perfection, your unlimited nature, your oneness with God and all things, the wonderful beauty of you.

There is no rush. You each move as you need to. Be assured that every being will find its way home and in time will understand the illusion of the journey. Each will find that sweetness of its non-separation with the perfect light and know the harmony of the universe.

Truly you are all home. You have only to discover this and know that it is so.

Anchorage, KY; Fall, 1992 (excerpts). The question was about working with fear and inner turmoil

Aaron: My dear ones, first you must look at the erroneous assumption that the turmoil and darkness you experience are your enemy. When you experience turmoil, that's just turmoil. When you experience fear, that's just fear. Then there follows the secondary reaction to that turmoil and fear. It is not the feared object nor the experience of fear that closes your heart and sends you into darkness so much as your reaction to that fear. Can you see the difference?

When you are lost in such fear or other negative emotion, there is real change in your physical being. You are energy, manifest as light. With the arising of fear there is a change in the chemical balance of the physical body and in the vibrational frequency of the light body. Energy is constricted and you truly feel the imprisonment of that darkness. When this pattern is understood, you learn that it need not be continued. You become free of reactivity to that which arises.

With practice of awareness you begin to notice that when physical perception or sensation first arise, you are in neutral about them. There is no aversion with the first moment of experience, only sense consciousness which registers as "seeing, seeing..." "touching, touching..." or perhaps, "knowing, knowing..." Then follows perception which labels

what is seen, felt, or known—"seeing an angry face..." touching heat..." or "remembering pain." Awareness that discomfort accompanies the sensation or thought comes next, and then fear that you will be hurt by that experience, or that your needs will not be met, as happened previously. This is the working of old mind patterns. With arising fear comes the shift from neutral consciousness of sensation or thought to aversion or clinging. This is when anger or greed arise, not anger at the object of aversion so much as anger in response to a sense of perceived attack. Old mind says, "this which has arisen may hurt me, as has happened before." Or if what has arisen brings pleasure, then neutral awareness may shift to grasping, wanting more, or fear that it will not remain as it is. Attachment and aversion are both offshoots of fear.

You are not here to get rid of anything in your life. If turmoil or fear is what is experienced, you don't need to get rid of the catalyst for fear, nor of the experience of fear, to again be peaceful. You may allow the experience of fear with your heart as open as it can be, and with no judgment if it closes a bit. Then the old mind issues—the remembrances and the projections into future pain—fall away. None become part of this moment's experience. You are just present with this moment, and in this present moment there is no fear, only the immediate experiences of your senses.

Are you familiar with those sticky burrs that catch on your pants' legs as you walk through a meadow? The pants are the mind. The burrs are memories and projections. As they knot together, the collection becomes an unworkable mass, which closes you into darkness. You need not get rid of the burrs to restore light and space. Awareness, not aversion, is the tool that brings in light. Being mindful of the tendency to dwell in painful patterns of old mind, the burrs become just another arising. "Remembering, remembering ... seeing, seeing—anger, greed or whatever."

Increasingly, you find the ability to stay in this moment with its much more workable reality and allow the experience of it. When the experience is unpleasant, you note that discomfort, "feeling aversion..." and begin to find some compassion for the human you are, stuck in an uncomfortable place. Judgment falls away; reactivity falls away. You begin to know that you need neither suppress nor act upon

the catalyst, just open the heart to make room for it. It takes courage and strong awareness to do so.

As you begin this practice you start to see that each catalyst is in fact a gift offering you the opportunity to practice being present with pain. There is no "getting rid of" anything, no grasping, just an opening heart that finds space and compassion for all that lies in the realm of human experience. There may be pain or sadness at a catalyst, but no hatred. There is increasing willingness to be with whatever is experienced because it is clearly seen that the pain and sadness are workable. Then the arising of that which is uncomfortable no longer leads to grasping for control, to aversion, to clinging. Whatever arises will still arise, but your relationship with it is changed and there is quietness, peace, equanimity and joy, even in the face of pain.

Washington, DC; Fall, 1991. Question: Are you real?

Aaron: I am as real as you are. And NO, I am not "dead," thank you! I simply exist on a different plane. You are made of light and substance; I am only made of light. When you move beyond the substance of your human form, then you also will be only light, until your next human incarnation. You call this death. I call it just a step in the process of our evolution to maturity. ❀

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

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SPRING 1993, NUMBER 46

WHAT IS OUR SPIRIT AND OUR SOUL?

Q'uo, January 6, 1991

Group question: The question this evening concerns the nature of the mind/body/spirit complex; in particular, what is the specific nature of the spirit complex, and how does it relate to what we know of as the soul?

I am Q'uo, and I greet you in the love and in the light of the One Infinite Creator. We begin now with your question upon the nature of the spirit complex and its relation to the entity you have called soul. We would begin by asking each to move in consciousness from the cerebral patterns of intellectual knowledge into the open heart and the wisdom that lies therein, for that wisdom is deeper, though conceptual and illogical, than the ideation and ratiocination of the conscious mind. Much of the question which you ask is best answered by the wisdom of the heart rather than by strictly logical means. As we depart now and then from logic in our attempts to express concepts not within your vocabulary, we ask you to suspend notice of our illogic and await the sum, for only in sum can substance be seen. We thank you for allowing us the freedom of this process, for the question you have asked is less than easily answered in purely cerebral terms.

Each of you is an entity. Let this be basic and imprinted. Each of you is a unique consciousness. You are unique because of the choices that you have made. It is your choices which define you, your biases which express your nature. It is not in the clarity of your Creator-self that you exist in terms of

the solution, but as a unique portion of infinite Consciousness which has been mated with free will in order that you may go through the choosing process again and again, creating, enhancing and altering your biases and distortions. What could we offer to anyone that would be clear and lucid enough to be a perfect and empty instrument that could be filled with the treasure of the Infinite Creator? Nothing. We offer words to you because both we and you are learning, and yet do not know, but we are persistent, as are you. This free will moves firstly by chance, and in terms of your time/space continuum, this occurs for a long period. In the density which you now enjoy comes a very critical period in which the unique and distorted entity that you are must choose blindly, in the deep of midnight, how to follow the light.

Thusly, all discussion of the entity which is you as a purely metaphysical entity must in some way be wrapped in mystery. For it is not important to know the nature of the soul, or the true entity, during an incarnation. It is, in fact, baggage, for you are not here to practice discarnate skills. Each of you is here to be affected by an environment you know to be an illusion. Yet why would you choose to be in an illusion which is so often challenging, unless that which is truly your self is aware of the great value of not knowing, and having to choose, in faith, blindly?

Therefore seat yourselves, and your knowledge of yourselves, firstly as one who respects the incarnation, one who values the illusion, for this illusion is a tremendous opportunity for you to know more and more clearly the nature of your self. Yet this can never be a measurable or quantitative

knowledge, for you, as what you would call a soul, are incalculable, inevitable, inestimable and eternal. Yet should we speak to you as imperishable beings of light? We think not. What good would that do you? You could not hear the words of light; you could not value concepts that have no words. We would become those who spoke in tongues not your own, perhaps an exquisite experience, but not an information-filled one.

Now that we have thoroughly rattled your cages and made you see the quiddity of your selves and your incarnation, and underscored this illusion's value to you, we may be free to speak upon your question, for we feel that we have de-emphasized it appropriately.

As we said, you begin and end in mystery. However, within the illusion we may say some things about the relations between the mind, the body, and the spirit. In terms of learning, within the illusion, the primary, or first learner of which most entities are aware is the mind complex. This is a portion of the self within the illusion. It is a type of computer which functions quite simply by answering yes or no to each stimulus which is received. Each entity answers "no" to the reception of perhaps 99% of all that is offered. The self chooses endlessly what it will perceive, and from those choices follow all the conscious choices. Thusly, it is firstly up to the mind to determine what it wishes to perceive, for the instrument known as the mind is programmed only for survival. Each of you instinctually moves either in fear or in the active fear called aggression against those things which are deemed a threat. Fear moves all entities until they are delivered by that leap of blind faith into an awareness of love. This is always the basic choice: to fear, or to love. Choices made in fear separate; choices made in love unite.

The mind, in and of itself, instinctually cannot move into the area of choice with any realization. It will, left to itself, continue any patterns that have been begun in the early days of the incarnation of that entity. Thusly the unawakened life path is one of distraction, avoidance, and aggression. By these means the mind controls the environment and considers itself safe.

However, into this closed and incomplete consciousness moves the voice of that which may be called the spirit complex, although indeed the spirit complex itself is a gateway, or opening, or channel,

which is able to transmit into the deep mind, through itself, higher principles and ideals that do not have to do with the illusion but are, in fact, fixed. Like yourselves, certain principles are imperishable. Thusly the simplest way, perhaps, to express the nature of the spirit complex is that used by the one known as Ra, seeing the spirit complex as a shuttle, a means of taking the thread through woof and warp to create the tapestry of solidified beingness, as experienced subjectively by each entity, each weaver, of the tapestry of an incarnation.

How can one access the spirit? One desires. All entities desire. This is the process of choosing. But what an entity desires is as various as the four winds, until faith is invoked by will. We do not speak of beliefs, for beliefs limit, define, and solidify into illusory distortions the imperishable truths of which they are the sons and daughters. There are many, many entities among those of your people making this choice at this time, who are comfortable in not thinking, in unthinkingness. They wish the structure told to them that they may learn it by rote and spend their time in devotion. Mistakenly, however, because of the nature of the mind complex, it is felt that one particular story about the Creator is the story about the Creator, and all others are not acceptable stories about the Creator. This is incorrect. However, each story appeals to those of a certain temperament.

This instrument has a temperament which finds the story of Jesus the Christ most helpful. Thus it has become this entity's way to objectify the shuttle of spirit and to open within the heart and within the consciousness the gateway to intelligent infinity. There are other stories, many and various. We ask not that the spiritual seeker choose any particular one. We do ask that the seeker choose, and, having chosen, never look back. It may take as long as you wish in the incarnation to make that choice; but when the choice is clear, it is very well to move upon that path with the greatest intensity and devotion possible. For what you wish to do as an unique consciousness, or soul, is to become more and more powerful in the metaphysical sense. Until you have done the work of spirit involved in discovering the imperishable part of yourself, until you have made, and dedicated, the choice of how to love the Infinite Creator, the self, and all other entities, polarization cannot begin in any settled form which may deliver one more reliably into a denser light, and a more

skillful use of that light in being and in manifestation, but most importantly in being.

The mind will endlessly inform one; the body endlessly informs one; and the spirit lies fallow. To request an end to incoming data seems a simple enough thing to do. This is the nature of meditation, the nature of contemplation, to remove oneself from the stage of manifestation that one may rest and seek one's own self within. Learning is done in silence, especially silence potentiated with pain. Thusly, as this instrument has said this evening, pain is to be recognized and respected for the great ally to learning that it is. You may deliver yourself into suffering if you wish, and say that you suffer in order to learn. This is a distortion which is subjectively true to many. You may also say that you maximize your opportunities to learn in order to learn. This is another way of saying precisely the same thing. Thusly, you may have pain and treat it like an enemy, or you may have pain and greet it like the sister or brother that it truly is, welcome it with respect into your life, treat it as an honored guest, and be free of any suffering. Or you may choose first one and then the other, as you desire.

The spirit, however, will only inform the intelligence when asked. Thusly, each entity has its time of the first and fundamental realization that is appropriate for its rhythm of beingness, and when that time comes, the heart is opened, the body quiet, and the shuttle is suddenly full of an effulgent light, an all-embracing love, and the entity, struck, is never the same again. This is a natural awakening, but it is all that is natural about awakening. Through the illusion is allowed that first impulse of spirit, but all choices after that first experience, which may be repeated from time to time, are the specific, free choice of the entity. No learning comes without desire and persistence.

Now let us turn from consideration of the spirit complex to the consideration of the soul. The term mind/body/spirit complex is an approximation of description of the nature of the entity without distortion; that is, distorted only in the balanced manner that lies behind illusory distortions. The entity which you are, which you may call the soul, is first, last, and always to be understood as consciousness itself, and as love.

Let us consider the phrase, "I am, in love, with you." Consciousness is "I am." To define it beyond that is

to distort it. The nature of this consciousness, this "I am" is love; and the nature of all other entities in your density, and in any density, is love, manifesting through rotations of light. Thusly, all may say at all times, in any relationship whatsoever, "I am, in love, with you." This entity that you are is subjectively experienced by yourself, through illusion, while the integrity of your beingness is always preserved in mystery. You cannot analyze a mystery that has no answer. Thus, we move in a circle, coming again to our first point. To analyze a unique entity is to do the impossible, for both that which we call Love, or Logos, or the Creator, which is a portion of you, and the portion of you that is unique, are mysteries, now and forever. It is a matter of allowing that mystery to be a mystery. That is most helpful within the incarnational experience. It is acceptable to be unknown to the self in a final way if one realizes that that is the situation and will be the situation until the allowing of consciousness becomes such that one no longer desires to know about consciousness, but only to be consciousness. At that point, which we have not yet reached, there is the returning to the Infinite One, and the creation moves from Creation to Creation. As entities are sent out and then return, that manifestation may blaze in its appropriateness within the infinity of intelligence.

You are all things. The soul is the universe and the universe, the soul. All that is within you is, in fact, outside you, and all that is outside you is, in fact, within you. All things can be known, and all things cannot be known. You are a living incarnation of paradox and mystery. Does this challenge you? We think not, for we think that each within this group has become aware that there are infinite concepts which cannot be expressed within your illusion. Indeed, as we speak through this instrument, this instrument's main asset besides its purity is its craft. For we offer concepts to the conscious channel, which must needs then be given words. And how should we describe by words that which is the soul, except to say that the soul in manifestation is a bonding of love and free will. Process through the densities is choice, upon choice, upon choice, as free will is first paramount, and all other things but the individual will seem as threats, or potential threats. This choosing moves on and on until the process of evolution of mind, body, and spirit brings each entity to the realization, hard won or won easily, depending upon the incarnation, that the will of the

self, in its deepest sense, is the will of the One Infinite Creator, and this will often does not make sense.

Consequently, the more realized the consciousness within the illusion, the more it may seem that one is a servant with a master; yet you are the master as well as the servant. All is truly illusion. You experience this objectification of the master as you need solidity. Eventually you shall not need to be solid, or three dimensional, in the way that you now see dimensionality and solidity of form. You will be free of needing to solidify pain, pleasure, or any experience. And at that point, you are then free to open the heart, to do work in consciousness, and to share that work with others as the gift has been given to you.

What is soul? The soul is you. The soul is the Creator and the created, an infinite unity, given objectification through the use of illusion. May each of you value both the self in its soul nature, its endlessness, its mystery and its paradox, and the incarnational drama which offers to you endless opportunity for learning the great lessons of compassion which may deliver you into a more realized observation of yourself.

We are known to you as those of Q'uo. We thank you for your queries. At this time we shall take our leave of this instrument and this group, leaving each of you in that which you are, in the love, the light, the peace and the joy of the One Infinite Creator. Adonai, my friends. Adonai.

NOTES TO OUR READERS

Once again this Easter we are offering our THIS IS THE DAY tape. Like JENNY, it is a performance tape and, therefore, not perfectly recorded. It is the story of a small boy and a tree that grow up together and who are transformed by their shared experience. Words and music tell their story. ✿

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publication of L/L Research,
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SUMMER 1993, NUMBER 47

THE VOICES WITHIN US

Q'uo, August 30, 1992

Group question: The question this afternoon has to do with voices from within that we hear as we go through our daily round of activities that might speak to us of fear, of memories of the past, of feelings of abandonment, of feelings of joy and peace, of anxiety, of wondering exactly how we fit our lives into the larger picture of the world scene. What value do these voices have as we go through our lives, and how can we make reliable decisions concerning our service and our growth as we listen to the variety of voices within?

I am Q'uo. Greetings to each of you in the love and in the light of the One Infinite Creator. How precious each of you is and how grateful we are that you would wish to call us to share in your meditation and to offer our service of speaking upon the topic of the inner dialogue and its reason for being, its way of working, and its relevance to your spiritual journey.

Within you lie all qualities: those that you think of as contradictory, those you think of as good and as bad. All imagined possibilities of self lie fallow within each person. Each is completely universal. You are all that there is. Within your consciousness lies this knowledge. Yet, as you come to your work of spiritual seeking, it is not usually one's desire to begin with the broad and untamed bewilderment of self-contradictory forces. Far more natural to one seeking is the urge to move into a positive service and love-filled environment.

As you advance in your choices, they become less than obvious. The deepest, most profound darkness lies upon the advancement of the spiritual path. Within this darkness there is one light: the reflecting light as of your moon to this planet of yours. This spiritual reflective essence may be called your Higher Self, the larger self, the all-mind. It may be called the Christ within or simply Guidance. Whatever it is called, it does not cast a clear and bright light, but casts an often deceiving, very subtle moonlight of the spirit. And in this light, with only your guidance to have faith in, you make the more subtle, more difficult, and very important choices having to do with the energies of communication and inner work. Most of the inner work is done in this spiritual, deep-shadowed twilight.

Why is this so? The gates to learning the truth open only to those who are able to use the keys. The first key is the silence of meditation. And after the resources of meditation, contemplation, and prayer have aided the seeker enough to open the heart, then the choices become those focusing into the universal nature of the self and an archetypal understanding that allows the seeker to have more keys minted and placed in the spiritual grasp. Each period of learning at this level is called initiation by your people and each is, indeed, the beginning of a new subtle pattern which you shall choose. Yet, this choice is not simple, for it is a choice of an entire pattern, a pattern of thought, of intuition, certainly not a clear-cut process. Rather than working upon opening the heart to all that there is in service, the initiatory lessons have to do with solidifying the nature of the self, of envisioning and seeing the more desirable pattern or way of being the self, and, overarching all,

the pattern by which the seeker chooses personally and only for the self to discipline itself.

Now that we have described the basic path as we feel it to be, we can zero in a bit upon the so-called “voices within.” Let us place them in three categories. Firstly, there are those voices within which are memories from very early times within this incarnation and sometimes having the feeling of experiences not limited to this incarnation. These voices of parents and those in the early world of incarnational time come plangently and persuasively across any number of years to tell you the first things that you heard regularly again and again. These voices may have been wise or unwise or, as in most cases, a confusing mixture of acceptance and non-acceptance, of forgiveness and of punishment, of stability and abandonment, of security and insecurity. The tangle of emotions wells up within those who are parents and the child remembers so well.

In this first category of voices within, the voices are often fairly easy to pick out, for you hear almost the voice of that early authority speaking. It is fairly clearly not your voice, although you allow it to be so. In this first category of voices, it is well to examine the thought welling up within you for any possible aid. And if there is no real justice, fairness, or help in this voice, it is well to remove it regularly and for a period of time by saying, “You are my mother; you are not me,” or whatever the entity and its relation to you is. These voices may be respected, but need to be taken very lightly, for now you are making these choices and that voice speaks to a young child no longer in need of harsh measures of protection.

The second category of voices within is the category of, shall we say, the stray negativity which surrounds and envelops the third-density illusory experience which you call life. Within your density you are specifically guaranteed to be kept off-balance, continuously to encounter situations that baffle and confuse your mind and make it necessary to abandon the intellectual logic and move into the feelings of the heart wherein lies wisdom. There is always the illusion of more negativity by far than positivity, for in the illusion it is often so that loss and limitation cause the spiritual seeker in its pain to do more good work in consciousness than it does during easier times. The easy times, so-called, are seldom well used.

When the time is fairly joyful, the spirits and will to serve are high. Within this period of experience many entities slack off in their spiritual work. Each of you is expressing an extremely good aspect of spiritual seeking by focusing in, for the purpose of learning, on those motifs that keep reappearing in the inner life that are exceptions to your basic joy. That you not stress these difficulties is good. That you realize them and respect their value enough to do work in the indigo ray or brow-level area is that which will bring you more sharply into the position of initiation where a new key, an enlarged realization of the clarity of the pattern of the self, may begin its process of transforming you by enlarging your stable point of view. We hope that each values these voices that are not parental but are those inner portions which observe the self and speak to the self of patterns not yet fully realized, not yet fully conceived. You are attempting to move from the personal self to the magical or impersonal self, and these small voices within tell you of the pattern that you are just missing.

The third category of voices within is peopled by those presences to which you become sensitized. These are not, in your way of speaking, parts of the self. They seem to be people, entities, energies which are apart from you, which have their own lives, their own bodies, and their own thinking. It may be useful for you to think always of your inner guides or the Holy Spirit, or whatever you find to be your guidance. If that be so, then stop right there, for that is an excellent way to relate to these essences, these energies, these people. They truly are here to serve you as a seeker, to aid you in attaining that perfect clarity which lets the Creator shine through undiminished and undistorted.

There are, however, many who find it useful also to feel kinship with or to find themselves to be part of these presences. The way to consider them then might well be that there are energies, essences, and traits within yourself which draw and attract these entities, energies, and so forth to you. It is well always if a new voice is heard—and all voices are new until challenged—to be clear about being in charge of either accepting these voices or requesting that they leave in no uncertain terms. To do this is a matter of knowing where your essence lies so that you can stand solidly upon the spiritual rock upon which you have placed your journey and say, “By

this imperishable ideal which I take most seriously, I command you to go and stay gone.”

You are not without power. Your thoughts have power. But for them to be full of your true power, you truly need to become clear within your heart about your choice of path, for there are many, many paths to the One Infinite Creator. For instance, we are such a voice through this instrument. This instrument spent some of your time in moving carefully over its basic faith, its basic way of relating faith theoretical to life specific. This instrument challenges us in the name of Jesus the Christ and because, to this instrument Jesus Christ is the way, the truth and the life, we may then say to this instrument, “We come in the name of Jesus the Christ; Jesus is Lord.” We can say this because this is this instrument’s true heart. There is no equivocation. This instrument has chosen.

If you were to form your spiritual life upon conversations with your bedpost, we would have to come into harmony with what you and your bedpost conceived to be the way, the truth, and the life, and we would see that this bedpost had given you the energy to move into serious consideration of the infinite nature of your spirit. And for you and you alone, we would, silly as it may seem, need to come to you in the name you had given your bedpost. This is very simplistic. However, we are attempting to crash through the barriers of words to express that when you speak to guidance, you must test it.

And do not think that, because you know the energy of your guides, they are necessarily your guides. There are negatively oriented, spiritually advanced entities who are excellent mimics, shall we say, who work with as much light as do your guides, and their guidance moves into those who do not take care, first fooling the instrument with positive information, then gradually de-tuning the instrument, be they obviously spiritual or tangentially so, as in thoughts about the diet and the ways of being healthy or unhealthy. Eventually, an untested voice may well become quite negative. This occurs only to those who are already listening to the silent wisdom of guidance. This protects those who have not moved to a magical point, a powerful point. In terms of the infinite spirit, the journeying seeker within, ignorance is truly bliss.

To each of you, more knowledge has meant more care. For as you become powerful, you attract

attention. As you serve and create light and radiate love of the Infinite One, you also cast an every sharper shadow. You become harder upon yourself, setting yourself up for the forgiveness of the universal self. My beloved ones, know that this query is one asked by those who already love and are already upon the path. Know that you now are working with the discipline of your universal personality. You are beginning to set archetypical habits for yourself and building, ever more polarized, a channel for compassion.

As you do this work, we hope you have the light touch, the sense of humor, the ability to take yourself lightly, for attaining the keys to learning the correct and appropriate use of personal power is a long, long process. You have moved into an area that will be continued in your development for many, many incarnations and through at least one more density. This situation of loving, serving, and trying to become the forgiving universal self and, therefore, the forgiven universal self, is a sacred and a monumental task, and you are working in the all too dim light of inner work.

You now plumb the depths and wait for the flashes, rare though they are, of perfect realization. May you have faith in this process. May you help each other to bear the burdens and to meet the testings of this process. And may you see always before you the love that surrounds you, the support of that infinite love, and the utter clarity that it is possible to achieve when once you have freely forgiven, forgiven, and forgiven.

I am Q’uo, and we feel that the queries have been exhausted for this session of working. We would take this opportunity to thank each for inviting our presence in your meditation this day. We are greatly honored to be so invited and we cannot express to you the joy that we feel at the opportunity of walking with you upon your journey, even but a step, for, as we walk with you, we walk with the Creator and are overjoyed at the opportunity to learn from you as we share with you that which is ours to share.

At this time we shall take our leave of this instrument and of this group, leaving each, 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, my friends. Adonai.

NOTES TO OUR READERS

With each issue of our newsletter we ask a portion of our readers to let us know if they wish to remain on our mailing list according to the number next to their name on the mailing label. If the number next to your name on this newsletter is #44, just send us a postcard to tell us if you wish to remain on our mailing list, and you will continue to receive our newsletter.

We would like to thank everyone who has given financial support to our readers who are in prison. Almost none of them has any money, and all of them have a great desire to learn. They and we are very grateful for your generous support.

For anyone interested in attending a weekend channeling during which Carla Rueckert will channel Q'uo and Barbara Brodsky will channel her guide, Aaron, mark September 24-26 on your calendar. For further information write Barbara Brodsky at 3455 Charing Cross Rd., Ann Arbor, MI. 48108 ✽

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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FALL 1993, NUMBER 48

ACCEPTING THE UNACCEPTABLE

Q'uo, September 16, 1990

Group question: How do you deal with a totally unacceptable person or situation when you have attempted to do everything that you know how to do? How do you balance doing what is possible with simply accepting the situation as it is?

I am Q'uo, and I greet you in the love and light of the One Infinite Creator. To Her service we are dedicated. It is our great privilege and honor to be asked to join your own seeking as you sit in meditation this evening. We ask, as always, that all remember that we are not infallible, and discrimination is requested.

We speak upon the subject of accepting of the unacceptable, forgiving the unforgivable. Each of you is well aware of the way those things in the distance appear very small, whereas those things just before one loom large. That sense of distance, or proportion, is an excellent tool for achieving a state of mind in which the heart, the true and deep mind, may learn the lessons presented by the unacceptable and unforgivable entity, relationship, or condition.

We would speak now about the free will that is beyond understanding and is the first distortion of intelligent infinity. Without it matter could not have been illusorily created. Without it there would not be dimension, or the illusion of time. Without free will there would be only Love, unknown and unknowing; that is, the essence, the Logos of Love, which is the Creator. As this Love is unconditional, whole and pure, just so is free will absolutely unpredictable. Thus as each sub-sub-Logos, each of

you, chooses to enter upon the path of accelerating your spiritual growth, you are dealing with a sensibility of mind which is all too firmly connected and concerned with the bodily, mental, and emotional needs which have been acquired within the illusion that you now enjoy. Many, many choices that you make are not based upon spiritual principles, for your experience of life is that it moves too quickly sometimes for you to have a sense of proportion about what is occurring. The reasons for this are bound up in the principle of free will. No two entities are alike, and no one entity shall remain as it is throughout an incarnation.

The incarnate state is one of constant flux, learning, loss, and opportunity. The loss is artificial in that it consists of the empty places made by those persons once loved, now discarnate; by truths, once loved, but now seemingly necessarily discarded; by ideals which the world you live in has provided enough catalyst to undermine in your own experience. And so because free will, like the wind, blows hither and yon in all entities, it is inevitable that those who plan to learn as much as possible in one lifetime will arrange to have serious and fundamental challenges to their understanding of the principle of unconditional love. In order for you to be able to find the self that can do this, it is necessary to find the love which is woven with free will in order to make a physical illusion and work with it in such a way that you are, at least temporarily, able to untangle the strands of love and free will. When you see and know and trust the absoluteness of love, the mind may rest much easier, the heart may become aware of its truer intelligence and the responsibilities of meeting the challenges of difficult relationships

and impossible situations begin to change and transform in shape.

We of the Confederation of Planets in the Service of the Infinite One have often spoken of the need to discipline the personality. By this we do not intend to mean the controlling, the suppression, or the repression of any feeling that you truly feel, any thought which you truly think, any action which you do feeling that it is appropriate. These are each entity's choices which one is unable to make while remaining concerned primarily with that which is mundane and of no spiritual consequence as far as you subjectively can see. In fact, all things are fraught with spiritual teaching. All of the creation sings its song of love to you. But it is the disciplined personality who has gained the perspective on the value of mentation and the far greater value of the infinite wisdom of the heart. Thus when challenging situations occur, one who has the firm foundation of a life in faith will not fear the unforgivable, will not fear the unacceptable, will not need, in fact, to react unless, as an entity of the heart, there are those things which you feel may aid in a spiritual way that one which is unacceptable.

Thus your only responsibility is to love. You do not have a free will responsibility at this point, for free will does not forgive. It is love that forgives. Thus, as you step aside, disciplining your own freedom in order to serve and learn, you experience a love you could never experience within your humanity, a love which is in infinite supply. And to that difficult or impossible situation or entity you simply send love, and use your mental capacities to reason with yourself as to the cause of unacceptability, gazing at the situation, not with an eye to solving it, but with an eye to understanding the unacceptable entity or condition, and when that is done, to forgive it, to forgive yourself, and be clear and ready to gaze without any fear whatsoever at the situation or entity, for there is love and service in this opportunity.

This is a simple and seemingly rather glib summary. It does not take into account the enormous difficulty of doing these things within your illusion. And so we would speak of an aspect of your illusion that is absolutely necessary to the illusion but is that which baffles almost all entities. You know free will if you know the wind. The winds move here; the winds move there. The winds bring rain and are a boon to

your earth. The winds bring storm and destroy life upon your earth. The winds are zephyr soft, touching the cheeks of lovers on a summer night. The wind carries raging snow that blinds those who challenge it. In short, the wind is an influence not to be influenced. In the metaphysical sense, the wind that blows for you and moves you about on a level of which you are unaware is free will. It cannot be predicted. It cannot be wholly understood, and yet it is the same experience for all entities. If the wind is blowing within your illusion, no matter how many entities experience the same wind, they all will acknowledge that it has passed them, for they have felt its effect. The world of metaphysical things is more subtle. The effects of free will are just as subtle but set up situations within your energy web where you are open and vulnerable to the challenge of a distortion of love brought about by another's free will.

So it is not you that finds another unacceptable, nor is it another which is unacceptable. You have the same nature, but you do not have the free will you had yesterday, and tomorrow it will shift again. So it is with the other entity. It is that free will portion of yourself, not your deepest self, that generates judgment such as unacceptable or unforgivable. Within the heart which is freed by a discipline of personality, and given a path of service by the freely made choice of the entity, love abides, and your instinct is to send love to that entity which is in enough agony to act inappropriately and to act as painful catalyst for you. In this painful catalyst you may see in the other's free will choices, free will choices of the self, made with distorted understanding. Consequently, all statements of judgment of others are made not with the heart, but with the mind and undisciplined free will, for the heart will not judge. The heart will accept and allow the self to be the self, and other selves to be their selves. The heart of one who is positively oriented does not control an unacceptable situation to cause it to be acceptable. It controls the often destructively illusory free will portion of itself that it may move into a deeper self, into the wisdom of the heart, and from that standpoint all conditions of entities are seen as part of a blueprint of evolution which it is up to you to learn to grasp at least in essence.

Now the wind is often used also as a simile for that which in the spiritual distortions called Christianity is named the Holy spirit. As all things are holy, if it

is acceptable to each we shall use the term, Comforter. That which is carried upon the wind of spirit is alive. The spirit of the consciousness of Christ is alive and speaks to the world today saying, "Peace, peace, forgive, console, pardon, and start with yourself." Now this Comforter does not give comfort any more than the teacher, Jesus the Christ, gave comfort. Healing this entity gave, and freely, strength to the weak, sight to the inwardly blind as well as outwardly blind, strength of limb to the lame. But did this entity ask to be understood? In your experience, has any entity whom you have considered great or wise asked that you understand him or her? It is unlikely, for it is unimportant to those who live in the heart. They do not need to be understood, and consequently they do not attempt to be understood. Spirit does not attempt to be understood. The comfort is in its understanding, and your comfort also is in your own understanding.

The process of opening one door while closing another is again difficult because of perception problems in this illusion. Free will in its raw and untamed state is almost precisely the opposite of true freedom of will, which is the will of one who is disciplined and freely chooses. Thus, not being blown about by the wind of the self, you may then internalize the wind and become aware of the spirit. And as you become aware of this spirit you shall find yourself moved in mind, in emotion, and sometimes even geographically, in order to do those things which you have not after all forgotten you came to do. The wisdom of the heart is full of this blueprint. The conscious mind, governed by logic and free will, can never accomplish this. To move from head to heart, while retaining the concept of mind, is not anatomically sensible, but it is the best vocabulary we have to describe the deep love and security which you may find when you have accepted the wind within you, for you are spirit. It is the body which is weighty and full of chemical reactions that are part of this illusion.

As you offer your free will to the blueprint you have planned for yourself, you become free and enabled in your actions. In this awareness there is nothing unacceptable, nothing unforgivable, but only that which may be seen as this or that distortion of love brought about by untamed free will. Free will holds up the mirror to free will. If you gaze at another and find unacceptability, realize that that is a mirror. Now you may do your inner work, for you have

been aided by that entity which has been disparaged and judged. What is there within you that must be forgiven? For if you judge others, you have not forgiven yourself. If you are completely self-forgiven you have absolutely no need to judge, for you have no fear and nothing to defend. You can see through the free will, having seen through your own. You can tame the wind for yourself, and you can be of service to others by mirroring to them as honestly as possible that these are actions that you choose to make, and you choose them because they are of spiritual aid in the service of the Creator to this beloved self, that is you, in other-self form.

You picture yourselves, most naturally, as entities with a head and a backbone, two arms, two legs, the requisite number of organs and digits. You are a kind of entity you cannot understand as you gaze upon your physical vehicle. The difference in your consciousness between seeing yourself as this physical vehicle, and seeing yourself as spirit, is the difference between being blown by the wind and being the good and kindly wind that blows love always that is open and fearless, vulnerable, and unafraid. Once you have found your own essence you shall never fear again. It is the catalyst caused by facing the unacceptable, and by finding ways to offer love and to glean and harvest love in the situation as well, that is the wisdom gained through this shift in identity from chemical plant which moves you about to the essential self which is humble, non-judgmental, completely unafraid, completely free, and completely able and willing to listen, to understand and to love the tormented hearts of those caught in this illusion which you now enjoy, caught painfully, caught unbearably.

If someone is unacceptable to you, that entity is deafened by the wind of his own free will, and has an extraordinarily distorted expression of love to offer. You cannot heal or help the other self. You can only make your own choices. The entity that is unacceptable does not impinge upon you. It is merely catalyst if you still have work of your own to do in forgiving yourself for being all things, including many, many things which you consider unacceptable. You are carving out for yourself the right to ride the wind of spirit. Judgment, which is behind unacceptability, and fear, which is behind judgment, anchor your feet to the ground. You cannot fly; you cannot soar; you can only be injured and injure as you seek through judgment and the

putting on of mental and spiritual protection to attempt to make yourself more comfortable in the prison of your bones and sinew.

When you find the love within in its pure state you are not confined; you are not finite. You have found your own eternity. In this eternity the wind of the present moment offers all lessons, whether it is necessary for the illusion, which causes judgment to seem appropriate, to be very hard to penetrate so that you will make your choices to judge or to appreciate, to ask for service or to be an agent of infinite service. If you are able to let your love free to ride the wind of spirit, you are always following the blueprint you have laid out for your own growth. This is the density wherein you decide the nature of all entities about you as well as yourself, and with this understanding choose how you shall serve that mystery that created you and all that there is. Do you wish your feet anchored to the earth by judgment and the need to get points across? Or do you choose to soar in the wind of spirit, judging neither yourself nor others, but asking, and asking, and seeking and hoping to be love, to be a channel for truth, to share in the infinite, that your light may be a catalyst that frees others from their own bondage?

We thank each again for this opportunity to blend our vibrations with yours and to speak to the heart of each entity in its desire to know more of that which you call the truth. We shall take our leave of this group at this time, leaving each, as always, in the love and in the light of the One Infinite Creator. Adonai, my friends. Adonai.

NOTES TO OUR READERS

(There were no Notes in Light/Lines Number 48.) ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 1993/94, NUMBER 49

SPIRITUAL BURNOUT

Q'uo, December 30, 1990

Group question: The question this evening has to do with what may be various stages in the path of seeking. When the first feeling of passion for a path occurs the seeking is more active and then it cools down. Is this due to a passage through the energy centers and differing kinds of expression of this passion then coming forth? Is it due to getting tired and having old age set in, or is it due to perhaps a natural progression of the stages of seeking?

I am Q'uo. I greet you in the love and in the light of the One Infinite Creator. This day you wish to know what it is about the spiritual path which creates at the beginning ecstasy, excitement, exaltation, and a great outpouring of evangelism...that does not last. What is it that creates the situation in which the passion, the intensity, and the dedication may well become more and more attenuated in the face of the mundane and horizontally lived incarnational experience? May we say to you that, indeed, there is some of accuracy in the questioner's suspicion that this is in some part a natural progression. However, the questioner does not take this progression to its completion. Let us speak upon this particular vision.

When one discovers, by whatever means, information that is so inspirational and so relevant to that entity's growth that it is that which seizes the attention, then is there excitement, glory, joy, optimism, and the strength of new knowledge. Were this to be treated appropriately, the passion, the intensity, and the dedication which you experience

at the beginning should never fade. But you, being of an illusion which uses words and of natures which crave the companionship of spiritual communication, are often incapable of protecting your realizations with careful, cautious, and deeply felt silence, thanksgiving, and praise for the realizations that have been the gift at the end of long desert experiences. We speak not, in this case, of time, but of the subjectively felt length of any experience in which the spirit starves for spiritual food. When it finds that food its appetite is great, and it wants to "feed the five thousand" with its loaves and fishes immediately. However, that which has been born in you, though it feels stronger than any previous faith or enthusiasm, is yet a faith-filled and enthusiastic infant.

These are your days of what you call Christ's mass, in which you kneel, strong, supple, and able as each is, before a helpless, dumb, blind infant, placed in the roughest and most animalistic of shelters, the home of the animals. Let us consider this. This story is, in our opinion, an excellent myth, as are many in your cultures. It is filled with symbols which offer to the spiritual seeker lessons carefully to be considered. You may see the new transformation, the new realizations, as being like the infant in the manger: endlessly beautiful, infinitely loving, and utterly vulnerable because of the intensity of the birth of this infant self within you. How you mistake infant faith! To cast the pearls before the swine is the teacher known as Jesus' analogy of speaking of one's own hard-learned spiritual lessons to those who have no inclination to request to hear those wise and compassionate words which the spirit has offered to

you in this realization, symbolized by the helpless child.

What causes the student, then, to wish too much to share that which is too delicate, too immature, and too helpless to be exposed to the harsh winter of intellect and skepticism? Often it is the desire to help. However, though one may be working intensely upon opening the heart as much as possible, it is indeed true that many do this without sufficient respect and time spent in preparing the earthen vessel that is your physical vehicle and the mind, which is your mental vehicle, for the realization that, for all their strength and for all their truth, these realizations must wait for witness until the entity that you are within this relativistic illusion has cleared the pathway, made the rough places plain, brought the high places low, and made straight your own pathway to your heart.

The one known as John the Baptist said, "Make straight in the desert a highway for God with us." Make straight in your hearts the pathway for I AM. How does one make this pathway straight? Largely by coming to terms with your three so-called lower, but what we would call perhaps fundamental, energies, through which all living light must pass to flow into the heart to give it the power and the strength and the stability it needs in order that it may heal, or communicate, discern wisdom, discern spirits, or any other gift of the open heart, all of which are concerned with loving the Creator and humankind. How can you do this if the heart is open but the energy moving into it must move through far too small an opening because you have not come to terms with yourself; you have not accepted yourself; you have not accepted your relationships? You have not accepted the primacy of love, unconditional love, over any personal preference whatsoever.

You have not done the work of forgiveness, perhaps, or self-forgiveness, acceptance, or more likely, self-acceptance. In this instrument's life, for instance, this instrument struggles to like an entity close to her which she chose for the precise reason that she in no way could possibly like this entity. What was the lesson? To love. Not to like, not to prefer, not intellectually to crave, but to love, simply that. In each entity's life there are these things which cannot be liked, but which can, through the grace of an Infinite Creator which is Love, be loved, and in the

loving of them floats a continuous prayer like a bell-tone that rings throughout space and time and eternity.

So you wish, above all else, not to advertise but to protect this child, while you, to the best of your ability, amend and improve the basic energies of a physical, weak, finite vehicle with finite energies, finite amounts of time and space in which to do the work of a complete incarnation, and to do that right quickly, for in truth, a century of your time is far too short even for you to achieve the first true maturity. So know yourselves as perpetual teenagers, perpetual rebels, perpetual prodigals, far from home, confused, poor in heart, until you are able to realize the richness that lies within this vessel of earth, which noble earthly vessel carries you through an incarnation with its greatest devotion and care.

If your quarrels are with yourself, let them not be that you are ill, or poor, or unhappy, or unfulfilled. These are situations extremely productive of spiritual growth, and cannot be judged within your illusion for their true worth. It is a matter of faith not to rebel against the stringencies that open the heart and cleanse the more basic emotions of love for the self, for life itself, for the relationships that you have with entities, and with social groups. Before one word should be spoken, the dedication to the daily clearing of these energy centers needs to be complete, for it is in persistence and patience and an unflagging desire to realize the truth that we have heard that all densities' entities may move forward in evolution in the spiritual sense.

There will come a time when you no longer are hampered by obvious encroachments of underactivation or overactivation or other sorts of blockage to letting light move into the heart. But if those obstacles which you can feel are catching you as a fish is hooked, by your own temptations and self aggrandizements, you may feel ready to speak, but you will find that once you gain more maturity, relatively speaking, you will find to your surprise that you are no longer an evangelist. That fervid eagerness, great charismatic power of self and all those things which go into making an entity an excellent evangelist have been seen by the maturing spiritual youngster within to be useless of true worth, for the spiritually maturing child has begun to learn that it can only work upon itself and be a witness to the nations in and of itself.

How then should an entity which has found a personal truth, a personal path from the mundane to eternity, express itself in regard to other people? Two things especially need to be kept in mind. Firstly, the most important witness an entity can offer for the One Creator in glory, in peace, and in joy, is the manifestation of the self with conscious encouragement of the self in unspoken and uncontrived witness. We expect those who have achieved this much maturity to have chosen a path and to be able to speak, of that path. But the first gift that one may give is presence, simply practicing the presence of the Creator within the self, and allowing the practice of that presence to shine forth so that those of any kind may sense that peace which is not the world's, that joy which the world knows only as happiness, the palest shadow of joy, of love indescribable but quite clearly observable among those who would gaze at the face of one who truly loves. This is your greatest witness; it is your greatest help to your beloved people and to your planet as a whole, for the planet itself responds to self-acceptance, self-forgiveness, and unconditional love. These are metaphysical vibrations as strong in mending the Earth as the pressure of tectonic plates is strong in needing the adjustment of the Earth in catastrophic style.

Secondary witnesses are quite simply those which answer questions which have been asked. When there is a request, there is an opening, a softened spiritual ground, and into this ground it is well that you witness to the extent of your ability as a realized entity, as a user of the language, and as one sensitive to word allergies, if we may put it that way, which the entities to whom you wish to bear witness may have.

Why then does a new path seem to become old? It seems obvious that novelty is a great distorter of perception. Yet even the greatest of truths, even the most sublime of realizations, must deal day by day with precisely those conditions of incarnation designed to test the personal spiritual awareness of the entity which is consciously working upon gaining spiritual mass or polarity. Do not dare to seek to have faith unless you wish to have an uncomfortable life. For as the Creator manifests Itself in the wind and fire of spirit, ever-moving, ever-changing, ever-unpredictable, so too does the spirit manifest itself in each entity's life. If you are not always open to that which the spirit has to offer

this day only, then you are working with information which has grown stale, and if you are not attempting to act as you have learned is the correct way to act, you may not hope of moving further or bearing witness until you go into yourself and review that which you have learned. For there is nothing half-hearted about love.

To begin again, to begin again, to begin again; how the human spirit rebels! Yet within the present moment there is only beginning, and there is nothing but the present moment in any spiritual consideration. So look to the loving and acceptance of the higher power which you may call as you wish. Look to your relationship with that Love that created you. Allow within yourself the birth, in the manger of your heart, of your own spiritual beingness, your true, imperishable, consciousness. Guard it, just as the story speaks of this infant's mother and father fleeing to protect their child. Protect this child as lovingly, and with as much feeling of honor.

New realizations are born in the deep darkness of what seems like a winter of discontent. They are nourished by faith and strengthened by the will to persevere although the road ahead is blind. Move along that road as guided. When you have been faithful and achieved a stability that expects no rewards for that faith, but only the joy and peace of living in faith, then there will be in front of your eyes the right usage of your time offered to you. You may go through the summer of this marvelous experience of the realization that has been nurtured, protected, and finally has found the sun and grown to bloom. Yet still the cycle is not complete, for as flowers wither, and as the trees of deciduous nature lose their leaves, so shall the fall of each cycle of understanding bring with it its own temptations to move in false directions. Eventually, whether you have learned from this blossoming of the self or no, the harvest time does come. The harvest of that realization is gathered, and another winter of discontent follows.

The cycle moves around, and insofar as a life in faith has been preserved in the individual through the predictable difficulties, just so far may the next realization be more helpful than the first, thusly creating a new spiritual self, with new realizations, which then must go through the springtime of nurturing and protection, the summertime of

manifestation, beauty, peace, and the words of freedom, faith and healing, and again, the harvest will be complete. And the imperishable spirit that you are, voluntarily and gladly, in a subconscious manner, moves to the next spiritual infant and time of blooming.

One last thing that we would say before we leave this instrument is never to demean or criticize the self for lacking the strength to meet a situation as one would wish. For the will and the faith of the spirit are expressed in the fruits of intention, first of all, and only as the spirit grows stronger from intending to show love in difficult circumstances does the spirit grow full enough of faith to manifest the infinite beauty of spiritual intention. Let yourself continue a beginner. Let yourself remain infatuated, in love, and shield that passion from a world which has seemingly no positive passion, except in isolated instances at this time. Shield that light until it may grow through you without destroying you, for it is indeed a vibration too great for third-density consciousness. Yet you who are harvestable, potentially, have also the ability to hold light and love in manifestation which is not able to be offered to those who have not worked toward graduation from this density. Never discourage the self or others in a spiritual sense. Support all selves, and speak by your presence those pearls that so inflamed and overjoyed your open hearts, and upon request, speak by witness of a verbal kind. In this way may you never lose the novelty of the present moment, for is any present moment like another, and yet are they not all the present moment?

We thank you for this opportunity to speak through this instrument upon this most interesting question, and we thank the questioner. May all who read or hear be blessed. We are those of the principle of Q'uo. We leave this instrument in love and in light. Adonai.

NOTES TO OUR READERS

Tax receipts available for 1993. Just send a card and ask. Great thanks to those whose contributions have kept our books in print and enabled us to send them to prisoners and others who are broke. Heartiest holiday greetings to all. ✽

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SPRING 1994, NUMBER 50

FREE WILL AND SPIRITUAL EVOLUTION

Q'uo, October 21, 1990

Group question: Considering the extreme power of the will, why is it that we do not automatically and always polarize towards service to each other and the seeking and serving of the Creator?

I am Q'uo. It gives me great pleasure to greet each of you in the love and in the light of the One Infinite Creator. We are so grateful to you for allowing us to share your meditation and your thoughts, and for calling us to speak upon this question. Take all that we say and toss away without a thought that which does not strike within you a recognition. For you do not learn wisdom and love; you only encounter catalyst to remember it. It is all within yourself.

It is our understanding that each soul is created prior to any stage for manifestation. It is created by the action of free will upon an infinite but tiny portion of the vast infinity of intelligence. This intelligence, were it to have a name besides Creator, indicating one original thought, would be Love. However, a Love of such a fiery, creative, disturbing and magnificent nature can never be confined by language, so we must make do with the pale shadow of the reality of this Logos, this Creator. The method of this creation was to place finity within the infinite. Thus, a spark of Love was given an infinite and equal spark of free will. We realize that these are paradoxes and have no choice but to say them anyway. Again, your language has its limitations. Just as Love is infinitely and ever the same, so is free will infinitely and ever various. Thusly, although each of you is as a snowflake, unique in pattern and

color, so is each of you snowfall and part of the whole cycle of the year that you experience as your island home circles about your sun.

Equipped with free will, you set forth on a journey through illusions. These illusions, in our understanding, make use of the illusion of time so that lessons may be taken in order and all possible aid given to each density of light, or classroom. The first density is that of being: the earth, the air, the fire, and the water. Consciousness first rests there and awakens to its surroundings, is warmed by the sun, is blown by the wind, and gradually each spark becomes aware that there is a darkness and a light, and it conceives of the idea of movement because it is attracted to the light.

And so comes the second density, as the elements grow in consciousness and become capable of expressing the Creator. As they express the Creator they express perfect service, a beautiful and complex dance of bird and butterfly, leaf, flower, the breathing out of that which you breathe in, the breathing in of that which you breathe out. More and more in second density do entities begin to become more than instinctual, more than creatures of love and service and instinct, to begin to be aware of themselves, usually, because third-density entities have ministered unto them and loved them. And when they have learned the instinct of turning to the light, their graduation is at hand and they become self conscious sparks of the Infinite One.

But in this grade, and only in this third grade, or density, is there a brevity of the time allowed for learning, and a great veil is drawn across most of the mind. It is intended that this illusion be so heavy, so

earthy, so entrancing and distracting that it would be completely obvious to the casual observer that we are brief, incandescent beings, alive so little and dead so soon.

At this point the entity is asleep to that which is the business of this density: the making of the choice. For you see, there are two paths to the Creator; they are both valid. We do not teach the path of negativity, often called the path of the left hand, or by us, the path of that which is not. It is, however, a valid path, though very difficult compared to the service-to-others path. This choice must be made blindly. Thus there is never any objective proof, that is, objective enough to be objective to a scientist, of the value or efficacy of this path. It is in this darkness, by blind faith alone, that a leap is taken from the safety of sleep to the risk of being awake.

Thusly, in your grade or density of light, your interest as a spiritual seeker is in tuning into love. Love, that much misunderstood word, in our definition, is unconditional. It does not judge; it only supports and appreciates, listens, and has patience, consoles and pardons. Does love do this because of what it has given the entity in third density? No. If this were so, then all would be saints, and free will would not need to be reckoned with as it is. For free will begins as willfulness; it is completely various, unpredictable. It is an absolute, just as love is an absolute. They are given to you equally.

As long as the entity is willing to get along, to be asleep, it may be very comfortable. It has not polarized, of course, because it does not value sacrifice, and to polarize by serving others seems, to those who have not yet done it, a very hard task compared to pleasing the self one way or another. But for everyone there comes a moment, and one must wait for that moment in all cases, when the soul must awaken, for that individual, in the rhythm of that individual's destiny and story. And in that moment the choice becomes clear: to serve the self, or to serve others; to be put simplistically, as so many of your society would, good or bad, except that there is no good or bad. Realizations such as this continually rock the foundations of the seeker's cultural conditioning.

Think about this for a moment or two. What is your cultural conditioning? Were you taught the value of love by those who were your first teachers? Were you

face to face daily with worship and joy and peace? Is there aught in this society that seems to be worshipped but vain idols: money, power, position, genius? Who are the healers? Were the carefulest health-lovers correct, the highest and most advanced beings would all be splendidly athletic. Somehow that is not often the manifestation of love, for love is of the heart. And those who have learned, offer not their love, which is finite and which is in short supply in any third-density entity, but the love of the One Creator that flows through the seeker who is open and has emptied itself out, so that love becomes the love that is available for the seeker to manifest.

Then has that seeker begun its life's work, lightening the consciousness of this planet at this time. No matter what dramatic talents and gifts one may possess, no matter how well one may do anything that is manifest, the greatest service in this density is being, itself. Your essence, to put it another way, your magical personality, or to put it yet another way, your metaphysical reality as a light and imperishable being, is completely at the mercy of illusion here.

So you see it is intended that this choice be difficult and that the rewards of service to others never be guessed at until after the fact. For you, and almost all entities, are born into the world in a state of utter and complete forgetting of who you are, whence you came, whither you go. The nature of the Creator or your relationship to the Creator, or even of your own nature; all of these things are unknown. And it is against this backdrop of unknowing, of scenes occurring which begin to test the individual's ability to love, that the drama, which stares at you, which has as its chief critic, you, which has as designer of sets and costumes and props, you, which has as its author, you, begins its act upon the stage, which is this illusion. You have free will, but that does not necessarily mean that you understand the free will.

It is not easy to understand that you are not this being or that being, not this self that has so many idiosyncrasies, but under different circumstances would be anywhere within the 360 degrees of third-density activity and manifestation. Who is the killer, who is the rapist, who is the forgetful parent, who is the man of war, but you, and you, and I, and all of us? The essence of the reason that you are not given an instinct for purity is in this understanding of free

will. The discipline of the personality is the greatest tool for coming to understand and to forgive the 360-degree self, to acknowledge and love that self, that self that must be loved. This is a key that many miss. You must love yourself; you must forgive yourself for the thoughts that you have thought, the errors that you have made, those things you wish to have done but did not. Subjectively you feel that these make you unworthy, and to that extent you fail to love the Creator, the creation, in all of its love, all of its Christ, all of its holiness.

Now how does one discipline the personality? It is most difficult to live with complete freedom and always to make what you would subjectively feel to be the correct decision. One of the great traits of the seeker is its persistence, for gathered persistence is absolutely necessary. The failures of the self seem so many, and if you do not forgive yourself, how can you expect to forgive others, and how can you bless others if you do not forgive, if you do not feel healing love pouring from you? Whether this entity is known to you or unknown, whether this entity may be subjectively described as friend or enemy, the same love is needed by all to heal the needs and the behavior caused by the variousness of free will and the variousness of man's understanding of it. There is love, and only love, and it is always and ever the same creative, original thought.

Thus, in a dark time and in the shadow of death that you call life, you seek to forgive, and pardon, and love, and turn darkness into light wherever you see the way, and to serve, if not to please. You may all be judged because you do not please, but those who wish to serve often do not please; and if you are reviled for your love of the Creator, then you have done something right, and you are beginning to create the catalyst for fear among people that are already fearful because they do not wish to change, because change is uncomfortable. Pilgrims upon the path of seeming are always uncomfortable, always changing, always seeking. One cannot say to another, "Come with me on this journey; it will be all rose petals and ambrosia; there will be nothing but good times, for the Creator is love." The best that you can say is, "Come suffer with me until we learn that there is no such thing as suffering, but only pain, and not my pain and not your pain. Come die with me, that we all may live. Come, let us empty ourselves of self, that we may be earthen

vessels filled with treasure, dust in the presence of the Creator.

You are on holy ground at this moment. Let us pause, that we may share this ecstasy.

(Short pause.)

The first choice that one makes may be seen to be the fulcrum or the crux upon which the remainder, not only of this incarnation, but of many, will depend, and each pilgrim knows that that first choice is the hard one, for it must be made with no prior experience. It is not until some time has been spent attempting to live in faith that one begins to see how anything that occurs is part of the lesson of love and offers one an opportunity. And by faith we mean a simple faith, faith that the Creator is love, that we were created out of love, and because we are loved, and because we were loved first it is natural to love in return. When you are stymied, and your free will wishes to circumnavigate a situation, allow the choices you have made to polarize toward service to others to make you strong in your will. Allow yourself to remember your previous choices and how, although they seemed hard, they were one hundred and one thousand fold rewarding. For it is not until there has been some time spent in sheer persistence of effort to listen to the will of the Creator that there comes a hunger for that silence that speaks louder than any words.

In a lifetime of choices you forged in yourself a life of faith, a gift for the One Creator, the gift of a poem, of a tapestry, rich, lovely, filled with high ideals and high hopes, against all odds, filled not with happiness, for only those things that turn to dust are happy things, but filled instead with joy, joy within sorrow, sorrow within joy, until you are blissful, and gentle, and willfulness had become willingness to love and serve the Creator in every person. Subjectively, then, you begin to be rewarded only after you have made your choice. That is the cause of the illusion's being this heavy, this thick, this opaque. The Creator, in giving free will, gave it without stint.

There are hints in one's own deepest inward thoughts, in the very nature of this very polarized environment in which you live with hot and cold, winter and summer, light and dark. But they do not speak unless you wish to listen. And as you listen, and as you change, you must change that which seems to be your self, but which is, in reality, the

programs that your own brain/computer has set in place for your survival, shaped by the culture which has almost no impulse towards holy things of the Creator, but only towards beautiful things of man. The spirit within must sense its own reality and choose freely what seems to be the great sacrifice of taking up the cross, the carrying on of the endless journey that ends by the water, the water of life, crystalline love.

We thank you again for the honor of speaking with you, and at this time we shall take our leave of this group. We leave each in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, my friends, adonai.

NOTES TO OUR READERS

When the number on your address label comes up for subscription renewal, please send us a postcard telling us to keep you on our mailing list even if you have recently sent in a renewal request. Thanks.

Once again this Easter we are offering our THIS IS THE DAY tape. Like JENNY, it is a performance tape and, therefore, not perfectly recorded. It is the story of a small boy and a tree that grow up together and who are transformed by their shared experience. Words and music tell their story.

We are having difficulty paying our reprint costs for our books and tapes, and we would gladly accept any special donations for that purpose. Thanks so much to those who have generously donated for this purpose. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SUMMER 1994, NUMBER 51

HOW TO DEAL WITH PSYCHIC ATTACK

Q'uo, June 14, 1992

Group question: The question this afternoon has to do with the phenomenon of the visitation of a third-density human being by a negatively oriented entity or energy that is sent from another third-density human being practicing what is usually called the black magical arts. What is the best attitude, actions, and principles that need to be considered when dealing with negatively oriented attacks?

I am Q'uo. Greetings in the love and in the light of the One Infinite Creator. We are most blessed to greet each of you this day, especially welcoming one new to our circle, the one known as Kim. We are honored to have the privilege of being called to your group to speak of negative entities among your own people and to speak also of those non-physical principles and entities which may be called upon by those within your density who are polarizing upon the path of service to self or negativity.

Let us first define the term, black arts or black magical art. The metaphysical work both of the service-to-others path and the service-to-self path is that which takes place upon a field which appears to be dark. The background of metaphysical work for both polarities is a metaphysical environment of darkness, for the metaphysical consciousness of the living spirit within the third-density illusion is hidden within the deep and unlit roots of mind. Consequently, both those who seek the darkness and those who seek the light begin in a common ground of darkness, the darkness of that which is not known. Upon this level of seeking for energy or

power the search for truth is conducted in night conditions. The moon's dimmest light is the brightest illumination as one seeks spiritually. It is extremely subtle and difficult work to distinguish truth from illusion or outright falsity, to distinguish the positive leaning towards the love of the Infinite One in service to others from the same activity which may seek service to self. Many metaphysical seekers expect that the seeking towards the positive truth will be done in noonday sun, metaphysically speaking. This is untrue. The metaphysical search is not clear, obvious, or simple. Each of you here who listens to this voice speaking our thoughts knows of the ease of mistaking apparent truth for truth, and each can recall instances where that which one thought to be a shining light was, instead, relatively valueless and not filled with light or power.

In the dim moonlight shadows can be deceiving. The metaphysical search, then, is one in which faith is the great illuminator, that faith which cannot be given by one to another, that faith which each gestures within the spiritual part of the mind and body so that there becomes a faith which is personal, founded by the self.

Now we return to a view of how to deal with negative entities. As a positively polarized person living a life in faith, one is prone to feel safe in the arms of the good, the true, and the beautiful. However, the entity upon the negative path feels that there is no safety, feels that there is no haven, feels that it and only it shall be the one to be counted upon and relied upon. Therefore, this entity wishes to build personal power with a greater initial reason and impetus for building a magical

personality. Furthermore, this magical personality is simpler to build than the positively oriented magical personality. The negative entity need only attempt to accrete to the self all possible power of any kind whatsoever without the need for discrimination or judgment. The positively polarized entity, instead, is moving through processes of balancing the seemingly opposite of all things to ascertain the most careful balance of truth, of beauty, and of goodness. For to the positively oriented entity it is clear that the illusion has the appearance of a bias toward negative events and circumstances. In order to clarify right action and the positive use of power careful balancing of all stimulus needs must be done.

Thus each of you has the seemingly more difficult task in living a chosen life of faith, for both paths are given by the One Infinite Creator. Although the Creator offers suggestions implicit in experience that the positive path of serving others is preferable and more to be desired, the negative path beckons and it also is, as this instrument would say, godly in that there is no energy but that of the One Infinite Creator. Further, the nature of your experience in third density offers simpler beginnings to a metaphysical base of power for those which choose negativity. What is not obvious is that the negative path becomes more and more difficult until at last it is a road impossible to be walked, whereas the positive path is eternal.

Therefore, one who is assaulted by word, dream, feeling, or other action by a negatively polarized entity of third density is dealing with not only a godly person but with his own self, for all are one in the creation of the Father. In each mind, body, and spirit which together make up the person, there is all that there is. Each person is an holograph of the creation, the created, and the Creator. Thusly, when negative greeting is known or suspected the positively oriented person of power sits down and prepares itself to reckon with its own universal nature. It is fully capable and fully supplied with negativity. The perceived negativity "from the outside in" is successful when the positively oriented intended victim knows not that it is being greeted by its very self. If a ravaging beast comes at one's body, one may attempt to slay that beast to save the self. If a metaphysical ravaging beast attacks one in the manner of magical arts, one reckons with this attack by visualizing this creature, welcoming it into the

self, and accepting fully that this horrible monster is a part of the self.

When one chooses a path, one has the full spectrum from which to choose precisely because one contains all that there is. The first defense, therefore, is to visualize this negative power and fearlessly to invite it to take up a loving absorption within the very heart, for positive power is power balanced by knowledge of the self. The decision not to attempt power over others is made when the entity grasps that there is no need to have power over others, for all of creation expresses its power in the self. All magical work, therefore, is done upon the self. There is no need to manipulate, teach, control, move, or advise other entities. The need is only to do these things within the self, disciplining the self to a more and more balanced and clear acceptance of the universal nature of selfhood, choosing lucidly and clearly to serve others, to withhold judgment of or control over others, and to practice loving the self, accepting the self, and allowing the errors perceived within the self to be self-forgiven.

As one forgives one's self, one then is able to forgive all. As the negative greeting is seen, then, it is visualized and made materially real within the metaphysical world of thought as a creature of the night, a mythical creature, which then is lovingly absorbed, accepted, and forgiven. The forgiven selfishness becomes harmless. This alone is enough to dissuade most negative third-density entities who are wishing to control others for most are not particularly skillful. Being accepted is anathema to a negatively oriented entity who gains power by causing fear, anger, hatred, disgust, and other negative reactions of emotion. When this entity's selfhood is seen for its blackness yet lovingly and compassionately accepted and absorbed into a strong goodness of self and forgiven, the negative entity experiences loss of all metaphysical power in this situation and chooses to attempt to control others who will be satisfactorily afraid and terrorized by such.

In the case of the very few who have the energy and endurance to pursue the path of control over others to the point where they are able directly to contact metaphysical sources of negativity the situation, while no less solvable, is not as easy and as simple to deal with from the standpoint of the one greeted. Again in the unthinking person of third density the

response to perceived attack is counter attack. It takes a good deal of wisdom to be able calmly and objectively to gaze upon the face of malevolence, for those who have contacted those metaphysical sources which are of fourth density have garnered to themselves two things: firstly, a third-density personality within incarnation and sureness and confidence that there is in such entity a true blackness of spirit, a honed hatred which sees no shadows. The positive path is full of shadows, of questions and doubts, of continual learning and balance. The choice for positivity is not the choice for simplicity of early lessons. The choice for negativity is a choice for simplicity of early lessons. Thusly an entity which is negative has an apparent advantage once it has progressed to a certain point of being absolutely sure of the self without the need for faith, whereas the positively polarized entity is still dealing with the endless and confusing shadows of the spiritual landscape which is lit by the dim star of hope and the thin delicate moonlight of faith.

In the situation where there is not only the living incarnate negative entity who greets one but also the spirit of higher density cooperating in its peculiar manner in this negatively oriented entity, the positive path must be seen to be a place of hope and faith which are accepted without proof. The positive pilgrim takes into the heart a strong desire to leap foolishly into the abyss of the unknown, unprotected by certainty, facing in mid-air the seeming destruction of personal safety, clinging to nothing but a faith that all is well and that there is nothing to fear. Many are the loving and positively oriented souls who yet are not able to do this. When such entities are greeted by these relatively powerful negative sources the most practical solution is to find one among your people which is positive in nature and is steeped in rituals of positivity which include in their language the seeking of the greeting of fourth-density or higher positive metaphysical entities. Such people are the so-called priests of various of your religious belief systems which believes in the war betwixt good and evil. This war is fought by fourth-density negative entities and fourth-density positive entities which still believe that a battle is appropriate.

Before we leave this topic we would focus once more upon the rich and fertile land of spiritual choice, the dark world within. Each of you gaze within. Do you feel magical? Do you feel powerful? If the answer

comes too easily it is likely that there is that within you which would choose the easy way towards power; that is, the path of negativity, for each step upon the negative path seems from within to be positive. One wishes power so that one may help people. The way to help people is to give advice, give teaching, make sure that all is well by controlling various people and circumstances. All these things feel natural and good. Most beginning negative entities have no idea that they are embarking upon the path of negativity. Contrasting with this is the positive path where power is accrued by being the weakest, and true greatness is achieved by being the servant of others, where advice and teaching are given only when requested. How many among your religious systems caught up in the fervor of rightness and righteousness, judge, condemn and control many for their own good? How few there are in your belief systems of religion who abandon doctrine and dogma and seek to serve each entity according to its requests, when it can, and offering only benediction, forgiveness, and acceptance when it cannot. Yet to those few who know themselves well enough not to judge, not to control others, but to work on the self, to these few come strength, magical power, and illumination of incandescent light which shoots through that darkness of the metaphysical field like lightning. The world, as this instrument would say, cannot see that lightning. Only each individual pilgrim upon the positive path who moves into a life in faith, a life without fear may be illumined. It moves through one. It does not stay with one. And such entities are channels of joy and peace. Whether the greeting of negative entities seems or seems not to succeed, such entities are forever safe in spirit.

We are those of the positive path. We are also dusty pilgrims- who have searched long in the shadows of hope and faith. We do not expect third-density entities to be without fear. We simply ask entities who wish to live in faith not to be afraid of their fear, not to be ruled by their fear, but to accept this fear, to love this fear, as part of the universal self, and to move on, leaping foolishly into the next step in blindness and in faith. May each of you find each step to be one which is offered to the Infinite One as a gift, a testimony of love, for if the Creator is love, then the choice of fearlessness is always correct. We encourage each to be patient, forgiving, accepting, and slow with each fear that keeps it from progressing. Take time to work through the

balancing of that fear, overcome it never, but take it within the self, love it, accept it, and gently, strand by strand, part the curtain that keeps the self from progressing fearlessly. This is slow work, but it moves one ever towards the true, the good, and the beautiful.

We shall take this opportunity to thank each once again for inviting our presence into your circle of seeking this day. We are most filled with joy to be able to walk with you upon your journey at this time. We shall now leave this instrument and this group, leaving each, 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, my friends. Adonai.

NOTES TO OUR READERS

Carla is beginning research on writing a handbook for Wanderers that she hopes will be a call to service to all, a comfort to those who feel alienated, and an illustration of how we are all Prodigal sons and daughters seeking to return to our homeland. She would greatly appreciate it if anyone who believes he or she may be a Wanderer would write her with the story of their experiences as Wanderers and with any questions that they have as a result of feeling that they may be a Wanderer.

We would appreciate it if our readers could let their local bookstores know that all four volumes of THE LAW OF ONE are in print and available from: Schiffer Publications, Ltd., 77 Lower Valley Rd., Rt. 372, Atglen, PA. 19310.

Our sincere gratitude to those who made special donations to help us pay our reprinting costs. We appreciate your love and support. ❁

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

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FALL 1994, NUMBER 52

WORRY AND PRAYER

June 6, 1993

Group question: The question this afternoon has to do with the process of worry and prayer. It seems that when one worries overmuch about a situation, one is really sowing seeds for allowing that situation to take root and to sprout, to grow, to become more likely to be a reality. And the suggestion was made that a form of prayer might be the more helpful of the paths to choose in dealing with a situation that you are quite worried about; that talking out your worry to the Creator, to an angel, to a saint, to your higher self, to whomever, is much more helpful in creating the internal environment that not only gives you a peace of mind and a feeling of perspective, but sows the seeds of greater possibilities, so that that which you are concerned about has more chance of turning out in a favorable fashion rather than in the way which you fear that it might turn out, and the way which you tend to worry about. And we would like Q'uo's comments on the concepts of worry and its effect upon a situation, and the concept of prayer and its effect upon a situation.

(Carla channeling)

I am Q'uo. Greetings in the love and the light of the one infinite Creator. We are gratified to be with you this afternoon and to be that source called to your circle to comment upon your query concerning worry and prayer. As always, we request that personal discrimination be used as you listen to these thoughts, for we speak not as authorities, but as your brothers and sisters.

In responding to your query, we begin by observing the estate of your species and your density. It has been written that man is a little lower than the angels. What separates the estate of third density from that angelic host is an illusion in which the truth is hidden, so that the generator of either positivity or negativity is chosen—we correct this instrument—is chosen in faith alone, not because the circumstances of any situation are or become clear.

The essence of third density is the striving for clarity in the midst of unremitting confusion and darkness. In this situation it would be miraculous for any not to worry. There seems to be a continual stream of circumstance which cannot be controlled; efforts to control are often useless. In the absence of action that is effective the concern and returning to the concern is natural. Yet, as your question posited, it is true that over-concern and worry cooperate with what may be called desire-driven destiny in such a way as to more nearly solidify the matter about which the worry and concern is expressed.

We ask you to sit for a moment with the sheer inevitability of worrying circumstance. You have come into this density and into this incarnational experience fully aware of and willing to undergo the dropping of the veil of forgetting. Before your present physical vehicle was created, you chose this circumstance and this continuing line of circumstance. What about this was so valuable? The gem which you chose was this very veil of forgetting and the blindness of the choices you would be making within this density and this incarnation. It is to this present worrying moment that you have

come, not by mistake or error and not by chance, but step by step you have moved hither in chosen blindness and each issue before you now is faced in this blindness.

What is the supreme value of this blind choice, but that it is blind. We emphasize this repeatedly because, although it feels as though those of spiritual discretion and learning will have a greater and greater ease and pleasantness of incarnational experience, yet, in terms of the matter which acts as catalyst, the reverse is true: the greater the activity of the seeker within incarnation, the more frequent the choices and the more heartily each choice is tested.

So, this situation which precipitates worry is the common coin of third-density incarnation, and as such, we recommend a quiet and contemplative consideration on each occasion in which worry arises of this fact. You did not come here to dispel worry and to be comforted; rather, you came into the arena of third density to strive in darkness. Your greatest sight is the blind but loving heart, for one sees with the heart the light which is not visible to the mind; for within the heart rests the spirit of love.

This spirit is a side of wisdom which has no words in your density, and it expresses its wisdom in the more and more purified emotions. When the seeker comes first to the conscious study of the processes of spiritual choice-making, at first the heart is less than optimally pure in its expression. The seeker begins, day-by-day and meditation-by-meditation, to empty out of the heart the less pure of that heart's contents, as though the heart were a pocket in which many things had been placed, some of which were not desirable. After a time meditating and seeking, the heart begins to be released from having to hold so much of that which is less than pure; and then the heart may begin to shed its wisdom upon the conscious mind. This purifying process is not short, and we do not wish to suggest that you must become consciously pure in heart. We simply encourage each to do the work of opening in meditation regularly and allowing the heart to empty itself of the petty trivia so that its strain may be deeper and ever more pure.

The path to the deep mind goes through what we call the heart. This is why we focus upon this word, "heart." We wish, centrally, to disengage the mind from the intellectualizing capacity of your brain, for although one may speak intellectually of spiritual

truths, the truths are only true in and as a whole when they are felt rather than intellectually understood.

Now, we have placed you in the situation and legalized worrying to an extent. Yes, you shall worry; you shall not break this habit entirely. Yet, we have suggested that the truth of the situation is not best served by worrying.

What, then, is the manner of moving in harmony with desire-driven destiny in such a way as to make the most effective and positive choices? We ask that you recall from one of your holy works that the one known as Peter saw the one known as Jesus walking upon the water. Peter, it is written, was excited to see this miracle and leapt out of the boat to walk to his teacher. But then Peter realized that he was doing the impossible, and immediately he stopped walking upon the waves and began to sink; however, the one known as Jesus reached his hand to Peter, and Peter was again able to walk upon the water with his teacher.

This reaching of the hand to the infinite intelligence that is source and ending, is an image showing the essence of prayer. It is a direct communication with that which surrounds and makes possible the illusion now experienced. To pray is to organize the energies within the self and point them directly at communication with, and ultimate congruency with, the great Original Thought of Love.

Thusly, prayer needs not to be answered to be effective. It is not given that a seeker see clear answers to each and every prayer; rather, it is given that communication and interaction with the infinite and the divine is not only possible, but inevitable. Prayer organizes this direct communication and identification in a polarized way; worry makes the connection with the divine in an unorganized way. The very process of communicating with infinite intelligence causes the seeker to refine, reconsider, restate and begin to see the truer dimensions of that situation about which he has been concerned.

We do encourage more than prayer, however. The praying to be led is most helpful and efficacious; yet, there is also the great energy which dwells in this connection with infinity, which may then be released from intended communication as a reflex of this communication, as, if you will, an answer to prayer. To the open-hearted there comes that spirit

which enlivens hope and faith; and in its turn, this faith organizes the intellectual mind so that it is more worry-resistant when next the situation causing worry arises.

The answer to prayer is not only the response of infinite intelligence to the matter for which intercession has been offered, but also a feedback which more and more informs the intelligence of that seeker who has prayed. Indeed, we would substitute for “prayer” the term “conversation,” for prayer is a word which in your culture has many negative connotations concerning the feelings of lack of faith, lack of confidence, lack of worth, and similar shadows. It also is connoted with the concept of the elite, as though some were more able to pray or had more right to pray than others. We would instead call prayer a conversation with infinite intelligence. In this conversation, the seeker speaks his mind as it is given him to do. Infinite intelligence responds in silence and in power; and free will being observed, destiny moves on, affected to some degree by this interaction. More than this, he who converses with infinity grows more and more full of this energy which is the reflex of this conversation—the silent encouragement of the infinite for the seeker within illusion.

We would suggest that as the seeker moves through the illusion day-by-day, and repeatedly goes through the practice of worry, of noting the worry, and of turning to communicate this concern in an organized way to infinite intelligence, there is the self-contradictory need both to release the free will to circumstance and to enter into that worrisome situation in imagination, to turn and face that about which the seeker is worried. Again, this turning and facing of catalyst does not bring about simply an answer to prayer, but rather, it acts as a teaching aid, if you will, opening more and more the seeker’s heart, enlarging the scope of the seeker’s identity to itself, and bringing about more and more in the thinking patterns of the seeker an awareness of the self as a universal Self.

Much of what prayer and worry do is offer a definition or qualification of selfhood. Much of what seekers do in blind faith is seek and seek outwardly, reaching and reaching, yet learning more and more about the heart of the self, for the creation reflects that self, and those circumstances which are so obviously happening outside the self within the

illusion are, in fact, reflecting part of the nature of the inner self.

Behold your own visions and all sense impressions not only as outer events, but also as a grand system of mirrors reflecting your own inner nature, for all that seems outer, all that seems divergent, all that seems to have this and that quality in and of itself, is that within the illusion which is positioned in a way that shall teach the seeker of his inner nature.

We join you in moving along this bewildering path. We encourage each in that cosmic conversation which shall reveal the seeker to itself, and the self to the infinite One.

We would close this sitting through the one known as Jim. We are those of Q’uo, and leave this instrument in love and light.

(Jim channeling)

I am Q’uo, and greet each again in love and in light. At this time it is our privilege to offer ourselves for the further query if those present have additional queries. Is there a query at this time?

Carla: I have a question. Let me see. I don’t exactly know how to frame it. First of all, I would very much like to know—did I get any part of what you were trying to give me? It was very difficult to go through some of those concepts; and if I didn’t, could you re-say them—whatever I didn’t get—another way through Jim?

I am Q’uo, and we are quite pleased that you were able to move through what was indeed difficult conceptual framework, shall we say. This is not material that is easily apprehended, and we are happy that you have applied yourself with such determination and ...

(Side one of tape ends.)

(Jim channeling)

I am Q’uo, and am again with this instrument. Is there a further query, my sister?

Carla: Yes. I think I grasp what you’re saying about how worry is good to the extent that we need it to alert ourselves to the fact that we need to pray; and that prayer is good, or communication with the divine is good. But there is a trigger in there where you’re worrying about something and you hope that you somehow could get a trigger in there, so that you move right on from worry to dealing with it in a

prayerful and communicative way. And I think the original impetus for this question was, "What trigger can I use to point out to myself the fact that I'm worrying, and get me into a frame of mind in which I can do something about it?" What keeps us from just worrying and worrying and worrying? What kind of trigger can we put in our consciousnesses that alerts us to this in ourselves?

I am Q'uo, and am aware of your query, my sister. The threshold of worry, shall we say, varies from entity to entity. There are entities who feel comfortable only as they are able to worry about a situation. There are others who feel little distortion towards worry and allow whatever situation is occurring to continue with little concern for their part in the situation.

Each entity must determine when worry has begun to wear out one's ability to find peace and equanimity concerning a given situation. There is the necessity, as we have previously mentioned, of giving enough concern and worry to a situation to alert the deeper self that there is the need for creative problem-solving, shall we say. When an entity has thusly alerted not only the deeper levels of its own mind—reaching into that which is below conscious awareness—but has through this same process alerted those presences which serve as guides and teachers, then it is that these presences along with the more whole self must be allowed to present their comments, shall we say.

When these resources have been heard and whatever action that is possible has been taken—even if only to prepare for action—then it is that the entity must trust and have faith that all it can do and all that is appropriate to be done, it has done. By having this faith, the entity is affirming that all is, indeed, well, and has added that ingredient of faith into the mix of catalyst to serve as what you may call a kind of yeast that will affect the outcome, shall we say, in a manner which is most appropriate, considering the various qualities, energies and entities involved.

Is there a further query, my sister?

Carla: Just one. I sense that we could study this topic further to good advantage. Would you confirm that, if it's true?

I am Q'uo, and we agree that this is fertile ground for further consideration, for there is much of foundation attitude formation and its effect upon

the external environment that reflects the nature of your illusion and the general field of that which you may call magic.

Is there a further query, my sister?

Carla: No, thank you, Q'uo. This has been an interesting session.

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

Is there another query at this time?

Questioner: No, not from me, Q'uo. It's been good to continue (*inaudible*).

I am Q'uo, and we have also enjoyed this session. We feel that the queries which come from your mutual concern are those which are rich in possibility for study, and we study with you that which you seek, for are we not all One? We thank you, each of you, for your dedication, your courage, and your sense of proportion which you call humor. We are most grateful to be able to join you in your meditation and in your seeking of truth.

At this time we shall take our leave of this group and this instrument, leaving each, 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, my friends. Adonai.

NOTES TO OUR READERS

Many thanks to those who have sent letters to Carla to share their experiences of feeling that they are Wanderers. She will not be able to respond to each of you individually concerning your letters but hopes to be able to address the common issues of Wanderers in the book which she is now writing on that subject. She would appreciate a letter from anyone else who feels that his or her experiences might be those of a Wanderer.

It is our policy with this newsletter to ask those who have received four issues (one year) to send us a card after the fourth issue to let us know whether to continue sending the newsletter. Even if you have made a donation for longer than a year we would appreciate it if you would send us a postcard when your label number comes due. Thanks so much.

LAST MINUTE NOTE: Jim McCarty and Carla Rueckert will be speaking at the International UFO Congress & Film Festival November 30, 1994, to be

held north of Las Vegas, NV. You can call (510)
428-0202 for further information. ♣

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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WINTER 1994/5, NUMBER 53

BALANCING DISTORTIONS

Q'uo, July 7, 1991

Group question: How do we proceed when we have begun to accept ourselves and the distortions that we feel? What is the next step in order that we can more easily and fully achieve the balancing of all of these distortions, so that the light moves through us in a way that allows us to radiate it to others, rather than hold it in the distorted form in one particular energy center?

I am of the principle known to you as Q'uo. Greetings, love, light, and blessings to each of you. We have gently aided this instrument's physical vehicle into a far more relaxed configuration than it was able to achieve consciously, and so we shall be somewhat measured in our speaking; however, we are pleased to be aware that this does not create any difficulty for this blessed group of seekers after the Truth.

The central question of consciousness is its definition; and the central concern of those who wish to work in consciousness, is to be enough aware of that definition that the quest becomes centered and focused. When we spoke last concerning the spiritual path and moved seemingly backwards into underlying material concerning the processes of perception, our intention was to begin a dialogue in which each questioner may gaze at the mechanical, as well as metaphysical, means of prosecuting a plan of development as a seeker, in the most lucid way possible. Consequently, we felt that we needed to stress to each seeker the enormous subtlety of the process by which each gathers the information which

is then put to use in grasping where this consciousness moves, where it lives, where it is exultant and alive beneath, above, and beyond all perceived limitation.

It is common for those who are seeking to assume that their role in the seeking has some intended emotional bias that would appear as noticeably metaphysical or spiritual. However, we pin you to the spot where you may gaze at the mechanical process of perception; for, if consciousness is but is not perceived this consciousness is infinite and intelligent, but without any form.

Each seeker senses an enormous framework of form and substance, not only about each organ and bone and muscle of your physical vehicles, but also of each tender sprout of new thought, each seemingly larger truth. It is well for serious seekers to begin squarely gazing at the impossibility of, in any final way, becoming able to control perception. If spiritual seekers, or any who experience third density, put within their intelligence the estimate that intelligence will deliver correct answers, this entity has made a fundamental error. Each seeker perceives poorly. Each seeker planned to perceive poorly.

Thusly, as we begin this day, we ask that you see yourself in compassion. For every truth that you may feel you know, there are a thousand biases that have moved into the web of your energies and become solidified in some way that only dimly reflects the actual consciousness that each seeker is. You are not shoddy materials. The improvement of the spiritual quest is not particularly dependent upon the accuracy of the perceptions noted since all perceptions will be, to a very linear and

mechanically-seen extent, biased and imperfect. Thusly, as one works consciously to form an ever more authentic and true life experience one must move into an authentic humility concerning the nature of this particular classroom which you now enjoy.

Let us rest in peace and in self-compassion, in the truth that is most nearly true: that being that there is no necessity for becoming wiser, more mature, more special, as your harvest and bounty of lessons learned is brought in. You do, indeed, have harvest each day in your experience. You do, indeed, store it and work with it. But start from this point: that you are aware that the work that you can do will be done as well as each can do it, and it will be imperfectly perceived.

A choice fundamental to the third-density experience is the decision to become individual in an apparent and gross fashion. When two hands meet they do not join organically to form a being with four hands and two bodies. No individual touches another in the deepest sense; yet, all individuals are you, so that as you perceive others' paths you are then at your most skillful in ascertaining your own spiritual sensibility. The third-density entity cannot perceive clearly because it is imperceptible that there is only one being and that each of you is the "I AM." So you gaze at the dark mirror of yourself and find the need to refresh the self as one sees one's self in the endless series of distorted and flawed mirrors which one may find in a carnival. You may see yourself tall or short, fat or thin, strange or lovely; but all the mirrors of the self are flawed. That flaw continues as the entity gazes at others; however, as the seeker gazes at pilgrims upon the same road, the artificial separation creates a spurious but helpful clarity, in seeing in another a far less distorted mirror. Consequently, a tool that can be used at any time to center and focus the self upon learning is to gaze at that seemingly separate self with your more impersonal viewpoint and, thusly, see yourself.

What have you said about others today? What have you thought about your companions? Whatever it may be, it was only apparently a consideration of an other self. It was, far more deeply, an examination of the self in the mirror which another self has offered you. This leads us to suggest that, although persistence and determination are absolutely fundamental to working within spiritual

consciousness, there is far, far more that moves into the equations of learning. Take the self, then, off of the barb, away from the hook of one's own judgment. You did not come here to memorize lessons. You came to this arena of choice to be a choice, not simply to espouse a point of view. The espousal of a point of view is cerebral. The beingness or essence or vitality of the self is without words. It simply is.

It, of course, is a difficult task to learn anything and doubly difficult when all the books are open but there is no illumination by which one may read the simple, generous, and lovely answers from the textbook. You can only hold that Book of Truth that is your heart's wisdom in a trusting awareness and so give up yourself to yourself by your self-compassion, that this beloved wisdom begins to soften that which is you, not that which you think or that which you feel or that which you do, but that which is. You are a verb, not a noun. You are not a thing. You are. The simplicity of this beingness eludes the mind and refuses to obey any particular form of behavior. As the seeker moves along this self-perceived path it acts and thinks and talks and believes that it is those activities, there being no evidence to the contrary; but, as it turns and faces the inevitable distortions involved in the process of perception itself, it is easier to see that the path of the seeker is not going to fall along any planned or consciously desired outcome, unless that happens to be a natural fruit of your particular being.

We ask all seekers to remove from themselves the request to have more or less comfort, more or less perceived awareness, or more or less of any valued quality, for each of you is now infinite, and in this moment is all things.

Imagine this allness of you. Your consciousness is attempting to pack the baggage that you may carry along this path of seeking. Can it put in the sky, the moon, the stars, the universe, the question, the mystery? Can any suitcase of selfhood hold the burden of imperishability? No, my friends. This classroom will continue, while each is willing to put one's self to the task to offer falsehood after falsehood and trouble upon woe, in addition to all joyful things; for, the suitcase you carry is a suitcase full of your masks, but you are not in the suitcase. You simply carry about in this classroom a collection

of personas, of masks, of behaviors that have seemed helpful and hopeful in past choices.

When one enters the first grade, one expects to have some difficulty learning the alphabet, the handwriting, the simple mathematics of your childhood days. It is, within the scholastic system of your peoples, recognized that as each entity moves towards the study leading to the getting of a diploma indicating a skill in study—more and more complex, difficult, challenging, and interesting lessons—perhaps the graduate student cavils at the increasing difficulty at producing what seems to be excellence; yet, the graduate student does not feel betrayed because higher learning is harder than memorizing sums or the spelling of words. The incarnation, as it moves forward, sideways, in a circle, or whatever model your truth tells you you're moving, will be constantly offering puzzlement, difficulties, and many, many unanswered questions. The hope of one who hopes to know the Truth is simply that.

Within your third-density illusion it seems that if one becomes wise, in just such measure will one become more comfortable; yet, true learning has as its hallmark, discomfort. Look gently at the body that bears you. Feel the points of pressure as you sit. Feel the breathing, the musculature, the saliva in the mouth, the noise in the ears, all the many, myriad sensations of this particular environment. Feel the weight of the thoughts that do not go away, even in the most interesting discussion. Feel the self wishing to delimit its self to make boundaries, to define differences, to express uniqueness. See the uneasiness that this will cause consciousness, for, insofar as each perceives itself as unique, so does it perceive itself with distortion.

We wish to give you tools that you may use in order more nearly to love the Love that is you—that is all other things whatsoever that indeed is. You are as a small vase, perhaps beautifully made, perhaps made with some clumsiness, but a good watertight vase. You see the vase. You are the flower. You will never see yourself in flower. You will see the vase, the tending of the vase, the watering, the cleaning, the movement towards the light.

Thus, the first tool we would offer when an entity perceives discomfort and agony is to suggest that the entity drop all known facts about the self, that the entity allow that structure, that vase, to be just that: that which holds an ineffable, singular

consciousness, and holds it in common with all the creation.

You may, without spiritually defaming yourself, be critical of the vase. You may hallow and honor the privilege of being the container of self-perceived consciousness. But to know the flower that is your consciousness is not part of your choice-making experience; for if you knew beyond any doubt that you were the flower, why would you need the vase? Why would you ever have cut this flower away from the root of all that there is? Why, but to regard not your flower (for you are blind inly) but the flower that is all other entities, that is you.

Look again at all you have seen this day. Do you see the vase? Do you judge the vase? Do you notice the bloom, the flower, that which is in each face that you see? This choice-making density is intended to move as quickly as the seeker wishes through the various lessons of learning to love the flower of consciousness, and to embrace consciousness.

You are the beholder and you are beheld. When emotions run high and spiritual exhaustion is deep, you may wish that you were not this vase and you do not have to be the vase that you are. The flower is unchangeable, immutable, and everlasting; and you are learning how to value that flower, not because it is you, not because it is something that you have called the Creator, not because of anything, but because that is all that there is. And in these choice-making lifetimes you are shaping that gift to yourself that is the most beautiful receptacle for love that you may create.

Each hardship, each disappointment, each perceived difficulty is, in its own way, true. Vases crack, break, must be made again, must be scrapped and started over, must be retouched; but you are not working on love; you are working on how to honor love. Let this be your first tool when your emotional vase seems crazed and twisted and altogether out of round: know that you can throw that pot back into the wet, soft clay, take the slip cut, and re-cut and re-cut your pot anew. Line it as you will; paint it; enamel it; fire it; stud it with jewels, or be unassuming knowing that love needs no decoration.

But you are safe. These things are occurring to the vase, to the vehicle that carries the blossom of ineffable and perfect consciousness. Vases may bump together and clang and crash and nestle in so many, many configurations. The blossom is always the

blossom. Do not fear loss, for you have only clay to lose. You are the blossom. Rest, beautiful, beautiful blossom. Rest.

I am Q'uo, and we are most grateful to those who sit within this circle of seeking once again for inviting our presence which we share as fully as is possible for us. Through this sharing do we take great joy, for it is the means by which we may be allowed to know and serve another facet of the One Creator, and thereby enrich the experience of ourselves, of the Creator, and, we do hope, the experience of those we serve as well. We shall take our leave of this group at this time, leaving each, 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, my friends.
Adonai.

NOTES TO OUR READERS

Our heartfelt thanks to Ron and Teri Brown and all the good folks who made the 4th Annual UFO Congress & Film Festival a truly wonderful experience. We met many old and new friends, and we treasure our time with each one.

May this New Year be a joyous adventure for all. ♣

Light/Lines is a quarterly
publication of L/L Research,
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Louisville, KY 40255-0195
ISSN 1534-567X



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SPRING 1995, NUMBER 54

WHO AM I?

Q'uo, February 19, 1995

Group question: The question this week has to do with the "Who am I?" question that each seeker of truth asks. We are wondering about the incarnational personality as a focus for who each seeker might be. Could you tell us something about the incarnational self, who that self is, and how we can use it as a vehicle for evolution?

We are those of Q'uo. Greetings in the love and in the light of the One Infinite Creator. We are most pleased to have been called to your group this day. There are also those energies about which you know as those of Hatonn. However, as this instrument ascertained the energies of Hatonn are simply to be placed upon the circle of seeking and, in a very subtle sense, upon that tape recording device which records these words. That carrier wave of meditative quiet and stillness is an helpful one, and those who listen to such a recording as this one may be offered that silent gift.

In addition, we shared a joke with this instrument which caused the challenging process to be a little longer to deal with. We are always hoping that this instrument will not be too earnest about her challenging, so when she asked us if we came in the name of the one known as Jesus we said, "Oh, yes, we stop in the name of Love." But this instrument would not accept that. However, to our minds the one known as Jesus is the one known as Love, for this entity managed during incarnation to express that energy in its fullness. As always, when speaking with a group, we request that our words be taken

with a grain of salt and that the personal discrimination be used. We do indeed thank this group, and deeply, for sharing these moments with us and for allowing us to share with you what humble service we may offer at this time.

The question of self-identity is indeed the signal question of a density devoted to the exploration of self-consciousness. The other experiences gained in first and second density, as powerful and all-encompassing as they have been, are as a simple elementary school class compared to the complexities of self-discovery and self-perception. Being aware of the self simply being is in many ways confusing. There is confusion because of each entity viewing itself through the passing kaleidoscope of circumstance and event about which one spins one's life's threads. The child, that young soul whose mind is infinite and eternal but whose body is clumsy and small, must determine what of his body makes him who he is and what not of his body but of the mind or of the emotions. This is most puzzling and the questioning begins for each entity as that soul becomes enough aware of itself within its little world that the focus becomes inward.

Those of young ages are frequently viewed by their parents and teachers as those who do not have native wisdom or the ability to think upon abstractions at the age of pre-school, as this instrument would call the years of four and five. Yet by this age the larger part of your people are philosophers in their own small way, picking up questions of life, death, and being and looking seriously and probingly at them for clues as to identity and that ineffable and indescribable sense of belonging that is yearned for

but not entirely felt with those identities which the world sees and passes on to the young self.

Each year, indeed each season which adds to the child's life its burden of days, yields also a crazy-quilt of perception and misperception and the drifting of memory and thought through those inner seasons which color perception so profoundly, usually without being themselves perceived. The burdens that the child has taken up often become invisible, yet still are burdens carried. They are carried, not within the conscious mind, but stowed safely as in a ship's hold for the long voyage which shall occur before that self is able or ready to open the cargo doors and work with that burden which has lain patiently awaiting such a visit since the childhood.

These hidden storage areas of the self are hidden for good reason. The self is a living entity in a way which transcends current definitions of life, for there is not the embodiment or the gross manifestation in many forms of vivid life which entities upon your sphere tend to attach life to. The life within, as has been pointed out by this group, moves through incarnations, one upon the next, in a journey unimaginably larger than the journey through incarnation. Yet that journeying and questing self that is infinite and eternal is only taken in full realization and seated or embedded within that infinite self through the processes within incarnation through which the mind comes to be more and more acquainted with the self.

Therefore, sitting down and taking the pen and writing upon paper those things known about the self, and those things logically assumed, and attempting to infer identity in some mental way is not useful, for the self is not built with the logic of the mind. That self which is the deepest self is a distortion of love, and the heart, as it opens, simply becomes more and more able to resonate to the pure emotions which are that unique distortion of love which is each entity. Thusly, one better feels and intuits one's way towards a deeper understanding of the identity of the self than work with the logic and the mind can ever produce. These are subtle matters. And using words is a clumsy option when working in this area, yet we do not have a choice other than these words, so if you will forgive us and this instrument who must, in a way translate our concepts, we shall continue attempting to throw some light upon this very central subject.

When the entity that each is comes into incarnation it is aware ahead of that time that it will lose its way; it will not remember that way; and it will need to wake up in the life in order to begin that journey of self-discovery. Those such as this circle now present were awakened by the call of that nature which, as each grew, it uncovered with its self. So each has gone through several generations of thought concerning self-identity and has discarded many self-identities, finding them too limited and not enough evocative of self-perceived spiritual advancement or evolution. It is good to have started this searching, this pilgrimage, for as entities seek the light, as they are drawn to love, they are also seeking their identity.

The ideals and philosophical arrangements which work to create a more spiritually aware life experience must hang in mystery and in veiling. There is much that the self would know yet cannot know within incarnation. There is no use in incarnations if the work done within incarnation is over and if the puzzle, shall we say, is completely and perfectly solved for an entity. Then this entity has just transcended third density and will soon depart from this planet and its physical third-density existence. It is a prerequisite, shall we say, of incarnation or the continuance of incarnation that the person be working to discover truth, the truth of self, the truth of love, the truth however that entity describes or phrases it. When school is out the Creator simply allows that entity to move on. So the one sure thing about entities within incarnation upon your planet at this time is that they are imperfectly known to themselves. This, then, being a prerequisite for life as you know it, may be counted a good thing by some, although one would not expect a universal "yes."

It does, however, seem to most entities somewhat unfair in that the deck is stacked against being able to know the truth that is so hungrily sought. Yet we say to you that the spirit within incarnation that is still seeking is that spirit that has the right to manifest within the illusion those gifts that may help that illusion. No one upon your sphere, native or Wanderer, is fully realized. Each entity is upon that journey and so are we, and for us as larger truths have appeared things have fallen away and new mysteries have appeared. So it has been also for you and so shall it continue to be.

One may gaze at this identity at the level of its programming and see a very mechanical aspect to self-identity. By this we mean that there exists, within the melding made between consciousness and the biocomputer of your brain, those ways of perceiving which have been chosen throughout incarnation so far, which have re-written and distorted the way and the priority with which incoming sense data is received and processed.

Thusly, on one important level, the seeker may find its identity to be an amalgam of those programs which run when the self is presented with sense data. A simplistic example of this would be the cliché which this instrument is aware of concerning the glass of water being half full to the optimist and half empty to the pessimist. By such judgments the self accretes a system for judging incoming perceptions, and it decides and makes choices concerning this incoming data based upon choices previously made which have biased the incoming perceptions before they have arisen to the conscious mind.

So it is very fruitful to move back into inner work, gazing at those things which grab the attention throughout each day and working with that harvest of daily knowledge of self by observing and contemplating what has been observed. Much healing might be done by the entity who goes back into those early experiences which biased the program, discovering those centers of pain, anger, disappointment, or whatever negative complex of emotions caused that crystallization which distorted the programming in the first place. And we encourage those efforts to know the self by working with the memory and with the dreams which may offer memories which have been forgotten. However, it is equally helpful to surrender all knowledge of self as being utterly irrelevant to the self that wishes to become one with the One Infinite Creator, who wishes only to lose itself in that presence, who seeks to tabernacle with the infinite Love that is the One Creator.

Each entity has an identity. Looked at from the highest level each entity is an illusion. And as the densities mount towards the end of an octave those self-realized entities which were so full of emotion in earlier densities and who experienced such ideal states of compassion and wisdom find themselves releasing layer after layer of illusion until in the final gesture of individual personality the self is released

into All That There Is by desire. We cannot, at this point in our own learning, imagine what it is like to yearn so for the Infinite One that the personality is completely released, but this does in the end occur, as far as we know.

Theoretically then, if one took no thought at any time and simply stayed comfortable when in incarnation and avoided worry, it might be possible never to be concerned with self-knowledge, simply choosing to love the Creator. No entity has as yet taken this short-cut, however, since the physical senses in any density are such as to give the individual clear subjective proof of existence and self-awareness.

Perhaps the best way to advise a seeker to look at the incarnational personality is to suggest that each allow the self the freedom of semi-permeable boundaries, allow the self to go deeply within, encourage the self to move deftly and deeply within the self as the opportunities come to each. This is not something one can do with a schedule. These moments of clarity come when they will, and we simply urge each to appreciate them and to yield to them when they come, for these are good opportunities to learn. And when the self is not in such a state we encourage each to allow the question to rest. For self-discovery is a process which needs time. It is not something which is grasped in a crystallized and gestalt way, but, rather, lies too deep for such experiences. And as long as the self is allowed its natural freedom to be profound at one mood and shallow at another, to be light one day and heavy another, and so forth, this is the best way to study the self. It is a matter of catching it unawares. One cannot gaze forever at the self with profit. One must look away and become spontaneous.

There is that balance between the work and the rest which fuels and feeds the work, which we would encourage each to keep in mind. The mundane tasks of everyday life may not reveal the self to the self, and certainly one is not what one does. Yet washing the dishes, teaching, or any activity whatsoever may at one moment mean nothing and at another moment reveal profound truth. So the wise seeker is one who is alert to those moments when the present moment ceases being a moment in time and reveals the infinity of depth and width and breadth that is the truth of each present moment. For the present moment is the only one which exists, and all present

moments exist simultaneously. Do not be surprised to find realization occurring in the midst of the smallest and most routine chore, for the inner mountaintops of experience are not those which seem high in the outer world but, rather, those which have their being and their altitude deep within the self.

As we said, this is a difficult subject for the truth of personality is a shifting one, yet we honor it greatly. For from it has come all that has been needed by us to evolve to where we are now. And we feel secure in saying that for each entity. This is also tending to be true: that within the everyday and ordinary daily existence lies not one way but many ways to pursue self-discovery. No truth you find of your nature shall ever be complete within incarnation, for there is much material concerning your true natures that lies deeply hidden within the subconscious mind which is not available to the waking, incarnational self.

I am Q'uo, and we shall take this opportunity to express our complete gratitude at having been invited to join your group. We feel that we have been blessed with a great honor and we are always glad to respond to the call of this group, for when we walk with you we are enriched in our own journey as well. We now leave you in the love and in the ineffable light of the One Infinite Creator. Adonai, my friends.

NOTES TO OUR READERS

Once again this Easter we are offering our THIS IS THE DAY tape. It is a performance tape and, therefore, not perfectly recorded. It is the story of a small boy and a tree that grow up together and who are transformed by their shared experience. Words and music tell their story. ✿

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SUMMER 1995, NUMBER 55

THE SPIRITUAL PEACE CORPS

Hatonn, March 27, 1994

Group question: We would like information this afternoon about the nature of our spiritual seeking in general and perhaps the role that those such as Q'uo and Hatonn have to play in that seeking. How are you a service to us, and how might we be of service to each other in this seeking?

Greetings in the love and in the light of the One Infinite Creator. We are those of Hatonn. We thank each for calling us to your group this day. It is a privilege and a blessing to join in your meditation and to blend our vibrations with yours.

We are those who come to your peoples at this time in hopes of being of service by providing information and opinion concerning spiritual evolution. It is our understanding that this present period which you now enjoy is part of a season of harvest or completion upon your Earth world. In this time of transition to a more densely lit illusion there is great opportunity, we feel, for entities who are seeking to accelerate their process of spiritual evolution to do so. We are those who wish to assist, as we may, those who request our opinion and presence.

We are those of the Confederation of Planets in the Service of the Infinite Creator. Institutions equivalent in general nature to ours among your peoples might include the Peace Corps or those who work with Vista in the inner city. Not missionaries, not religions do we present in ourselves but, rather, counselors attempting to inform those who request our service of our understanding of the basic nature

of the creation, the Creator and each seeker's place within this cosmology or world view.

In many, many ways through the years which we have spent speaking to your peoples, we have offered again and again a very simple message: the Creator, we feel, is of a nature which is unified and which may be summed up by a vibratory level. This vibration, we call love. The Creator, to us, is a mystery. We know, or feel we know, that the Creator is indeed the Creator, that this Creator is possessed of an infinite intelligence. This infinite intelligence is expressed in that vibration which is love. Each entity also has a vibration, indeed a complex of vibratory levels harmonizing to make your unique signature or pattern of vibration.

The teaching we offer is this: as each seeker moves its vibratory complex closer and closer to the vibration of love, so does the infinite self within each seeker begin to sound its true note and identity. Thusly, as it is written in your holy work, one might say as did the teacher known to you as Jesus, "Be perfect, even as your Father is perfect." That this is an unreachable goal within the illusions we both experience is undoubtedly so. However, as the seeker sharpens its desire for and its hunger for more harmonious vibratory patterns, as this seeker then persists stubbornly in seeking again and again to move the personal vibratory complex closer to the pure vibration of love, so does desire create the perfect work within.

In any human terms these attempts to be as the Deity are useless. In the metaphysical world, where intention and desire are as real as a chair or a person, such seeking is effective, and as the seeker persists in

seeking this vibration the seeker begins to experience more and more spiritually-based coincidence or synchronicity which acts as a kind of feedback, letting the seeker know that it is cooperating with its destiny and has begun to accelerate the rate of its spiritual evolution.

We come not to move people away from paths of seeking which are satisfying to them. We wish to place no stumbling block before any. However, in many cases among your peoples those who seek most fervently are themselves alienated from the traditional, cultural, religious systems. To those entities we present a general and non-dogmatic way of looking at creation, the Creator, and each seeker's place within that creation. By doing this we hope to be of service, by affording those who may need a home, spiritually speaking, such a home. We hope for no church, nor do we hope for any power within your world. Rather, we simply make ourselves available through channels such as this one in order to present that alternative for those who may find it useful.

It is our understanding that each person on this planet existed in perfect potentiation before the world you know as Earth was formed. Each unique spark of love, each entity, was already loved and cared for before all that you see as the creation came to be, for the essence of each of you is a thought. The manifestation of that thought, your flesh and blood, bone and sinew, is as a garment. You clothe yourselves for your few years of incarnation in, this flesh and wear it until you have truly worn it out, and then, like a garment, it is laid aside and that unique spark of love which is you moves onward. And where you move onward to is dependent upon how you have dealt with those issues which you chose for your own learning within this incarnative experience. You are love and you seek love, yet this love is biased and distorted in many, many crazy ways. Crazy, we say, like the images in the fun-house of mirrors at a carnival.

Why would the Creator place each entity within such a heavy and crazy illusion? What is the point behind all of this manifestation which seems to offer suffering, loss and limitation at least as often as it offers those things which you think are good? We see each of you in a very, very long view. To us, you belong to infinity, for we see each of you as eternal. We also see that the great glory and purpose of your

experience is that you shall suffer as you learn, and in that suffering you shall be transformed.

Now, not all of your people wish to hear our words, and this is entirely acceptable. Many there are who do not yet wish to take control of their own spiritual evolution. They do not yet desire the responsibility of considering the possibility that it does make a very real difference how one chooses to be and to act. To those entities we bow with respect and say, "Sleep on." But we say to those who are awake, "Watch and pray, for you know not the hour when that which is yet to come shall arrive."

Now we quote again the teacher known to you as Jesus. This entity spoke of a wedding feast. To this feast were invited the high and the mighty, the comfortable and the well-off. Yet one must have business here and another there, and so the wedding feast had empty places. Therefore, the father sent out people to comb the neighborhood for anyone on the street to come to the feast. There is a feast and we invite each to come. That feast is love and each of you may be more and more one who dwells in the presence of that divine love.

In terms of the practical, for this instrument requested mentally that we be more practical, we suggest a commitment of some of your time and attention to the process of seeking the One Infinite Creator. This commitment of time need not be a great one but, rather, it needs to be regular. We suggest to each what you might call silent prayer or meditation. There is much good in speaking to the Infinite One, to having a relationship with this infinite intelligence. Yet does not a part of any relationship depend upon listening? Just so, we suggest that each seeker spend some time each day, if it be only a few moments, actively practicing the listening to that still, small voice which your Bible speaks of. For the Creator speaks not with thunder or disaster or great noise but rather the Creator speaks in silence. For there are no words which may carry the energy of the Infinite One. Therefore, the Infinite One's relationship to you is one of being, is one of presence. We encourage each to spend a few moments each day practicing the presence of the Infinite Creator, simply allowing the self to realize that the ground upon which you sit is holy ground, for the Creator is everywhere, and all things come within that holy orbit.

When we speak of love we do not speak of the love of friends or the romantic love of men and women. Indeed, we realize that this word, love, is itself confusing, for it means so many different emotions, not one of which has the power or purity of the One Infinite Creator's love. This love is as a creative thought and energy which has literally manifested all that there is. The nature of the universe is love which affects light in ways which build all that is manifest. You gaze at a creation builded entirely of light, governed by love. When we greet you in the love and in the light of the Infinite Creator we ground ourselves and you in all that there is.

We would at this time stop and ask if there are questions at this time. We are those of Hatonn.

[I have a question, Hatonn. I have a question concerning communicating with others, those that we are meeting in everyday life and sharing with them the world of seeking and our feeling about it in such a way as not to infringe upon their free will. I wish you would comment on talking about what is important for me, for example, with somebody else who doesn't ask. Do I wait until they express desire to hear, or what is a harmonious way to go about doing this, spreading the light?]

We are those of Hatonn and grasp your query. Service is one of the more difficult things to accomplish well. The attempt to be of spiritual service to another, we feel, must depend in the first or primary place upon the free will of the individual to be served. It is well to wait until an entity asks you for your service before you attempt to render this service. For if that which you have to say has not been requested in some way, it is very likely that it will be considered irrelevant by the one whom you seek to serve. More than that, it may constitute a stumbling block for the entity you wish to help. This is sometimes frustrating for it is as though you see a child who will burn itself on a hot stove, yet the child must learn just that way what "hot" means. And if you see an entity bowed down with grief or trouble and you feel this entity could be helped by your opinion we encourage you, then, to see that you have, by offering what is not requested, confused and baffled energies that need to be felt as harmonious and sympathetic.

The service that is rendered by overtly speaking is easy to understand rationally and, therefore, it looks like the best way to serve. However it is hard to

overestimate the effect that a silent witness may have. There is a witness which each gives by the way it lives, by the way it moves through the being and the doing of everyday living. If you are practicing the presence of the One Infinite Creator, if you are living in faith rather than seeking and scrabbling for proof, if you have hope and trust and love and smile, these things will speak for you, without your doing anything, and this silent witness may bless without invading, for it is primary that each entity freely choose that which it chooses.

For the choice made is so very important. What choice would that be but the choice of how to love? There are two ways of expressing more and more love. One is the way of the sun, the radiant energy of free giving. In this way of accelerating the process of spiritual evolution the seeker attempts at each point of choice to make the choice which is of the higher amount of service to others, feeling that in each face which it sees is the face and nature of the Creator.

The other way of accelerating and progressing spiritually is to take all the light around and attempt to hold it to the self. This way of being and learning has various names among your peoples, such as the left-hand path. We often call it the path of service to self. When you see an entity relating to those around it depending upon what use they might be to it, then you see an entity operating along the lines of service to self. Perhaps one might call entities such as this negative or selfish, and perhaps one might call entities who are following the path of service to others those who seek along the positive path, but these are simply names. The entities who are still asleep to spiritual seeking dwell down in the middle of a great arc of energy. For them the energy remains at the bottom of the energy well, for they are not creating or amassing power by how they live.

We who are of the Confederation are seeking along the lines of service to others and we come to those who are seeking along this positive path. We are very willing to aid, and if you wish us to aid in your meditations you have but to mentally request our presence. When we are with a meditating entity we do not give messages or attempt contact verbally. We simply move into the meditative vibration, sharing with the seeker in this meditation. It is as though someone else was singing along with you. The note is more firm and steady. This is the benefit we offer, that your meditations might be somewhat

deeper. We are pleased to do this if you wish and would not infringe upon you by offering this service unless you ask for our service.

We thank each for allowing us to share our opinions. Take only those words which have meaning for you and leave the rest behind, for we are not authorities but those who come in friendship and love. We love you and bless each of you and thank you for the great honor of speaking. At this time we take our leave of you, rejoicing merrily in the love and the infinite light of the One Infinite Creator. Adonai. Adonai. ❁

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
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All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 1995, NUMBER 56

WHY WE REPEAT LESSONS

December 12, 1993

Group question: The question this afternoon has to do with what the Confederation contacts that we speak with think about our continually asking basically the same sorts of question. We seem to need a lot of repetition concerning “being and doing” in our lives, controlling and allowing things to work for their own ends, or, basically, the lessons of love. And we’re wondering how this all looks to the Confederation contacts as they observe our behavior, listen to our questions, and see our concerns—our sort of orbiting in small circles.

(Carla channeling)

We greet you in the love and in the light of the one infinite Creator. We are those of the principle known to you as Q’uo, and the love and light of the One with which we greet you is our way of expressing all that there is, so that in this greeting we have offered to you all that we have to offer in service. We are in service to your people to promulgate this one deeply held opinion of ours: that is, that there is but one great original Thought, that Thought called Love which is the Creator and the nature of all that there is, with light being that instrument with which the grand tapestry of your world scene is woven.

We come to answer your query concerning repetition. We were unaware that we ever do any other thing but iterate and reiterate the one simple truth, that all that there is is one thing, that thing being a mystery which recedes before us as we move in that which we hope is a positive evolutionary way.

Therefore, we have a very favorable opinion of that which you conceive of as your repetitive queries.

The admonition, “Be ye perfect as your Father is perfect,” is attributed to the teacher known to you as Jesus. We, too, encourage the attempt to be perfect, that is, be perfectly loving just as the infinite Creator is infinitely loving and purely loving. Yet, this instrument himself was a broken and imperfect entity within the veil of third-density incarnation. [However,] this teacher encouraged this drive towards perfection again and again. However, this teacher, in the ministry which expressed without words the nature of this entity’s love, chose again and again to bestow that love, charity and wisdom upon those which any civilized culture would call imperfect—the tax collector, the prostitute, the halt and lame and those possessed—a veritable rogues’ gallery of failed and sinful entities.

These profoundly imperfect entities were those to whom the one known as Jesus expended the most care, going after that one in the hundred which is lost, forgiving all for faith. To one who had faith, this entity was able to effect healing. Was any who was healed described as perfect or deserving? Not at all. We, too, encourage you to strive at your very highest level of effort to “fight the good fight,” as this instrument would say, gazing upon the present moment and the future as the ever unfolding opportunity to become perfect. Yet, in this endeavor, we predict that the odds are great that you shall not perceive yourselves as being anywhere near to perfection.

This instrument earlier stated that she was in despair because she looked at the actions and thoughts of

several different present moments, asking the self, "Is this the way you live in the Creator's presence?" May we point out that this entity was, in each instance, thinking of the Creator, with the relationship of the self to Creator inevitably and intrinsically characterized within the heart of self, so that there was no chance for the entity to be away from the Creator's presence.

In each and every self-perceived imperfection of thought and action, each of you, as you criticize yourselves, gaze at who is criticizing and who is criticized. These are both the self. The dialogue with self would not be possible were not the self composed of voices which include that voice which calls to remembrance.

When the seeker begins the conscious portion of its incarnational work in consciousness, all is unknown. The desire to learn is great, and the first lessons are transformational, as the conscious mind begins to deal with our opinions of how, within incarnation, entities might speed up the rate of their spiritual evolution. They are able to make large changes quickly. The meditation is placed in a kind of routine, and the entity begins experiencing fairly rapidly the results of that daily meditation. The world of nature is seen with brand new eyes which gaze upon the creation of the Father, seeing that which we, too, see: the euphonious harmony of all things in the visible world, vital, alive and praising the infinite Creator. The rhythms of life are seen in an entirely different way as the processes of meditation and contemplation go forward, and it begins to be a world in which there are things which the seeker can see to do, in the way of their service towards the Creator and others.

These things are noticeable changes. The difference it makes to the living a life based on faith is palpable, but the seeker moves onward, and each step takes the seeker into that new world in which things have not yet been constructed. Soon the changes within, meeting and reacting with the environment, begin to cause that which one might experience as a dying away of some of the self, the turning towards a different or transformed view of how the spiritual journey shall be run, and more and more as this process continues, the seeker finds itself torn loose from all that previously maintained equilibrium. The path moves onward, yet, the self is transforming and is not any longer a set character. The seeker

begins to wish to have some kind of structure within which to seek, yet, that structure is constantly being torn down to some extent by the progression of the spiritual evolution which was desired.

Thusly, as this desire for spiritual evolution is progressively satisfied, just so it becomes that which is not familiar. And in the middle of this seemingly effortless meditational practice, one finds the self becoming very full of effort, attempting to digest and inwardly mark all that is taking place in a balanced and truthful way. The self becomes less known, for much is in motion. And as the question itself implies, the odds are good that quite often within the stretch of years of a seeker's conscious spiritual walk the self will be, again and again, rather frequently out of balance, or shall we rather say, perceiving the self as out of balance, and there is the wishing and hoping for more balance, for more skill in expressing the life in love and in service.

Perhaps our greatest message to you in this regard is: keep walking. Do not be disappointed in the self because there seems to be the repetition of message. This simply indicates where in a particular group or circle, the rubber, as this instrument would say, is hitting the road.

Shall you wish for a pure heart? Then, inevitably, shall you notice each and every impurity which you perceive in the self. Do you wish to be always the one who offers love? Just as strong as this desire is, so is the strength of your ability to notice unloving acts. And if your desire is to balance being and doing, then you shall surely notice, again and again, that you wish to be given more tools and resources to aid you in combating and working with the self as it is perceived by the self to be acting out of balance.

So those things which concern or worry, like this repetition, are not in our opinion negative, but rather merely indicative of where the energy is within each of you in the circle. Please consider how long this spiritual journey is, and how infinitely fine the distinctions and the enlightenments become as the Spirit progresses through the densities to gaze at the long view. Not only are you attempting within incarnation to balance the being and the doing, the resting and the acting, but there are millions and millions of your years ahead in which you shall only tighten and magnify the scope of that which you observe, looking always not at what has been gained, but at what there is to do. These lessons, shall we call

them, go on forever, until time itself becomes meaningless and spiritual gravity takes over.

We ask, then, that the heart rest in a peace which does not come from settling differences or realizing truths. We hope for each of you a peace that is full of the striving of entities to rest in the Creator. That Creator is not still. The Creator in which you rest builds up and tears down all possible avenues. Dwell within the precinct of this peace. This peace is not still. This peace may be full of noise and full of prayer also, yet, this peace is simply the awareness of the Creator in direct relation to you, and in direct identity with the heart within, which contains that spark of pure Love which enlivens the whole.

You are mortal, experiencing incarnation within a heavy illusion. Those things you came here to learn you are indeed learning; but it takes your time, not simply one lifetime, but again and again called into incarnation to repeat and repeat that lesson not perfectly grasped as yet. If we felt that we should not repeat ourselves, my friends, we would soon be out of talk.

We are attempting to show to this instrument the image of the ice which forms on top of the pond or puddle. The sheet of ice across the top is solid to the touch. It is strong and holds weight. It is one shape only, and can only be changed by breaking and scattering its crystalline nature. Yet, below the ice is living water, the habitat of beings—fish and plant life thrive beneath the solid ice. This is as you in incarnation. The form which you have taken is crystalline in its own way, and marvelously wrought, and each entity has its own beauty and cleanness of form. This solid entity which greets you in the mirror shall be your physical identity until you leave both the illusion and that physical form behind. Yet, that solid entity is not the end of you, but merely the surface of your form. Within you are deep and living waters in which the flora and fauna, shall we say, of archetypal images which live in those deep waters may thrive and bloom. Does the physical form change because of this life which moves within? Usually not, yet this is your self, mostly unknown by you except that you can feel that pressure of vitality coming from the depths within and you can experience this depth and fullness of being.

The crystalline form will indeed need to be battered with that blunt instrument called repetition, a hundred or a thousand times before the dent is

made—the form changes, the mental formation changes, the emotional changes—the work is slow, and you feel pokey and petty and tired of not quite getting it yet. We encourage and exhort each in the regular allowing of the definition of the self to be consciously altered by the bringing into remembrance and awareness that living, breathing, vital part of the deep self. Breathe deeply of that living water. Inhale it into the form which is the physical health. Consciously irrigate and marinate the self in these living waters of deep mind, then allow that consciousness to fade, so that you may, once again, take up the attempt daily, hourly, moment by moment, to live the life of faith, as witness. And in that witness, whether by expression or aura or any word or deed, may you celebrate that imperfection which is the perfect outworking of a life lived in faith and service.

Do you seem to need repetition? Very well then, my friends, repetition it is. And with each repetition, the total of Love does not expand but simply intensifies, so that as each lesson is repeated, new and deeper graspings and understandings are found. The entity has not been dealt, may we say, that can do the same thing twice—not in the world of spirit.

We ask each to lift the criticism that is implied in being aware that you are working towards an unattained goal. Feel each day both the perfection which is the true nature of all things, and the imperfection which is consciousness expressing through a medium. The medium of third-density is that which consciousness can do very little about, comparative—we correct this instrument—compared to its action upon other densities. Therefore, allow the self its nature, and be at peace with the repeated lessons.

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

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time may we ask if there might be any further queries for our consideration?

Carla: I didn't understand what he—what they meant, when they were talking about the deep mind. The images ... It was just unclear to me about the deep mind, and the living, almost like beings in that

deep mind, which are living. Somehow there was the suggestion that they're not precisely us, they're living like fish in the water of us in the deep mind. And I couldn't make anything out of that so I didn't express it. And I wonder if you could try again through Jim, because I was interested in that image but I couldn't express it well enough to use it.

I am Q'uo, and am aware of your query, my sister. And we would agree that this concept is one which is difficult to comprehend within your normal reference points of existence, for there is little of the deeper mind that your peoples choose to investigate beyond the individual subconscious. However, if an entity is successful in traveling to the roots of the mind beyond that that can be called the personal subconscious, there is the racial consciousness of its own kind, shall we say, and here there are experiences that have been gathered by those of the same racial heritage that affect the individual entities of that grouping ...

(Side one of tape ends.)

(Jim channeling)

I am Q'uo, and am again with this instrument. We shall continue. Beyond the racial mind there is the planetary mind that is different than the racial mind on this particular planetary influence. For, as you are aware, many there are upon your planet that have had their beginnings elsewhere upon other planetary influences, so that there are various racial minds which compose your planetary mind. It is possible for a third-density planet to evolve with only its original second-density population progressing to the third, so that the racial and planetary minds are more alike if not identical.

Moving further into the roots of the tree of mind, we come to that portion which is called the archetypal mind. It is here that the blueprint for your evolutionary process is found, so that the influences that you experience from this source are of a fundamental nature, and provide insight and inspiration into your daily experience only in the form of echoes, hints and shadows. At the level of the archetypal mind there is the participation, both of the individual entity such as yourself and entities of quite another nature, though all are one in truth. The creative forces or intelligences that are responsible for this portion of the creation in its very essence are those which work upon the level of the archetypal mind, refining that cosmic mind of the

one Creator in such and such a fashion, so that there is the possibility that the Creator may know Itself with greater variety and intensity than if the cosmic mind did not experience further refinement.

It is here, at this level, that we were speaking previously in suggesting that there are concepts that are basic to third-density experience which have their origin at this level of archetypes. And because of this similarity of lessons to be learned there is the seeming repetition of experience for the seeker of truth within your illusion. Thus, you draw from the same well waters that nourish your life-being and give it its flavor, its *élan*.

Is there a further query, my sister?

Carla: No, thank you. That was fascinating.

I am Q'uo, and we are grateful to you as well, my sister. Is there another query?

Carla: Not from me, Q'uo.

We are those of Q'uo, and are aware that we have spoken for a goodly portion of your time this day, and we are most grateful to each of you for inviting us to do so. We are overjoyed at this opportunity, and we can assure you that though it seems there is repetition upon repetition within your illusion, that the effort you make to greet each experience with love and with light is unique, and adds its own portion not only to your experience but to the experience of the one Creator. And each effort, each breath, and each thought that you take is treasured by those who observe and have responsibility for this progress as your teachers, your friends, and your guides, shall we say.

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

NOTES TO OUR READERS

We would like to inform our readers of the death of a long-time friend of L/L Research, Dr. Andrija Puharich, who died on January 3, of this year at age 77 of a heart attack at his home in North Carolina. He and Don Elkins spent many hours researching the nature of reality and the great variety of intelligence with which we share it. We wish "the

good doctor” peace, love and joy on his journey home.

We are offering our Christmas tape, JENNY, with this issue rather than the next issue so that it will be available as a Christmas gift. It is the story of a young angel that decides coming to Earth as a Christmas tree angel is her way to serve. A great gift for kids—of all ages. ❄

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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WINTER 1995/96, NUMBER 57

PEACE AND PREINCARNATIVE CHOICES

Q'uo, October 22, 1995

Group question: We have been talking about two concepts, the preincarnative programming that allows us to learn the lessons we have chosen and the free will of the incarnation. The other question concerns the blending of this planet's religions, cultures, and philosophies, and we wonder how these can be reconciled to achieve peace. We would like Q'uo's comments on whatever seems to be of value to our evolution in these areas.

We are those of Q'uo. We greet you in the love and in the light of the One Infinite Creator. We are most pleased and happy to be with you this day, and we greet and bless each of you. We thank you for calling us to your circle.

It is our privilege to serve by offering you our thoughts, and we ask only that you take the thoughts that ring true to you and leave the rest behind, for each has his own path to follow and each path is correct for the one person that is following it. And each has discrimination and knows what is true and right for her. If you will do that we then feel free to offer our honest opinions. They are not infallible. We ask you to realize that. We are the Brothers and Sisters of Sorrow. We come when there is a call. Your planet has a great call at this time. We feel that we have good news, and we share it with you with a whole heart and a humble spirit.

Your queries this day are most interesting. We shall attempt to speak on this subject to some extent, but we ask you to realize that this is a large subject and

one which can be explored certainly further than we will this day.

Perhaps we shall begin by looking at the way that entities come into being in your density. Your density is the culmination of the first two densities, those being the elemental awareness known by your rocks and earth, your sea and sky, and the second density of animal and vegetable growth with its turning to the light and feeding from the light. You come into third density fresh from the creation of the Father as a flower or a tree or an animal.

Consciousness is one, both the consciousness of the species and the consciousness of the place, and the creation and the nature of creation. There is a tremendous inter-cooperation, even to the killing of the weak and diseased of one species by another while the others are allowed to escape. There is an intimate and instinctual awareness of the Creator, yet there is no awareness of the self.

The second-density entity gradually becomes aware of love because of human energy invested in the second-density creatures such as your pets. The awareness of self and the inward turning gaze are the hallmarks of third density. As each density has its lessons, so the lesson of third density is that lesson of finding ways to love and to be loved, not only in relationships of one person to another but also in relationship of groups of people to other groups. Yours is a density that begins with primitive, small, and scattered communities and by the end of the cycle becomes an environment of great, clearly defined, and very conscious groups of entities.

The energies that are being worked on in third density are potentially all energies, from the basic

red-ray or sexual energy center through that rainbow of energies. However, it is the function of third density to complete work on that orange ray of personal relationships and to study and attempt to absorb ways of learning to love within the yellow-ray energy center, that ray which is involved when group-oriented energies are shared between individuals. The instinct to gather together in groups is deep. The instinct to include some and exclude others is very deep. And it is extremely easy for the seeker to become quite lost in the sea of confusion in which all of these energies are experienced, for your world is indeed a sea of confusion.

Now if it is understood that the primary work of third density is in tuning and balancing those lower three energy centers of red, orange, and yellow and then of opening and finding ways to maintain an openness and fullness of the heart, then it may be seen that those energies are not instinctual. The refinement has begun. For you stand as a third-density entity as a kind of rough diamond with unpolished edges and without sparkling facets. And through lifetime after lifetime within your third-density experience the self that is inherent within, that crystalline entity that you truly are, begins to become visible as the friction of everyday living works to smooth and refine that crystalline self. Certainly some of the abrasive and cleansing experiences of your illusion do the work of exposing the crystal that sparkles within. And the work that is done by the seeker is work upon the self. The seeker wishes to balance red ray, for that is the basic and very important beginning of energies. That which is not freed and flowing within that root energy center constitutes a primal blockage that will slow and distort the pure light energy which you are receiving from the Creator.

Then it is that you work upon the relationship chakra by working within the self to come into more awareness of what you are feeling and thinking concerning the self in relationship to the self and to other selves. Often it is that an entity that truly does not wish to advance or finds it too painful to advance further will turn from yellow-ray work and move back into orange-ray work, that which is strictly between one entity and another, or between the self and the self in order to be more comfortable. However, at this end time of your present third-density cycle it is entirely appropriate that each set for the self the task of finding new ways of coming

into harmony with other cultures, other races, and other structures of thought, logic, and being. The end result of this planetary effort to come into spiritual convergence shall be that social memory complex that is the basic structure for fourth-density work. You are attempting to learn how to be one people, sharing each other's thoughts, hopes, and fears, carrying each other's joys as if they are your own.

There is much work in fourth density, but once one has become able to be part of a social memory complex one is no longer veiled from that which is most true. Each of you, then, is in the situation of coming close to the ability to merge with all other people. And so there is a yearning and a desire to go further, to become more spirit than flesh, to cease striving after the way of third density. Yet the fact that you are within the incarnation is sufficient to justify the opinion that this is precisely where you should be. For places within your world for incarnation are very rare compared to the number of entities who wish to come into the Earth plane at this time in order to aid in the transformation of your planetary sphere.

You are the one who chose this foggy, barren landscape, metaphysically speaking. It was your desire to place the self within this thick and dim illusion that is the Earth world in order that you might forget that which you know instinctively, for one cannot learn as one does in third density unless there is the physical stimulus, the emotional battering, and so forth that constitutes catalyst for the individual as it goes through its daily round. So no matter how difficult things may seem it is our opinion that the situation remains perfect. For it is the outworking of the self's plan for this incarnation that is being experienced.

Let us look at this plan. The entity who gets the opportunity to incarnate within your density upon your sphere first goes through the process of creating the scenario or the screenplay, shall we say, for your personal movie of life. You choose the cast. You choose who shall play mother, father, spouse, lover, friend, enemy, and so forth. You make agreements with these entities, not within the Earth plane, but within the finer world which this instrument calls the inner planes. No matter how difficult the relationships seem or how much pain has been experienced, this was part of your own choice. It

may be difficult to believe or to understand how you would wish to choose to ask yourself to suffer, yet we can only say that when one is outside of the illusion that you now enjoy it seems like child's play—and a good kind of playing at that—to plunge into the sea of confusion and to swim about in its waters.

Perhaps you have had the experience of thinking something was going to be fun until you have done it, and discovered that that was not fun. That was horrible and scary. Or some other negative feeling. This is the situation of man on Earth. He cannot believe that he has done it to himself. Yet, my friends, you have. You have asked for personal lessons and you have asked for the chance to serve. Perhaps it may aid you in dealing with these difficulties simply to remind yourself that this is a part of the play, or as this instrument would say, the situation comedy of life. If you can find faith within yourself, faith that believes and knows that no matter what occurs that you are on track and the deeper goals are being met, perhaps that may alleviate and soften the harshness of the lessons.

As your third density further draws towards its conclusion you shall experience more and more of the yellow-ray or group-to-group catalyst. That solar plexus chakra comes in for much use and abuse in working with these lessons. This is the time when one discovers what it feels like to be pulled at emotionally, mentally, and spiritually. These are the times when you find out how to cut the cord that develops between two people or two groups that limits their freedom. If you can approach dealing with groups with faith then we feel it is not so long until you can observe the dynamics of the various groups of entities upon your planet and see all peoples as one.

One thing that greatly disturbs and puzzles seekers is the persistent friction betwixt races and peoples. This is not a reflection upon any civilization's or individual's integrity, maturity, or honor. The reasons for this instinctively felt friction lie in the fact that there is more than one race of entities populating your sphere. Your planet in this third-density cycle has been a place which has accepted many other planetary third-density entities who graduated into third density or were in third density yet were not able to dwell upon their home planet.

Now each civilization or race throughout your galaxy, shall we say, has a slightly different

archetypal consciousness, for it is the work of each sun or Logos to add the details to the basic plan of the One Infinite Creator. When an entity or a people move from the heart, then, they are moving from an archetypal environment enjoyed by those who have come here from places other than the one you have come from. Because of the thick illusion it seems that in order for one may of experiencing incoming sense data as real it must drive out another way of seeing or perceiving sense data. As the times roll on and as each entity gains maturity these differences in archetypal mind will begin not to repel but to fascinate entities. And as they lose fear, having become more secure in their own individual selves they will be able more and more to embrace those distinctively unlike themselves in appearance, in manner, and in thinking.

Mostly to be remembered in this regard is one simple rule: you are here to learn to love. Find within the self at any time where the love is, where it can shine. Open the self to that opportunity and you shall have acted well indeed. For each is a spark of the One Infinite Creator, capable of healing, forgiving, embracing, and transforming each other. The one known to you as Jesus said to you, "Love one another." As you love one another you are loving the One Infinite Creator, for this spark is the basic essence of all conscious entities. You are love. There is just a very heavy coat of flesh upon that lightening spirit born of love that is you. As you have your daily periods of meditation and contemplation, spend a moment reaching out to embrace all of the self's catalyst, all that the world has to offer, both war and peace, both heat and cold in so many ways.

Be or practice to be unafraid of trouble. Find ways to be serene while you are not understanding, for this lack of understanding will continue and is irrelevant to the process of spiritual evolution. When the heart is opening a tremendous strength fills the spirit. Whenever this is not felt and you become aware that the heart is closed, we ask that you touch in to your own faith, to the guidance that surrounds you, to the love that overshadows you, the mystery that made you and claims you for its own, and rise refreshed and peaceful.

You have much to learn. You will make mistakes, but they are not metaphysical mistakes. The mistakes are part of your learning, part of the

illusion, part of being human. Forgive yourself, for in forgiving the self you become able to forgive all, and the redemption in the eyes of a peaceful person is a blessing indeed to those who behold it, and to the planet in general, for love lightens the planetary vibrations. This love does not come from you. We would not ask you to attempt to develop such a thing as infinite love. We ask only that you open the self, allow pain to hollow you out and make you a beautiful and transparent instrument through which infinite love can flow. You are a vessel, a precious, precious vessel. What shall you hold? What shall you offer?

We thank you for inviting us to join your circle of seeking this day. It has been a great privilege and honor for us to be able to share our thoughts with you. We shall now take our leave of this instrument and this group, leaving each in the love and in the ineffable light of the One Infinite Creator. Adonai, my friends. Adonai.

NOTES TO OUR READERS

Our very best holiday wishes to each of you. May the Christ be born in every heart, and may every day be the beginning of a New Year for everyone. ✽

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publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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SPRING 1996, NUMBER 58

SEXUALITY AND SPIRITUALITY

Q'uo, April 9, 1995

Group question: We would like to know what the natural expression of both the male and the female sexuality is? What are the archetypal images or forces that aid or cause this expression to be as it is? How is it most appropriate for us to work with or to perceive these sexual energies in ourselves and in each other? And we would like to know if there is a way in which sexual energy exchanges can be used to experience the unity of the One Creator?

Greetings in the love and in the light of the One Infinite Creator. We are those of Q'uo. As always it is a distinct pleasure and privilege to join this circle of seeking. We bless each that lends its complex of vibrations to this circle. The combined energy is most beautiful. We ask that each use its discrimination in listening to what we say. We ask that you not accept any of our opinions unless it seems to strike a chord of response within you, for truth is a deeply personal thing; and we ask you to guard your own truth carefully.

As we speak to you concerning sexual energy, we need to speak in a context so that we do not isolate this energy in thinking of it in an artificial manner, but rather, in a way that enables each to see and to feel the perfection of the sexual gift. Indeed, gifts that are large and contain great power are also those responsibilities which are equally great, for each guards and appreciates and shares this energy among others.

The wellspring of your physical vehicles is the sexual activity. The fructifier of inspiration is often the

sexual activity. The healer of pain, even deep pain, is often sexual activity. And all those energies of friendship and the reaching of people unto people as societies: these need to be seated within strong and healthy sexuality in order for there to be depth to the processes by which energy moves toward that perfect light of infinite energy.

Archetypically speaking, then, sexuality for third-density entities such as yourselves begins with that dynamic between the male who reaches the outstretched hand and the female which awaits the reaching. Now, this is an archetypal structure, an archetypal logic. In truth, male and female both reach and await the reaching; but in terms of finding a way to grasp and understand the ways in which this energy arises, it is central to see this dynamic of the male which reaches and the female which awaits the reaching.

The difficulties that those who are seeking truth find in that seeking often seem to have nothing to do with sexuality, but rather, with things holding one back: the spouse or something about the home situation begins to be seen as being so limiting that the seeker must leave to be free to seek, unfettered by what seems to be a sea of negativity. Quite often, however, what is occurring is that the seeker has begun working upon the higher energy centers—the heart, the throat, the brow—those energies that we would call those of compassion, communication, and work in consciousness. Certainly, these indeed are those energies which beckon. And oh, how hungry the student is for more wisdom, more knowledge, more insight, and more understanding!

Yet any plant begins its life within the soil; and although you no longer are attached to the earth by roots that are visible, yet the physical body which carries you about has its origin, its life, and its energy because of its oneness with the earth plane. The amount of sheer energy vibrating betwixt earth and physical vehicle is astounding. Yet it cannot be acknowledged and used nearly so well by one who is working upon upper chakras unless that entity has the patience, the humility, and the determination to come into contact with that earth, that soil of self; for the sexual identity is as powerful and as completely unique a part of the individual spirit or soul as any other incarnationally expressed energy. This is the energy which creates a healthy plant, a healthy body, the energy that gives a primal "yes" to being. This is moreover (as are all energies), a sacred, a holy energy; and the sexual intercourse is as the eucharist of red ray, the holy communion of the body. This union recapitulates the oneness of earth and sky, the oneness of male and female, the oneness of reaching and waiting.

Now, when we speak of sexuality, we do not simply speak of sexual acts, for this energy is constant; and though its appearance in the conscious mind is cyclical, its place in the scheme of things, shall we say, is constant.

Now, how does one work upon the red ray? First, one simply has to become able to express to the self precisely what the attitude is, for we find among your peoples a great ability to gloss over uncomfortable subjects with generalities and half thought-out concepts. There is inevitable damage done, if one would call it that. There is, shall we say, inevitable distortion that has taken place for each and every entity within incarnation. For like the rest of the incarnational tools and resources, sex is intended to cause great catalyst, to cause entities to feel all kinds of befuddlement, anger, grief, and so forth. That is one of the great virtues of sexual intercourse and the relationship between two entities concerning their sexuality and their expression, one with the other. One is intended to find this a difficult thing, at least from time to time, for the journey from head to heart must be taught at every level of energy.

So, one may work on the issue of becoming more balanced in red-ray energy whether or not one is in relationship, whether or not one is sexually active. In

terms of doing one's homework, shall we say, it does not matter what the situation is, for each entity's sexuality lies at the very heart of its individuality, and each entity must needs work upon its own issues, its own sexuality. It is well to attempt, then, gently to part the strands that are tangled in the process of perceiving one's relationship to another sexually so that the other entity's issues stay with that entity, so the self works completely upon the self; and perhaps its reactions may offer that catalyst for thinking which does create lessons learned and the strength of vital energy improved.

As the Creator intended, third density is always concerned with the dualities of dynamic opposites; and the male reaching and the female waiting is the strongest dynamic of red ray. So let us look briefly at the reaching and the waiting.

It is not just the mind and the spirit that are involved in the processes of reaching, for the physical vehicle has instincts that are very clear. The perpetuation of the species, as this instrument would call it, is completely dependent upon that male necessity for reaching. Thus it is, that the body itself has the instinct to reach; and of course, those females who have an abundance of male energy shall also find themselves involuntarily reaching out to the sexuality of a male that has caught the eye. This energy can be perceived as being very negative because it can be confrontive, and because the deepest instinct of one who awaits reaching is protection.

Now, what is it for which the male reaches, beyond that is, the obvious? What is it that is at the heart, spiritually speaking, of this energy? As always, it is unity. The prize is great for those who wish to purify and strengthen this energy until it finds balance within the self. Thusly, males have the necessity of dealing with the catalyst of attraction to any attractive and available female. Indeed, that male energy is capable of reaching in fantasy, in thought. There does not even need to be the stimulus of the female which is present. This ensures that the species will survive as long as the planet is viable.

Meanwhile, for the female energy, there is the opposite side of this dynamic. Unity there is, but an articulated unity. Males who have much female energy also find themselves involuntarily drawn into the contractions of one who protects one's self. This energy is so powerful that there is the necessity for

the female or negative energy to be watchful, cautious, and protective. It is not for the female energy to seek the indiscriminate reaching, but rather, the careful protection. For the unity that is articulated betwixt male and female is that mystery which is the One Great Original Thought. Female energy potentiating male energy equals subconscious energy run through conscious channels. So each becomes a channel for the One Great Original Thought which is Love. And in the sexual mating betwixt two who grasp the profundity and centrality of the energies of love-making, there is the possibility of touching intelligent energy; and in this fusion, the two truly are one. From this rise male and female, blessed, balanced, and healed.

We ask each to consider the archetype known as “The Lovers”. In this figure, a male stands with a female on each side; to one side, the virginal; upon the other side, the worldly and prostituted female energy. It is the first choice, the most obvious choice, for the male who comes into possession of that sexuality which shall be its catalyst for a lifetime, to reach for that sexuality in the female which is obvious; and indeed, there is that portion of any male energy which shall always be attracted to the prostituted and the shallow. This is natural. Yet, to the man who seeks until he finds that female which he feels he can work with in all humility, to this entity is given a great deal of aid. For if male and female wish equally to work together at this energy level, then there is for both a constant supply of transferred energy—to the man the mental and emotional inspiration, to the female, that physical, vital energy—each giving what each has in abundance and receiving what each has not enough of.

We mention this archetype because there is a continuing need for entities to reconfigure and re-balance themselves, for there is little probability that a seeker may become perfect in this or any practice of disciplining the self again and again. That male energy which is such a blessing in its abundance and its strength may well fall into a season wherein images come and come and come into the mind and it seems that there is nothing but lasciviousness within. And for the female there is that tendency to allow the protectiveness that is appropriate to degenerate into bitterness and fear; and the separation that occurs because of these things is substantial.

Therefore, in working with each other in relationship, that energy we would call forgiveness is most important. This energy, as all energies within this illusion, has been set up to cause confusion and befuddlement, again and again. And while it is natural to experience negative emotions in response to the frustrations of failing, as one perceives one’s self to fail, it may seem that the subject of sex is not worth all the work. Women have an archetypal tendency to be what this instrument would call “bitches”. Males have the archetypal tendency to be what this instrument calls “pigs”. These are pejorative terms. This instrument uses them because to speak them aloud takes some of the sting from that inevitable truth, for that element which seems bitchy is only the outcropping of that healthy tendency of protection. The female fights with words. That to which it is reacting is that male nature which reaches indiscriminately, and no matter how far a male has come spiritually, the physical vehicle of that male will continue to reach indiscriminately. The student of metaphysics will, for the most part, attempt to ignore the promptings that are random and to continually re-place the attention upon the mated relationship. The male shall always fail to do this perfectly. The female may attempt to be forgiving, understanding, and so forth, but again, failure is inevitable. My friends, in this way as in all others you have each other to help each other, and it is most encouraged by us that each attempt to see that dynamic that sexuality offers with a merciful and ruthless gaze, to be quick to forgive, and to be willing again and again to attempt to trust.

When there is discord at this level, much energy is blocked; and it is usual for students of metaphysics that they will be blocked to some extent at this level. We have spoken to you before concerning the dangers of working in consciousness without first clearing those lower energies, and we remind each again: the first work is that work which is the lowest, the basest, and the most fundamental. The first holiness is here, where feet meet earth, where spirit meets flesh. Here, at the level where entities are born; here where entities express their deepest physical nature; here is the beginning of a good work.

Working with this energy center shall last the lifetime, but we encourage each to work intensively in this level of energy until a balance is perceived by the self. Then, the process is to work upon the self’s

mental relationships with itself and then relationships with others, and then relationships with groups. And only when this work of balancing has been touched upon should a student move into working on opening the heart, into communicating, into work in consciousness, for the energy has a natural vector from the lower to the higher; and the student needs a strong foundation.

So, we ask each to see working on sexuality as a holy occupation and part of a holy life. Let it be wonderful and fun. Free the self to rejoice in the beauty of this energy. This is a long process sometimes; however, there is much pleasure in the work.

At this time we would take our leave of this group, for we are aware of the length of your time that this working has consumed, and we do not wish to overtire those present. We are known to you as those of Q'uo, and we leave each, as always, in the love and in the ineffable light of the One Infinite Creator. Adonai, my friends. Adonai.

NOTES TO OUR READERS

FROM ELSEWHERE: *Being ET in America is an excellent book about Wanderers written by Scott Mandelker, Ph.D. We would also highly recommend FROM ELSEWHERE: THE ET JOURNAL which is a bimonthly newsletter published by Dr. Mandelker at 2130 Fillmore Street, #201, San Francisco, CA, 94115. \$24.95 in the USA. and \$34.95 overseas.*

Also this Easter we are offering our THIS IS THE DAY tape. It is a performance tape and, therefore, not perfectly recorded. It is the story of a small boy and a tree that grow up together and who are transformed by their shared experience. Words and music tell their story. ✨

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publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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SUMMER 1996, NUMBER 59

THE PATHLESS PATH

Q'uo, April 14, 1966

Group question: We would like to know what the steps or stages are that are necessary to make the harvest and for walking the path of the seeker of truth. And where does this desire to walk the path and be a seeker of truth come from?

We are those of the principle of Q'uo. Greetings to each of you in the love and in the light of the One Infinite Creator. It is our privilege and our blessing to be called to this circle of seeking. And we thank each who has allowed us to come to share our thoughts with you at this time. As always, we ask that it be remembered that we are not infallible, that we are not all-wise, that we are not authorities, but travelers on that path with no steps, that is the spiritual path, And so we ask that each respect his and her personal truth and take those thoughts of ours which seem good to you, leaving the rest behind without a second thought. For each seeker has within that compass that tells when the direction is right, and we ask each to use that discrimination and that guidance and to trust that feeling within, not any authority. For each is the authority of his own path. Each is truly the captain of her own ship in an ocean whose tides are not known and upon which there is no land. Each spiritual seeker sets out upon a voyage of discovery. And yet each island of truth, each continent of discovery, is within the seeker. The journey across perilous waters is an illusion necessary because all within third density dwell within a heavy illusion, and the way to grasp the nature of that illusion and to use it is also illusion. For is not all the shadow of one Great

Original Truth: Love, that which is ever unmanifest, invisible, that which cannot be grasped or proved? Such is the nature of the spiritual journey.

This day you have asked for our thoughts on what are the steps for achieving harvest, the harvest of third density. How can seekers learn to bear the intensity and fullness of the light that illumines fourth density illusion? For you see all within our grasp is illusion, yet each harvest delivers the seeker into an illusion that is fuller of light. That light is the first manifestation of love. So when we say that all is illusion this is not to suggest that there is a way out of illusion. No, rather, we suggest and encourage each to contemplate the seeking of that illusion which contains that fullness of light which can be accepted and borne through the circumstances of each day, each hour, and each moment.

This instrument was saying earlier that none is worthy, and the one known as Tom suggested that all are worthy. And we say to you that as with all paradoxes this is the mark of the spiritual; this is a sign of the metaphysical: paradox and puzzlement. For each statement is quite true to the best of our knowledge. No one is 'worthy' if worthy means that one has accomplished a certain number of understandings so that one is able to pass the final test. None, by learning, no matter how abstruse, shall be able to accept the fullness of light through knowledge. None is worthy to enter into fuller experience and larger life by what striving that entity has done. It is also very important that each realize that beyond and throughout all illusions that each entity is perfect. Each entity is loved by the Creator. Every iota of flesh, every thought, every emotion is

loved, accepted, and forgiven by Love, Itself. So there the human experience balances between complete unworthiness and complete worthiness. Between is that pathless path which each seeker treads.

We said earlier that your density is one of illusion, and indeed each has that garment of flesh that carries about the consciousness that is infinite and eternal. While this Consciousness dwells within the physical vehicle each has one great gift which overshadows all other gifts and that is the gift of what has been called presence. Each is aware that he or she is conscious. This self-awareness opens a door which, once opened, cannot be traversed in reverse. The door shuts upon those who have been awakened to the call of their deeper nature. Now not all entities are on a consciously spiritual sojourn. Not all entities are ready to awaken into the responsibility of knowing that they are spiritual beings and that they wish to accelerate the rate of their spiritual learning or evolution. For those who are asleep we ask each to rest easy. There is a time and a season for each entity, and when that time comes that entity shall awaken. That entity shall begin to investigate what is true, what is real, where he is, and where he is going. For those who have come to this realization, for those who have embarked upon that journey from which there is no return, we say to you that your greatest gift, is your incarnation. Each of you has chosen to be in this illusion at this time in order to learn and in order to serve. These two are interconnected, two sides of one coin, the being and the doing. The attention so often is on what one is doing. Where is the ministry? What do I do to be more spiritual? And yet, it is the sheer identity of each that is the great gift each has to offer this dear planet upon which you enjoy incarnation at this time.

Let us look at what we mean by 'consciousness'; what we mean by 'presence.' Consciousness, is, in truth, consciousness of love, for love and the distortions of love are all that there is. Each has a native vibration that is completely congruent with the Logos that created and formed all the millions of infinite universes. And each, through the process of taking on an incarnation, has signed up for a difficult yet rewarding term of service. That consciousness, then, that some have called Christ-consciousness or cosmic consciousness, dwells within that vessel of skin and bones, muscles and thoughts.

Each rattles around in this somewhat alien configuration, a spirit trapped, or just visiting. Most entities spend some time feeling very trapped, and yet this is an opportunity that you wished for very much. This was a trip you planned for, setting up for yourself relationships that would help to focus your own heart and mind upon those lessons of love you, yourself, deemed to be the most telling and critical for you at this point. And so that basic vibration of each is Love Itself, distorted, contracted, controlled, shall we say, by the various ways which, by free will, the entity has chosen to limit or shape consciousness.

The way to climb the steps of light to a fullness that is fourth-density is actually not to take on learning but to release learning, to release those strictures of contraction which you have placed upon consciousness in order to defend the self. When entities pull themselves away from the fully open heart it is usually not from a motive of anger, bitterness, or offense but, rather, it is a move to defend the vulnerable self within. Little by little, the path towards graduation into fourth density involves discovering, balancing, and releasing those things from which one pulls back and contracts the self in order to survive.

You see each is as the note, tone, or complex of tones which makes up an harmonic. Each is a perfect yet unique jewel, a gem with facets that have been cleaned and polished and shaped by the tempering of those furnaces which consume distortion. These furnaces burn brightest during times of initiation when all seems dark and there is challenge and struggle within. In these times we say to you, "Rejoice, for you have joined forces with your destiny. You have come to a time of transformation. Take courage and know that sorrow, suffering, anger, disappointment, and all the negative emotions that are felt are opportunities for the tempering process to work." The oven of the alchemist is one designed to refine gold, to cleanse from it those things which are not gold. You may see the alchemical process working with consciousness as that refining fire in which dross is burned away, leaving that precious Original Thought, pure, shining, and untouched. You carry within you the sea of consciousness. All that there is, is within you. All that you seek, lies waiting to be rediscovered.

Now the third-density lessons are lessons in love, lessons in connecting with other entities in loving ways. When one has spiritually awakened, one becomes aware of a world of suffering. An enormous cry of pain is all about one and not only exists within the self but is found whenever the entity reaches out here or there. Touch that place. Gaze into that interest and you will find that the human heart has suffered there too, and in this suffering all are one, just as all are one in the perfect joy and peace of love. And so each seeker dances amid distortions, choosing whenever possible to find the love that is there. Each hopes to serve and we assure you that this is both simple and nearly impossible. It is simple in that simply by being who you are you are expressing love, for that is all that can be expressed. The question is always, "How shall I give love?" And we say to you that if you attempt to give love of yourself with your own energies you shall quickly run out of love, for it is in short supply within your illusion. However, it is not necessary for any to give love from the self. It is only necessary that the one who seeks to serve move the self out of the way of that love which comes in infinite supply from the One Creator. That love can be poured through the instrument that is open and empty, and the world shall feel that light and shall not know whence it comes. Yet the one who is able to be a witness of light, the one who is able, if you will, to be a channel of love, in that effort and in that desire to serve one has reached its greatest apex. If one wishes to accelerate the speed or rate at which one evolves spiritually, then one simply attempts to spend time and attention on love in daily meditation, listening to the silence within. One enters the inner sanctum of one's own heart, and one feeds there on that life-giving water that ends unrest. And as one becomes able to, one attempts more and more to see each moment as a moment in the silence, to see that all is perfect beneath that surface noise and confusion that characterize mortal, human-kind.

We find that this instrument wishes to be politically correct, and so we are attempting to remember both sexes in what we say, but we must say that your language is not very well formed for this. So please pardon our many stumblings as we attempt to find a word that indicates that male and female alike are one with the Infinite Creator.

Now service to others is, again, as always, paradoxical, for if one serves others is not one

serving the self, and vice-versa? Perhaps one way to think about serving others is to ask the self to wait, to listen, and to become aware in more and more fullness of what that other entity desires. And when one wishes to serve that entity then one asks the self, "How can I express love in serving this entity?" There are many times when the only way to express love is to be silent, and in that situation that is the most loving thing to do. Where there is perhaps a request from another, then one simply responds to that request as best as one can.

This willingness to take time to listen to another is in itself a service, and we encourage each to open those inward ears that hear what that consciousness is saying upon the level of depth at which the self and the other are most truly expressing. For some request those things which seem fair but which, within the self, are found to be wanting, and in those situations one serves best by turning to prayer to find acceptance and love.

We give this instrument the vision of the starry skies in mid summer on a clear, clear night. As you breathe in you breathe in the universe and as you breathe out you create it again. Each is so precious. Each is so beloved. Feel that rightness, that perfection that is the basis of consciousness. Breathe in and feel the heart expand. Breathe out and feel that love pour through. You are the light of the world. You are the Creator's hands, the Creator's voices.

We would once again thank each present for inviting our presence this day. We are most gratified to have been able to blend our vibrations with yours, and to speak our thoughts and opinions in response to your queries which we have found helpful in our own patterns of seeking. We would at this time take our leave of this instrument and this group, leaving each as always in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

NOTES TO OUR READERS

Carla is still working on her book on Wanderers. If you feel you might be a Wanderer, she would like to hear from you any questions or comments you might have on that topic. ♣

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FALL 1996, NUMBER 60

ANGER AND SORROW

Q'uo, September 18, 1994

Group question: The question today has to do with the concepts of anger and sorrow since they seem to be so common to our experience. We are wondering if there is a way of opening ourselves and allowing the processes of anger and sorrow to pass through, to be broken by the experience, and to be healed so that afterwards we are stronger or wiser, or more loving, or will somehow benefit from having had this experience. Could you talk to us about anger and sorrow?

Greetings in the love and in the light of the One Infinite Creator. We are those known to you as Q'uo. We offer this circle our thanks and blessing for allowing us to blend our vibrations with your own and to be called to share our Opinions with you on the subject of dealing with trouble and woe. As always, we respectfully ask that each who hears these words employs discrimination, accepting only those thoughts which ring true to you and allowing all others to pass by, for we would not wish to create a stumbling block by sharing our mere opinion. We, like you, make mistakes and share with you as fellow seekers after truth, not as those who are in authority.

In order to speak on this subject we must back up and begin from the general standpoint, looking at the whole being and its purpose as seeker in experiencing incarnation in this third density of yours at this particular time. As it is the latter portion of the cycles before the phenomenon this instrument calls the coming of the New Age, many of those who are seeking at this time are those who

have by seniority of vibration been given the opportunity of incarnating at a time when both the positive polarity and the negative polarity are attempting to increase the intensity of their distortions toward service to others for the positive entities and service to self for the negatively polarizing entities.

In this environment both the positive and the negative in polarization shall naturally seem more extreme, and so it is that within your culture at this time there are many whose seeking of the truth is outstanding and whose efforts to learn the lessons of love are substantial and persistent. At the same time, those involved in seeking negative polarization are attempting in a marked manner to create negatively polarizing situations which may express the utmost in negative orientation. Consequently, there are legions of those who think nothing of stealing or killing, some for a holy reason, supposedly, but many for no reason except the attraction of power.

It is against this backdrop in your history that the seeking for truth now goes on upon your sphere. The rules, shall we say, have not changed, but the experience is more intense for all upon your sphere. We have the ability to speak to this circle and say that each within this circle has won through to the present incarnation by virtue of many labors of love, shall we say, done prior to the present incarnational experience. Each feels fairly strongly that the seeking of the spirit, the seeking of the heart, the seeking for a greater understanding of love, is properly the center of the incarnation. Each is attempting to live according to the positive path and attempting to polarize positively. Therefore, we do not have to

coax any to do the work necessary to continue working on that polarization. Each has some grasp of why he or she is here: to learn the lessons that love has to teach.

The questions that remain are more along the lines of wondering why it must be so confusing to seek the truth, why the Creator so often seems hidden within a situation. To sum up many thoughts, "Why does it have to be so hard?" For the heart remembers perfect ease and harmony. Contradicting all experiences within the incarnation, there lies the heartfelt feeling that the normal way to live is not available in this incarnation.

The memory stubbornly persists that harmonization between people is second nature, and we say to you that, indeed, except for third-density experience, harmonization betwixt any two entities is not just possible, but to some extent in positive polarity, inevitable. The question then becomes, "Why did I leave that pleasant estate to come into this intensely difficult environment equipped only with the limited and confused biases which all seem to fall wide of the truth, so-called. What is the great goal seen that made me come here?"

Perhaps you already have the answer. You came here because you wished a challenge and because you wished to serve. The challenge for each is unique to each and was set by you before this incarnational experience. Each entity wished to take particular courses over again in the school of life, as this instrument would call it. Each wished to drive home one way of learning to love.

Each also wished to be of service and that is another topic. We speak now of that entity who came here to your orb, not because it was pleasant, but because it was difficult, confused, and very dark in many cases. And because each wished to immerse the self within this difficult and baffling set of conditions so that the lesson would be enduring, deep, and thorough. Each wanted to work very hard. Before an incarnation the self remembers that incarnations are more difficult than they seem beforehand, but just as the student remembers the joy of learning and forgets some of the agony of change involved in learning and adopting amended ideas, so each has an element of surprise and even betrayal. Each argues to some extent with the judgment of that Higher Self that chose these lessons.

In addition to the services which each came to offer, there are tools which one may use to work with one's own grief, anger, disappointment, and rage. The first tool is the one around which we have been throwing up a structure of words to rather enclose. That reason is a stubborn faith that you came here to work, so now, let us work. The first tool to use when you are working with negative emotions is simply remembering who you are and why you came here, why you are here now. For there is, in each case, good reason for you to be precisely where you are. As the one known as Ra has said, there may be surprises, but, there are no mistakes.

The knowledge that you, yourself, judged these lessons possible to be learned can be a cheerful knowledge to recall. Not only would the Creator not offer you more than you could bear, also neither would you, yourself, before this experience place yourself in that kind of situation. Therefore, if you are to be overwhelmed by these negative experiences, we encourage the allowing of this being overwhelmed. If there are the tears, cry them. Cry them all and respect each drop. Respect and love those mute expressions of grief, anger, sorrow, and rage. Accept the excesses of feeling that shake and seemingly hurt you. Know that these feelings are justified, that these feelings are protected, that there is time for these feelings to express. And work with the self to encourage the eventual completion of expression of the feelings involved.

We encourage each to nurture the self through these difficult times, allowing and even encouraging those tears, the raised voice, the angry motions, all the silly, childish acting-out that is involved in being overcome by emotion. For within this deep, opaque illusion, there is no other way to complete and then balance negative emotions. The only way through the feelings of negative emotions is directly into the midst of them. So, attempt, if you would be good to yourself, not to turn and run from painful feelings, but rather to choose a time to nurture the self and within that nurturing time alone look at, accept, and offer respect to the bruises, the hurt feelings, the pain that is going on. For these emotions, when accepted and respected, can scour and scrub much material that is ready to be taken off of one's shoulder, emotionally speaking, and rinse those ripened, matured, evidences of pain away. In many ways sorrow and its tears, anger and its loud voices are healing to the troubled soul. The anger, the

sorrow these are not things to fear; they are experiences to go through in the way that is most true and real for each.

The second tool which may be used when these feelings are seen is the turning to the One Infinite Creator, for these feelings are taking place in an infinite creation. Within this infinite creation there is one thing that is true. That thing is love, love expressing as truth, as beauty, as goodness, love expressing as mystery. It is not necessary, you see, to remain in the sea of confusion, paddling about in the frail bark?? of flesh that is your own upon this infinite voyage. Once the reality within the illusion is addressed, once the sorrow and anger have been owned, accepted, respected, and the entity within all that feeling nurtured, then is there wisdom in turning to praise and thanksgiving of the One Infinite Creator, to turning once again to love.

This is not done in a way which denies all that seems imperfect, but merely setting those painful emotions into the most true version of a universe which you can find, and that is that infinity of space and time against which the troubles of a day begin to seem somewhat small. Within the self lies all that there is. The portion of the self dealing with the surface emotions within a particular incarnation is most small. It does not belie the agony felt to place it against the backdrop of infinity and see that it does not take up the entire creation, but that there is a deeper and surrounding environment which goes beyond space and time and of which each is more a native than this present Earth. Each is a citizen of infinite and eternal creation, moving into praise and thanksgiving, readjusting the point of view, biasing it towards truth and polarizing it towards service.

When the object of anger or sorrow is another, there is a type of meditation or experience this instrument would call prayer in which prayers are offered for the entity which has been catalyst for this sorrow or anger. Praying for that entity which has harmed you also reorients the deeper mind and biases the deeper mind more towards truth.

The last of the tools we shall speak of this day is the tool of the One Self. When the mind can settle upon the unity of each self with all other selves, then it can more readily be seen that each entity outside of the self is simply a mirror reflecting your self back to you. Those things which anger you are angering you about yourself within some portion of your inner,

larger, self. The sorrow felt for others is sorrow felt for the self. It only seems to involve others. Taken upon the surface, this statement seems patently false. However, in the deeper sense, and certainly in the sense of working spiritually with emotions, it is true, as far as we know, that all that you see is your Self. You are in common with all that there is.

At this time we shall again thank this group for inviting our presence. We are most filled with joy at each opportunity to blend our vibrations with your own. We assure each that we walk with you on this journey and that no entity walks alone, for each has those friends, teachers, and guides that walk with it as do those brothers and sisters within your own illusion walk with each in spirit.

We are known to you as those of Q'uo, and we shall take our leave of this group at this time, leaving each, as always, in the love and in the light of the One Infinite Creator. Adonai, my friends. Adonai.

EXILE ON EARTH

Oxal, December 6, 1981

You, my friends, are in exile. All upon your planet are in a strange land. There is no comfort for the spirit in the milieu of your culture. The planet that man has made is a strange and barbarous territory. You are in exile in your bodies.

There is within you a knowledge, a remembrance, a memory of the light and the infinite life of your true existence and of your true body. But here you are, cast away and what have you done, you exiles of the soul? Have you banded together defensively to protect yourselves against the pain of living? Have you attempted to convince yourselves that exile is home? Examine the actions that you take and the thoughts that you think, and you may find in yourself many, many traces of the behavior of a stranger in a strange land.

My friends, there is comfort. There is complete and utter comfort. It is in looking outward that you miss the one source of home, for to find that home you must look within the self. Beneath all those things which you have been taught and all those things which you have rationalized, there lies a homeland and a true being so deeply fixed within you that you cannot lose it; you cannot forget it. It is not to be earned, but it may be sought. Seek, my friends, the peace of your true home, balm of your true identity,

and in that knowledge look out upon this illusion
and see it in love and in light. If you seek wisdom
you shall not find it in your illusion. In meditation
go home, for you that home is by right of infinite
birth.

I am known to you as Oxal. Let there be no division
in yourself. Cease all confusion and know that exiles
think strange things. Seek that which awaits within.
I leave you in the love and in the light of the Infinite
Creator. Adonai. Vasu. Borragus.

NOTES TO OUR READERS

Thanks to all who have written Carla about their
experiences as Wanderers. She is still collecting
information for her handbook for Wanderers, so
anyone who feels that he or she might be a
Wanderer is encouraged to write Carla. ✿

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 1996/97, NUMBER 61

TIME TO DO OUR WORK

Q'uo, September 15, 1996

Group question: The question this week has to do with the feeling that we won't have enough time to do the work that we came to do. When is this work really done in relation to time? What is occurring when we worry? Talk to us about time, worry, and spiritual work.

We are those known to you as the principle of Q'uo and we greet each of you in the love and in the light of the Infinite Creator. May we thank each for coming to this circle of seeking. We are so grateful to have been called to your meeting and to speak to you on the subject of time and some of the implications that lie in that concept of time. As we speak we ask each to use his own discrimination, for each of you has the power and the wisdom to recognize the truth that is yours. It is as though your truths lie waiting for you to rediscover them and to remember that which is already known. If some of our thoughts have that ring of remembered truth, then by all means we offer them to you with a full and happy heart. If we do not hit that mark, then we ask you to simply drop those thoughts and go on.

Talking about time is talking about one of the prime distortions that makes up your illusion. Let us then start with our concept of time and space. Although we cannot be sure of this, it is our opinion that time is a building block that exists in order for the illusion of sequence to offer the Creator's children a seeming progression of events, small and large. It is half of the basic building block of your perceived consensus reality, the universe as your culture and science

know it. It is as though the Creator took the Logos, which is Love, and paired that Great Original Creative Force with the means to make it into a perceived illusion. The means of this impregnation of Love to create a kinetic universe is light; the basic unit of light, the photon, we feel, is combined with one unit of love to create space and time. It also creates time and space.

Now the perceived physical creation about you we have labeled space/time, that is space, slash, time indicating the apparent ascendancy of space over time. That is the illusion in which you dwell during an incarnative experience. There is a universe which this instrument prefers to call the universe of spirit or the world of spirit. This metaphysical universe is created of time/space, or time, slash, space, or time over space. Within this creation it is the illusion of time that has the ascendancy, and in this illusion conditions are much different. However, both the physical universe of space/time and the metaphysical universe of time/space are equally illusory and are created for a combining and overarching purpose, and that is, as we said, to create an illusion of sequence. As far as we know, the least illusory state is that state in which there is no space or time. This is the truth in which all are rooted and all are members of that which lies beyond space and time entirely.

However, behind and beyond the illusion the creation rests in unity. It does not dream or talk to itself. Indeed, one might somewhat whimsically call space/time and time/space as the dream of the One Infinite Creator, and in this dream the Creator hopes to know Itself. The Creator hopes that each unit of Itself, each being that is Love, which each of

you are, will experience those things which add to the knowledge the Creator has of Its nature, for It has generously given Its complete nature to each co-Creator of the universe. To us, to you, to the highest, and to the seemingly lowest of creatures that has an awareness of the self is given one nature, and that nature is love. Through the machinations of time/space and space/time choices are made. Each unit of Love finds itself progressing, finds itself offered any number of actions and thoughts and avenues and directions. And there is no attempt to control the thoughts and reactions of any, for each is treasured as it is. The Creator loves so completely, so utterly, so purely that It loves each and every tiny thought or kind or state of being whatever, including all of those facets of the self which this instrument often calls the dark side of the personality.

Loved as you are, there is nowhere to go, nothing to accomplish that can create between you and the Creator any greater approval or any more vehement or intense love. Before any thought of you was visible to the most metaphysical eye, you were already created and loved. For the units that have been sent out to experience and to come back into unity have gone out and come back many, many times, and as far as we are aware, this is an infinite universe.

Now what is the nature of this grand illusion, space/time? How can you use it? What is the nature of time/space, and how can you use that? Firstly, we ask each to consider the possibility that the right use of time is first of all the right use of consciousness or attention. Within your culture the weight of importance is generally given to actions undertaken and completed. There is much spiritual encouragement along the lines of, "by their fruits you shall know them," which entities almost always take to mean the fruits of time and attention which are money, or projects completed, or services offered in love. Surely all of these achievements are excellent and show that stewardship of talents and gifts that is, as far as we know, the right use of those gifts. However, what this point of view misses is the far deeper importance of the way your consciousness is aligned with respect to the vibration of the One Original Thought which is Love.

Indeed, you may grade yourself, firstly, on that tuning with which you meet consensus reality

moment by moment. To our mind, we cannot conceive of running out of time to do one's main job because one's main job is to experience in as clear and undistorted way all of those catalysts which come before you with that vibration which is most essentially yours, which is closest to the tuning of love. This tuning one may think of as a constant such as the speed of light. Let us say the speed of love is the same for all entities. However, each entity is unique, and so each entity's path is unique. And each entity's way of tuning the self moment by moment must be his own and not something taught to a group by rote, each person doing precisely the same as each other. The path to the clearest self-awareness is unique for each seeker.

However, we encourage each, when thinking about the right use of time, to remember to consider before all else whether the self is tuned to match the vibration of love. Each feels this constant within, and we would pause for a moment at this time to allow each person to move into the heart, to move the attention into that place within that is the metaphysical equivalent of the heart, the green-ray energy center. Here is the seat of love coming into the created body. Here is that holy of holies where love dwells fully, undistorted, and pure. Moving into this sacred place within, open the heart and feel the love of the One Infinite Creator.

Like the sun lights up the sky, the Creator rests in full strength within you, lighting your way. The key that opens the door into your own sacred heart is silence, a turning within to listen to the silence. And this habit of turning within, of centering first upon the Creator which is Love, shall stand each in very good stead as each attempts to seek the truth of its own being and its own journey. Thus one cannot finish an incarnation and realize that one has run out of time to do that which one has come to do. For that which you took flesh to do is available to be done in every living moment.

Moving from that place within which contains truth, which contains love, one may begin to feel an energy, which has nothing to do with how much sleep one has gotten, or how healthy the physical body seems, beginning to enhance and energize not the body but the spirit which moves the body about. Each may find this a very present helper as she goes upon her way. This aid will enable each to know, recognize, and acknowledge those gifts which have

been given to each, for each has come with three things, at least, to do: to experience, to learn personally, and to use one's gifts in service to each other, for in serving each other you serve the One Infinite Creator.

We ask each to see each other as the hands, the voice, and the face of the Creator. The Creator cannot smile upon any, nor reach a hand to any, nor feed nor clothe any. The Creator's voice, hands, and actions are yours. You represent and give meaning to love by your service to the Creator within those with whom you share your fragile island in space. It does not matter whether these services are small or great or considered important or unimportant by any society or way of thinking whatever. What matters is that you are attempting to open the heart, are attempting to use your gifts, and are attempting to make what sense you can of your experience. These are your basic commitments in incarnation. These you may do minute-by-minute and day-by-day, and to the world you may be doing nothing useful. But each who has come within the glow of your smile or the friendliness and cheer of an open handshake, or hug knows that more is going on than just passing the time.

When entities attempt to think of time as a value, inevitably they become completely frustrated. The reason for this is that time is illusory. It is tied into space as space is tied into time to create the illusion that something is happening, that there is a past and a future. In actuality it is our understanding that we are all without space and time, without separation. All is occurring within this one instant that ever has or ever will occur. It is one whole. It is love. Through the illusion of time love is articulated and mirrored back to its source. And this is deeply, deeply satisfying to the Infinite Creator. So when you think of how you spend your time, release yourself from the judgments of those who have strictures of what constitutes service and love. For by the way your being meets the world that it perceives through its senses, each of you is giving the greatest gift of all to the Creator, to each other, and to the planetary vibration, and we feel this is worthy of being emphasized. For as your planet and as the entire solar system of which your planet is a part, rotates into a never before entered part of time and space, it is nearing, closer and closer, true fourth-density space/time.

The nature of space/time is beginning to alter. The nature of the way each perceives time and space is slowly altering. Even values that your physicists attempt to understand, subatomic particles and such, are part of space/time in fourth density. Your planet is being prepared to enter this environment as are all of the global inhabitants, and at this time we are very please to say that much progress has already been made in lightening the planetary consciousness.

Wanderers who come to this planet from other densities have served as beacons of light through song and art and government and through all of the little-known and seldom understood ways in which simple vibrations aid the planet. And each of you is as a beacon of light. That light will grow dim or grow bright as you allow the infinite love that comes from the Creator to all to move freely through the ever opening heart and out into the world. You cannot love, for your human love will be very limited. There comes a time when the effort must cease, and no matter how firm, the intention love cannot any longer be expressed in a human sense. It is only when one quits trying to be love and allows love to come through the self from infinity that one becomes able to withstand that great force and to be able to offer it on a continuing basis. So each is encouraged to think of the self as a kind of lighthouse or radio station with the light being brighter or the tuning being higher the more one's heart is stayed in love, and is open to love, and is open for loving.

All of these things are yours to give before you rise from your bed to begin the busy day. And no matter what gift you give the world during those daylight hours of commerce and satisfying accomplishment, that which is the deepest service shall always be your vibration, your signature that we would recognize from any other entity in the creation, no matter in what density or under what circumstances we met you. You are yourself, full of glory, and full of a life that is unending.

Perhaps it may be true that worry affects the open heart to some extent, contracting it, holding some of the light within because of over concern. But this is acceptable. It does not alter the basic vibration. What alters the basic vibration of any entity are those thoughts that one has and that one moves back into time and time again. Thoughts of not enough. Thoughts of unworthiness. Thoughts of fear. These

keep that heart closed. However, when one gazes at whether one who does great things in the world is superior to one who does nothing greater than re-diaper the baby, or take care of a pussy cat, or simply get through a difficult day without complaint, one realizes that all are doing completely congruent acts because what is important with any act is the love with which it is done.

And worry not about whether you are centered if you are worrying, for truly we say to you that if you are a loving person worrying, then your vibration is very little affected by worrying or by anything else that does not close the heart. Each of you remembers a better way, and we would call that way the way of the open heart. Compassion opens the night and makes it daytime. Seek always then to center in love, to revel and enjoy being loved by the Infinite One. And that which your love is to do, those places where your love is to shine, will come to you, and you will know them.

I am Q'uo, and we shall take our leave of this instrument and this group at this time, leaving each, as always, in the love and in the ineffable light of the One Infinite Creator. Adonai, my friends. Adonai.

NOTES TO OUR READERS

Once again this Christmas we are offering our JENNY cassette tape which is the story about a Christmas tree angel that comes to life.

Carla is continuing to collect stories, questions, and advice to others from those who feel that they might be Wanderers for eventual use in her Wanderer's Handbook.

We hope that everyone has a wonderful Christmas and a very Happy New Year. ❄

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SPRING 1997, NUMBER 62

DEALING WITH NEGATIVITY

February 2, 1997

Group question: How should we deal with negativity in our daily round of activities, from situations that we perceive as negative, to people who would like to control us? What is the best way to deal with negativity, a situation, a person or even a thought in our own being?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you each in the love and in the light of the one infinite Creator. We thank you for this privilege of being called to your circle of seeking. We thank each of you for the seeking, the desire, and the persistence that has brought you to this place at this time. We thank you because you have blessed us with the ability to serve in the way in which we have hoped to serve by being within your Earth's spheres at this time. To be able to share our opinions and our thoughts is all that we could ever hope to do. We have been limited, and will continue to be limited, by those who offer us their service as channels. And so when there is a group and a channel and we are able to be among you to enter into your sense experiences, to feel and sense anew the courage and the stamina that it takes to seek by faith alone, we are overcome by appreciation, and we thank each one of you for all that you have endured in order to be able to seek and to hope and to wish to live in faith, for that is what we come to suggest to people: that there is a center to that life which does not end.

There is heart to the truth. And that center and that heart is love. Love is a pale and useless word, almost, because your peoples have used it in so many, many ways. We use it in the sense of unconditional and freely given love, the loving that persists when there is no return, when there is no obvious reason to continue to love. This is the love in whose vibration we come and in whose vibration you each have also come into incarnation because all that there is, is love. The raw material of your universe is love interacting with light in order to produce energy fields. Each of you is an energy nexus, a complex of vibrations and fields of energy. And this complex of vibrations is as your name or your signature. We do not need to know the names that you are called by in order to recognize each soul, for as you come to us, as you sit in meditation, you are as the song that is sung, or the painting that is before the eye, every detail, every nuance so beautifully collected. We are aware of how rattled and how chaotic you find your own selves. The heavy illusion in which you now enjoy living is specifically designed to promote confusion and being lost and at sea and unable to order the universe by means of your intellect. This is what your illusion is supposed to do, to pull you off that intellectually safe balance point from which you may carefully judge and logically grade all incoming sense data, thereby insuring that your universe shall continue to be as you have set it up to be.

The Creator, wishing to aid in developing each spark of love in each unique way, is delighted to offer each entity those confusions and difficulties and losses and limitations which shall involve the seeker in learning those lessons to do with love and loving for which you took incarnation, for each of you here has

personal work to do. Each of you came to incarnation carefully choosing your relationships, your gifts of personality and character, and aiming that self within incarnation at the kind of life and the kind of learning which you and your higher self felt would be the most helpful use of your incarnation, for this time within physical incarnation is rare and valuable. The opportunity to live by faith alone is given only to the density in which you are now enjoying the experience of living.

So as you ask the question about dealing with those entities which come into the experience with seeming negative service to offer, our first comment, shall we say, is to move back to that beginning [of] all things which is love, the one original Thought, that Logos that is Love Itself, that Love that is the All-Self, the Creator. It is well to move back always to one's basis for being, to be sure the feet are standing upon solid metaphysical ground. Starting with unconditional love is always correct and accurate as a mental or logical beginning. Now, as sparks of that original love, each of you has, through many incarnations, distorted in various ways this original vibration. And each of you basically yearns to more and more closely approach the original vibration which is unconditional love. So in that sense each of you is seeking to become the Creator, seeking to be lost completely in unconditional love. This thirst and hunger that you have to be closer to the source and the ending of all things is that thirst and hunger that the awakened spirit feels.

Once you have awakened to your spiritual identity, you cannot go back to sleep. You have to see your life and your priorities from that point on in a way which deals with the fact that you are now on a journey whose end you do not know, whose next steps you may not know. And you are on this journey with nothing more than your hopes and dreams and some companions along the way.

So as you interact with the people about you it is well again and again to move back into the awareness of the self as a vibration of metaphysical self, as that self which overshadows the illusion and the problems and concerns of that illusion. Whatever the day-to-day actions, behaviors and thoughts concerning dealing with negatively oriented entities, it is well always to come back to the remembrance of who and what you truly are, for in realizing more and more fully your own nature

you are becoming more and more aware of the nature of those about you. Many are the entities in your world that prefer to gaze upon the self with different priorities. Those priorities may seem very negative. In actuality, most entities upon your planet are neither [very positive] nor very negative but, rather, are in a gravity well, in between those two polarities, neither working hard enough to serve others to polarize towards that path, or working hard enough to gather power and control over others to progress along the polarization towards the negative path.

The great temptation for one who is seeking to serve is to forget that all other entities in your creation are identical to you, in that both of you are of the one great original Thought. No matter how deep the imperfections of that entity may seem, the basic nature of that entity is congruent with your own, for each is perfect. The distortions are apparent in the illusion. All those who go through incarnation in third density distort the vibration of infinite love. The one you know as Jesus distorted this love. It is impossible to live and experience a lifetime in third density without distorting appreciably that original vibration. It is for developing these distortions that you came to this experience.

From the level of soul to soul, then, whether you are gazing at someone whom you feel is acting in a petty way, or you find someone being critical in a small way, or you find someone being righteously indignant, or you find someone willing to massacre thousands, no matter how widely distributed along apparent diversity the souls you meet are, each of them is an image of you. Each of them tells you something about who you are, including that dark side entities may not wish to explore. And so, from that soul level, the question of what to do with this entity becomes less than difficult in that from that level each entity is to be loved as you love yourself. To love the Creator, to love the self, and to love others as the self; these are very simple suggestions, and from that soul level they are fairly comprehensive instructions.

Now, it is often not on the soul level from which entities wish to move. And when one leaves that safe ground, shall we say, metaphysically speaking, of loving from the soul level unconditionally, the ground becomes rapidly much less simple. The terrain can be very puzzling, and so if one does not

wish simply to express love or to feel love for another, or to move lovingly without disturbing another, one then has to take some responsibility to look at the self, to look at the gifts of the self, to look at the lessons that you feel that you are working on as a seeking entity, to see, as this instrument would say, to see where you are coming from. Are you objecting to this entity from a red-ray point of view? Do you find the negative actions of this entity to threaten yourself, or someone else, or people in general? Are you coming to the question, "How do I deal with this entity?" from an orange-ray energy where you do not know how to relate to this one entity that you feel that you have to make a connection with as an individual? Or are you coming to dealing with this entity from the standpoint of a person being in a group; that is, using the yellow-ray energy? Or are you coming to this person from the open heart? Or from that level of communication or even from that indigo-ray energy of work in consciousness?

All of these levels of connection with other entities have their own best ways of expressing, and I think that it aids the entity to grasp exactly where the energy [is] moving from and where you would hope that it would go to.

Once that you have fairly well become satisfied with your own self-knowledge of why you have singled this entity out to practice on, shall we say, then you can look at the gifts that you have. Do they include more nonverbal or more verbal skills? Is your gift more in the line of praying for an entity or speaking with an entity? The gifts that one has are important. It is well to think [of this] when you are seeking the highest and best way that you can be with someone else and very helpful to know what you have that might be of service. So often the gifts that one has, if used well, create a life experience that is utterly different than that entity who, gazing at its gifts, chooses instead to move in a way in living and working in relationships that is logically or mentally thought out and makes good sense but may not be a comfortable habitation for that eternal creature that you are.

Let us think now in terms of what that entity that is acting negatively would wish of you, for in giving service to others entities find themselves in very confusing waters. Perhaps the most common mistake that positively-oriented seekers make is the

mistake of feeling that they know what another entity needs. Indeed, it is the work of some patience to come to that place where you are willing to wait until you are asked in order to attempt to be of service. This sounds very simple but is very difficult when you feel that you have something to say that will help another. When this feeling hits there is the urge to share, and we do not say that this is wrong. We simply say that it may not be service to others, for what entities desire they shall ask for, and it is when that other entity asks that that precious gift of service may then be shared.

In truth, we do not feel that there is one way for all people to treat all people, for if each entity were perfectly in harmony with each other entity this would not be third density. Before the matter is investigated it would seem obvious that the better that each entity treats each other entity the more harmonious and beautiful the experience of living. And yet the collisions that occur when intimacy is sought either with the self or with others are not harmonious and from the standpoint of each individual within the illusion of mortality and space and time it simply seems impossible that one will ever know enough. And one comes to the conclusion that one does not know much at all. And when one comes to this realization it is a great gift because the great mistakes are made by those who think they know exactly what to do. And there is great healing in the awareness that not only do you not know but that you are not supposed to know, and you are not here to know the right thing. But rather you are here to experience and to learn and to share the essence of yourself with the planet that you came to love and serve. And this is not that which is spoken. This is not that which begins with working with another entity. This is that which begins with breathing in and breathing out. Here is your vocation, in the living, in being, in the breathing, in being where you are with your senses alert and your heart open, paying attention to that moment that is the only such moment that you ever shall have.

So, again and again, one comes back to the fact that in the illusion you must follow your gifts, know yourself as well as possible, and then share the self as honestly, as lovingly, and as much in accordance with those gifts that you have as possible. In this you shall again and again fail. You shall find that you have said what you would not say. You shall find that you shall allow moments to go by when you

wished you had said something but could not find the courage. See all of this, if you can and when you can, as nothing more than the grist for the mill, as the one known as Ram Dass has said. And when you perceive negativity, see yourself and say to yourself, "I am that also." For each has that dark side that is so shinningly mirrored for you. And if you see this again and again then that gives one pause for thought. "Why have I invited this? Why did I feel that [I] needed this rasp roughing up the surface of my life? What does this image of myself tell me that I need to know?" For you are that self and the appropriate emotion is always love.

When inappropriate emotions are felt, however, we cannot say that it is wrong to express those feelings which may sound negative, for it may be your gift to that person to take away the mask and give that entity another way to think about the negativity that that person is doing. There is no one way to relate. You must simply toss upon the waters those actions and those words that you would most want to be shared. And know that each word that you say and each action that you do is not what it seems, and that the ripples of each action and each word will become confused and will tangle in to other actions and other energies that you have set in motion.

There is an art to becoming clear enough within the self that the self becomes almost transparent. The art in this is that when the self becomes enough transparent then the self does not any longer relate so much to the mirror images that come within one's view. If that dark side of self is seen clearly enough already, then the emotions arising in response to that negative person coming into your purview is perhaps a small disturbance, an awareness of disharmony, perhaps not even that. The more work that you do in knowing, forgiving and accepting yourself, the less work that you shall have to do *vis à vis* other selves. And the more powerfully you defend, understand and respect that dark side of yourself, the less you shall have to defend against the dark side of others.

Each within the group has had experiences with negative energy, had run-ins and painful times with disharmonious entities, and each has that sense of wishing to make it all better. And you may do precisely that at any moment that you choose by stepping back into the remembrance of the one great original Thought. You are doing nothing more and

nothing less than vibrating in the original vibration that is your true nature. The rest is details. May you enjoy the details of your life. Knowing them to be temporary does not make one less fond and appreciative of the opportunity to live and love and seek in a world in which by faith alone can one find one's way. May you love as you are loved. May you love each other, care for each other, pray for each other, carry each other's burdens, tell the truth to each other, and bring each other home.

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

(Jim channeling)

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

Carla: We were talking before the meeting about how positive channels go awry, and I was wondering if there was anything that you wanted to add to that discussion?

I am Q'uo, and am aware of your query, my sister. We find that you have covered those external appearances and experiences which groups such as this group have suffered in the loss of their original contact and its replacement by sources of information that are perhaps other than desired. The only further comment that we would make would be that those who have the honor and responsibility of serving as instruments for contacts such as ourselves would do well to examine carefully the qualities and responsibilities of such an instrument. The exploration of this service is that which is often not undertaken by those who seek to serve as instrument. It is too often the case that entities are so overwhelmed by the experience that they seek only to continue as they have previously in their efforts at being instruments and channels for information, whereas it is most helpful for each entity serving as an instrument [to] become aware of the necessity for preparing the self for this work, not only in the daily round of activities and in the type of standards that one wishes to keep for the self, but in the actual performance of the service, that is to say in the tuning of one's own internal mechanism, the setting of the desires of the personal nature aside for

this time of service and the exercising of the tuning, as we find it has been described by this group, the setting of the internal radio dial, if we may use this radio analogy, to the highest source that one can stably maintain.

The ability to discriminate between spirits is also an exercise which is well undertaken by all who would serve as instruments, for it is indeed a crowded universe and many are those spirits who would seek access to those instruments that they might speak and do as they will with or without regard to the welfare of the instrument or the group to which they speak. Thus, one wishing to serve as instrument finds that quality within the self that is the foundation stone upon which they stand in the discrimination between contacts. It is well for the one serving as instrument to find that quality for which it lives and for which it would die if necessary, and in the name of that quality, or entity, or concept, challenge those contacts which wish to speak through it; that they ask if they come in the name of—for this instrument in particular—the Christ consciousness, for others, perhaps, Jesus the Christ, for others, perhaps, the quality of love, of service to others, and so forth. When those who wish to serve as instruments have mastered the ability to tune the self and to challenge those entities who wish to speak through their instrument, then we feel that the one who wishes to serve as instrument has prepared itself well and is then able to enter into this service in a fashion which can be sustained and in a fashion which may truly be of service to others.

Is there a further query, my sister?

Carla: No. Thank you.

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

B: I would like to serve as an instrument one day. How can I practice discriminating between contacts?

I am Q'uo, and am aware of your query, my brother. The practice of the discrimination between contacts is undertaken best when done with the assistance of an experienced instrument that will work with you on a periodic basis so that it is able to assist you in this discrimination in its initial stages.

Is there a further query?

B: Yes. Perhaps later, since I forgot what it was.

Is there any other query at this time?

V: Are you speaking of working with someone in the physical or in time/space when practicing this skill?

I am Q'uo, and am aware of your query, my sister. For the vast majority of entities within your third-density illusion we would suggest that entities work with teachers within the third density who are themselves instruments and who are willing to work with those who wish to learn this service.

Is there a further query, my sister?

V: No. Thank you.

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

Carla: I would bet that P would love to have a message from you. I am pretty sure that she is scraping the ground in low spirits right now.

I am Q'uo, and am aware of your request, my sister, though it is somewhat difficult to speak to an entity who is not present within this circle of seeking and who, herself, has not requested a speaking for her.

We are aware that this entity and others as well suffers its own form of anguish in its current experience. To all those who feel the suffering and the difficult circumstances we would ask that each take a time during the daily round of activities each day and sit in meditation, releasing all the fears, the doubts, the worries of the day, letting these fall aside for this moment, and within this moment seek the presence of the one infinite Creator. Rest therein for as long as one is able and feel the unity once again with all that is. Feel the center once again to the self. Feel the feet upon firm metaphysical ground. Feel again the hand of the one Creator moving within the life pattern. Feel the love and light of this one Creator coursing through one's being. Feel those special touches of heart to heart that are available in these times of seeking the One. Rest in this nourishing flow of experience, and when it feels appropriate move once again into your third-density illusion. Feel the quiet and peace of the meditative state moving with you and ever available as a resource within as one moves in this daily round of activities that brings the challenges, the catalyst, the opportunity to use that which one knows in the heart, the opportunities to love where it does not seem that love would go, to bring light to those who move in darkness, to become as a beacon, one who gives the love and light of the one Creator to all those about one. In such situations, many are the

doubts, shadows and fears that will fall by the wayside as one continues to seek the inspiration of the one Creator in daily meditation.

We would remind each that all that lies before you you have placed there for a purpose that is of a service-to-others orientation. There is light in each doubtful situation. There is love in each fear-filled heart that can erase the fear and remove the doubt. It is not an easy journey, nor would you wish it so, for there is much to be gained by bringing love and light where there is darkness and doubt. We wish each seeker a good journey through this illusion, for there are many side roads that can distract, confuse and fill [one] with fear. But there is always love and light from the one Creator available to each within one's own heart. Never could it be closer. There seek to find the nourishment that will carry each of you that await on your journey of seeking the one Creator.

Is there a further query?

V: I am aware that dreams give us needed messages from the subconscious, but if one is not able to remember these messages in dreams, is there a way to work in the conscious state to aid their remembering?

I am Q'uo, and am aware of your query, my sister. The subconscious portions of each entity's mind are filled with the patterns of the incarnative experience and send various portions of these lessons and experiences to the conscious mind in the form of the dream, that there might be a dialogue with the conscious entity seeking to uncover the treasures of the subconscious mind. In order to be able to work with these dream images it is well that the seeker send a message to the subconscious mind that it is ready to work upon those messages in dreams. This may be done by reminding the self before bedtime to attempt to remember one dream this night, to further reinforce this desire by placing the appropriate instruments to record the dream whenever one is able to remember the dream, whether it is shortly after the dream or upon waking in the morning. It is through the constant repetition to the self, the subconscious mind, that one wishes to work with these dreams that the subconscious mind will become convinced that the conscious self is serious and serious in this desire, and will then begin to release to the conscious mind dreams which will be able to be remembered.

Thus, it is a matter of setting up a dialogue with the subconscious mind and to express one's sincerity to continue this dialogue by the continued repetition of remembering the recording devices, whether they be the tape recorder, the pencil, the pad, the flashlight or whatever. In this repetition, then, lies the building of a bridge betwixt the conscious and subconscious portion of one's own mind.

Is there a final query at this time?

B: Is the setting aside of the personal worries as one is about to serve as instrument the same as activating the magical personality?

I am Q'uo, and we would answer in the affirmative, for when one wishes to work upon the experiences and services of an instrument, one is indeed working in the time/space portion of the magical or metaphysical self. Thus, when one is able to see the concerns of the day, label them as they are, see them put in their box, see the box set aside, then one is entering into that portion of the unmanifested self that is called by some the magical personality or by others the higher self. Thus, one is also with this work establishing the bridge betwixt the space/time illusion in which you find yourself now working and the time/space portion of this illusion in which one works as a metaphysical personality.

Is there a further query?

B: Should one work on that during regular meditations?

We feel we grasp your query. If one works in the meditative state to set aside the waking consciousness and its concerns in order to establish the magical personality to serve as an instrument it is well that this be done only in a circle of seeking such as this one so that the new instrument has the experience and protection of the experienced instrument and the circle of seeking as well. An individual doing this work alone would be unable to make the initial discriminations to serve in a stable fashion for positive contacts.

Is there any further query?

B: No. Thank you.

I am Q'uo, and thank you once again, my brother. And at this time we would thank each once again for inviting our presence to your circle of seeking this day. As always, it is a great honor and privilege for us to be invited to join you for during this time we are

able to partake for the moment in the intensity, the variety, and the vividness of your illusion and are able to serve in our own humble way by offering the opinions and experiences that we have found helpful in our own journey of seeking. We would, however, advise each to use personal discrimination to decide which words we have spoken that are useful to you in your own journey. Please leave behind any word or concept that does not ring true to you. If any word does not ring true to you it is not useful at this time no matter how much it may shine.

We are those of Q'uo, and we leave each in the love and light of the one infinite Creator. We are those of Q'uo. Adonai, my friends. Adonai.

NOTES TO OUR READERS

We are setting up a web site and would like to ask anyone who feels that he or she has been aided by THE LAW OF ONE books to write a few short sentences describing how these books have been helpful or just saying what L/L means to you. Thanks so much.

Once again this Easter we are offering our THIS IS THE DAY cassette tape. It is the story of a small boy and a tree that grow up together and who are both transformed by their shared experience. Words and music tell their story. ✿

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SUMMER 1997, NUMBER 63

AWAKENING TO ONE'S SPIRITUAL IDENTITY

May 25, 1997

Group question: No group question. Potluck today.
(*Carla channeling*)

We are those of the principle known to you as those of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most happy to have been called to your circle this day, and have enjoyed your conversation. It is beautiful to us to see those of you who have sacrificed much to be within the circle of seeking move in ways small and larger to attempt to be of service to each other as each deals with the daily diet of catalyst that is the grist for the mill of seeking experience.

We have an almost giddy sense of "What shall we talk about first?" because of your broad range of topics and the possibilities of relationships between various portions of those things which are upon your minds at this time. And yet perhaps it is best to move back to a place within the mind, within the heart, within those halls of eternity where your citizenship truly exists, to sound once again the glad bell of union and love, for beneath all of the illusions that tease and delight and frustrate mind, all—with no exceptions—are deceiving, and beyond all of the illusion and chimera there lies the One, that Thought which is love in its creative and fiery sense. Not the love of mates or friends or family, not the affection, or the *agape*, or any of the myriad of words which exist in your language, but a love that is beyond any word, a love with the power to create and to destroy. It is this stuff that you are made of, this and none other. It is the mating of this thought

of love with light that has builded the entire universe. It has made all of the interpenetrating illusions of inner planes and outer planes throughout the infinite creation. It is that love of which each of you is made.

And if love can be said to have the body then that body is that spark that is without weight, without form, but most specifically is within the heart of each, in its perfection, undistorted, undilute, a perfect spark of that love which created and sent each forth to gather experience, to ripen, to become heavy with the fruit of learning and loving and being loved. How loved each of you is by this love that made you and that awaits your return. Yet at the same time you are already home, for there is that spark of perfect love within, for there is a secret tabernacle within each, that soul's shrine wherein one may lay down the sorry candles, burned to guttering, of the day's efforts, the day's emptiness, and all the concerns within the sea of confusion within which your illusion dwells.

That shrine can be forgotten. That shrine can be closed and become dusty. One waits there whose love is beyond all telling. This instrument would call this consciousness Jesus. However, the one known as Jesus would be happy for us to call this energy perfect love. But this perfect love is for you, unique to you, awaiting no one but you. Patiently. Silently. This energy, this essence of love, waits for you to put your hand upon the door, to turn the knob, and walk through, from that outer heart that sees the light of day to the inner place that only you can go. There is nothing in this holy of holies except you and the Creator and the perfection of that shared

vibration that is love itself. Whatever trouble, whatever the illness of mind, emotion, body or spirit, this love wants to share, wants to embrace, desires nothing more than to tabernacle with you. There is no judgment there. There is no test to pass. There is only absolute love.

When your center of self dwells within that shrine the sea of confusion continues all about you and you swim and do many things and go many places and see many people, and yet as long as there is that awareness of perfect love you do not drown in the sea. You do not become lost of heart when relationships do not seem to be availing either with learning or with peace. We are aware that it would not be desirable in terms of incarnational learning for an entity to spend all of her time in that secret tabernacle, and we do not suggest that the life pattern be changed so that the indwelling spirit may be beheld and enjoyed full time. We are aware that none of you wishes to come into incarnation and then dwell in the shadows of that incarnation. Rather, each has an urgent and profound feeling or sense of purpose. Each of you wishes to accomplish that true vocation that each feels within has been made or prepared for each. And we feel that this is a true and authentic sense or feeling, the feeling of having a purpose that is spiritual in nature.

When the soul awakens to its spiritual identity concomitant with the gladness of knowing who one is comes the honor and responsibility involved in the feeling that there is work to do, and for each entity that work has been prepared in the sense that each seeker has gifts and talents for which there is a use. We encourage each to flow with those talents, to support the self in using those gifts that have been brought into incarnation, that have been carefully chosen by each for the outer service, for the actions and accomplishment that each may choose to offer.

However, far more important than these outer ministries or ways of being of service there is, as each is aware, the true and central service of each which is to be the self, to be that self that rings the truest and the deepest. Simple to say; difficult to do, to truly be one's self. For how can one connect with the self? Is it not more often gotten through the echo gotten back from others that each sees the self most accurately? How can one be and know that that is the best being? The values of your peoples' culture make it very odd to be thinking of how to be, for

your people value fruits. The one known as Jim was saying, "I like to get things done." And all could identify completely with this sentiment.

You are in an illusion full of things and you want to see things accomplished. You want to see where you have been, yet in terms of being you cannot see where you are, or where you have been, or where you are going, for the value of being is in its unforced spontaneity. What evolves for the seeker, then, is the challenge of learning how to take away from the self extraneous material and enlarge that freedom of movement of the spirit vibrating without thought, for there is a native vibration that is as the signature of each entity. We know each spirit within this circle not by the name but by the music that each heart is singing, that complex of tones and harmonies that is each person, each spark, and each is uniquely lovely. There is no repetition. There is no possibility of boredom, listening and joining in with the songs of each person and each two people in relationship, and then each within the group creating that song of the group.

Beyond the illusion, beyond the extraneous material there lies the music that is within each that must sing and will sing and does sing. The one known as B was saying that the word "allow" was very helpful to him and we offer this word again, for each is already singing a perfect song, but this is a silent and hidden part of self and it must be allowed the room, the space and the attention of silence. It is for this reason that we often remind each of the benefits of a regular, daily period of silence. Certainly, as we hear through this instrument's ears, between the snores of her pussycat and the calls of the ravens, the silence within may not be literally silent. However, the point is to attempt at any rate the disengaging of the mind from the gears that work continually and churn out so much to consider.

It is not even important that that babble of self be stopped. What is important is that the effort be made to disregard it and to tabernacle with the infinite One and to listen, to simply listen to that silence within and then to hear the door open, and at once to feel the bliss of that presence that awaits.

We have come to a place where we feel it would be helpful for questions to be asked. And at this time would transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. We are those of Q'uo.

(Jim channeling)

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

B: Could you explain more about what healing really is?

I am Q'uo, and am aware of your query, my brother. Indeed, the area of healing is that area which encompasses the entire incarnation, for healing of any distortion is the balancing of that distortion in such a fashion that the particles of experience are made whole, that that which has been torn is brought together, and that which has caused injury is found to be a portion of the experience which has taught a lesson that has been planned by the entity itself, either before the incarnation or as a portion of the incarnation.

The apprehension of any experience, the perception of stimuli, are all means whereby the seeker interacts with its environment, with its larger self. Thus, as one perceives in such and such a fashion one prepares the self for experience, for the perception, the apprehension, the experience of an entity is a reflection of the lenses through which the entity sees. By being biased in one fashion or another, the entity in effect throws off a portion of the balanced self so that it spins or pulls the entity into a certain mode of receptivity. There is the phrase, "preconceived ideas," that is applicable here. As one conceives a thing to be, so it becomes for that entity, and so that entity experiences that which it has conceived previously in a fashion which allows a kind of dance to occur. The entity focuses upon that which it perceives and moves with it in its experience until there is an harmonious blending of entity and experience which you would call healing.

Many times the dance between entity and experience—or to be more precise, between entity and catalyst—is what is often called a disease or a disharmonious experience, for the entity, or some portion of the entity, is thrown off its normal balance and forced by the imbalance to pay attention to the dance it is now engaged in. When this perception and this dance is accomplished mentally and emotionally then there is a reestablishing of the balance, of the harmony, of the seeker. When the

perception is distorted enough—or perhaps we should say ignored enough—then it may be that catalyst is given by the mind to the body and physical ailments of one form or another ensue to further guarantee the capturing of the attention of the seeker. This kind of discomfort then focuses the attention of the seeker upon that catalyst [that] has not been well used. As catalyst is used and the dance is completed then also is that which is called healing achieved.

Healing, then, is that balancing of distortions so that that which is perceived more closely approaches love, compassion, understanding, tolerance and so forth rather than the distorted perceptions that come when love is not seen.

Is there a further query, my brother?

B: I am assuming that balance is achieved in relation to the self as well as the other self?

I am Q'uo, and am aware of your query, my brother. This is most emphatically true, for all balance must begin with the self, with other selves simply playing a role for the portion of the self that needs balance.

Is there a further query, my brother?

B: What does the one who serves as healer actually do in the healing process?

I am Q'uo, and am aware of your query, my brother. The one serving as healer provides the opportunity for the one who has sought healing to open its centers of red and violet ray that hold in place the current level of awareness in its expression in the entity's incarnation, so that that which has been held in place may for this moment be released, and if it be appropriate for the one to be healed then this entity at that time will release the old manner of being and will accept a new manner or attitude of being, this then being the healing process.

Is there a further query, my brother?

B: At the deeper levels is healing simply the realization of the perfection of the entity?

I am Q'uo, and am aware of your query, my brother. This is indeed so, for each entity is a portion of the one Creator, whole and perfect, with the free will to choose the path of its seeking. The third-density portion of this experience, and, indeed, the higher densities as well to a lesser extent, is a process whereby an entity has forgotten a portion of its

perfection, has forgotten its unity with all creation, has forgotten these foundation stones of being in order that it might provide the Creator with experience that will enable It to know Itself. Such experience cannot be gained when each portion of the Creator knows itself to be the Creator, whole and perfect. Thus, it is what you may call a great service and sacrifice for an entity to engage in the forgetting in order to voyage forth into the creation with the desire to serve the Creator.

Is there another query, my brother?

B: As you answer these questions I feel a tightening in my lower energy centers. Does this affect the contact in any way?

I am Q'uo, and am aware of your query, my brother. The impact is to intensify seeking, and thus aids in the overall experience of each in the circle of seeking. The manner and reasons for this action and occurrence within the energy centers described we must leave to your own discrimination.

Is there another query, my brother?

B: No. Thank you very much.

Is there another query at this time?

Carla: What is the best way of thinking about people's emotional pain? I have trigger points in my body that are very painful but it feels good to release it by pushing on it. Do people have such trigger points to release emotional pain? How to handle it?

I am Q'uo, and am aware of your query, my sister. The points of pain that trigger the emotional response are those areas that may be seen both physically and metaphysically as a knotting or tying into knots of portions of the physical and metaphysical vehicles so that when one is able to find such a point one may focus the attention upon the untying or releasing of pain.

In this experience lies an entire field of discovery, for each entity has woven into the life pattern a number of these points which may then lead to a greater and greater understanding of the nature of the entity, leading eventually to the fully experienced presence of the one infinite Creator, many steps along this path.

Is there a further query, my sister?

Carla: Do you have any suggestions how a listener like myself can support this process?

I am Q'uo, and am aware of your query, my sister. To listen with the compassionate ear, accepting that which is heard without judgment, is the most nurturing attitude that one may assume in such a relationship of entities. The answers to the puzzle, the untangling of the pain, is a process which can only be accomplished by an entity for itself in the ultimate sense. Other entities such as yourself may provide the listening ear, the compassionate heart, and occasionally the insight or wisdom to direct the entity where one's intuition discerns that motion and movement may take place profitably, shall we say. It is the seeker itself that must engage the listener, that must engage the self, that must search relentlessly for the clues in this untangling process. It is this experience of untangling that which has been tied and fused together that provides the means whereby the entity will eventually find the Creator within, and the Creator within will come to know Itself more fully because of the experience of the seeker.

Is there a further query, my sister?

Carla: Just one more. You have talked about untangling, but you have not talked about cutting the knot out like a mother will often do with a child's hair that is tangled beyond untangling. You can't just cut it out, can you?

I am Q'uo, and am aware of your query, my sister, and would agree wholeheartedly, for each portion of the knot is a portion of the self and of the one Creator. If the surgery is attempted, another knot will grow.

Is there a further query, my sister?

Carla: No. Thank you.

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

(Tape ends.)

WHAT IS THE PERSONALITY SHELL?

April 20, 1997

Group question: Today we would like some information on the personality shell, the identity we form in this illusion. What is its purpose, and how does it work in our evolution?

(Carla channeling)

Greetings in the love and in the light of the one infinite Creator. We are those of the principle

known to you as Q'uo. This day you wish to explore the thinking behind that joining betwixt the second-density body and the consciousness of self-awareness which you have called the personality shell. As always, we are delighted to share with you those thoughts that we may have upon this interesting subject, with the one request that each seeker judge our thoughts by the standards of her own personal discrimination, for this power was given unto each to know that truth that has come at the right time and at the right level, for those truths ring clearly and distinctly. If our thoughts do not ring true for you, we ask you to leave them aside and move on. If our thoughts provide a resource for you, we are most pleased. In any case, we thank each of you for calling us to you at this time, for truly it is a blessing for us to be able to serve in this manner.

As each of you relaxes upon this beautiful spring evening the surroundings of your domicile vibrate in an unending song of joy. Each tulip and daffodil, each dogwood and red bud, opens its blossom to the air and rejoices and dances and skips like a lamb. There is that bliss of full knowledge, for each flower knows the Creator and nothing but the Creator. Each animal has that same instinctual awareness, that feeling of being completely, totally at home. For these plants and animals there is no self-doubt. There is not the concern for the opinions of self or others, for there is no self-awareness. That which comes, be it the wind that blasts the flower, or the injury that ends the life of a small animal, all is accepted as perfect. If there is pain, it is endured.

Into this perfection of animal awareness something is given and something taken away in order that third density may offer its opportunities for learning, growth and the evolution of the spirit. Into the instinctual awareness and brain of that hairless great ape that is *homo sapiens* comes that startling and stunning awareness of self. No longer does the animal look into the mirror and see nothing or perhaps see another animal like itself with whom it might wish to play. Now the image that looks back from the mirror is that self of which each human is aware.

Blocked from this human being in third density is that knowledge that is beyond telling, of the perfection of one's place in the flowing dance of life and rejoicing. It is not for the human to know beyond doubt, beyond awareness, that all is

perfection and that there is nothing but love and the rhythmic echoes of love answering to love. The great gift of self-awareness walks hand in hand with the startling reality of free will and places the third-density seeker into a dilemma to which there is no final answer, at least not within the incarnation.

Thusly, there is the meeting of the instinctual biological entity that is the vehicle of awareness that meets the one great original Thought that is pure and creative consciousness. This consciousness has no personality, has no limits or characteristics that can be directly described. Efforts to characterize love inevitably fail, for no matter how fulsome the praise of love or how painstakingly accurate of the observation of its passing, love itself remains that creator and destroyer that is beyond all telling and cloaked forever in mystery.

The animal within is dumb. It does not speak. Consciousness is also silent and has no words. And so consciousness has no way to express itself to that biological entity that carries you about. And so before you, as a spirit, undertook to enter into that great ordeal known as incarnation you and that self that is the heart of your self, your higher self, thought long in choosing from the full Self that exists beyond space and time those characteristics of the self so far explored that you felt would be useful in bringing you as a self-aware entity into certain configurations of mind and ability and energy that seems to you promising in that these gifts and blockages and characteristics of all kinds would color and characterize and particularize that limitless light of love so that manifestation and learning might take place.

The self that chose the personality shell was not a self that hoped for a popularly lived or easily enjoyed incarnation. Rather, it was designed to make the incarnative self uncomfortable in this or that situation so that the self was caught on the hook of this or that characteristic of personality. You did not hope for an harmonious and pleasant existence. Rather, you hoped for the self to be able to confront, examine and process those learnings about love and loving and being loved that you felt still needed more work. And in this regard and to this end you artistically and creatively crafted the combination of strong points and weak points that would bring you again and again into face-to-face meetings with the

self that hopes to choose ever more purely and deeply the love of the one infinite Creator.

Further, each chose the endowments, talents and gifts that you thought would be most appropriate for sharing as blessings with others. If there is within the personality shell a marked gift for the art, for the scholarship, for the science, for working with people, and nurturing families, or for any marked talent whatsoever, this was given to you on purpose. However, not all talents are intended for the using in the way in which one automatically thinks of the use. For example: with this instrument there is the talent for the dancing, the scholarship, and other gifts that have not been used to any great extent in a direct fashion. And yet these endowments create for this entity a cluster of gifts that can be used in the movement of energy between those entities which are about the instrument and which may turn to this entity for counsel or advice. When one looks at the personality of the self, then, there is almost never a direct one-to-one relationship between one's gifts and the most obvious use of these gifts.

We find within this instrument's mind, and indeed within the culture in which you live in general, that feeling that the self is the personality shell. And yet within each seeker there is that call to live beyond the personality and beyond the personal. There is that call to live the impersonally lived life. And so the personality shell is often undervalued and underappreciated by the spiritual seeker who sees the personality simply as part of an illusion that needs to be seen beyond. We feel that this is not an opinion which gives the appropriate amount of respect to the personality shell. It is indeed full of error in that the characteristics of personality inevitably color and bias and prejudice the instreaming sense data and cause the seeker to think and to express the self in biased and imperfect ways. Especially aggravating to the seeker are those blockages brought into the incarnation that catch the seeker and take the seeker from the catbird seat of full awareness of who he is and where he is going.

But we would commend to your attention the virtue of confusion, the virtue and helpfulness of being caught, of being puzzled, of being taken out of oneself so that self is revealing self to self in a spontaneous manner. These characteristics of self provide the structure for learning within third density. They present to the seeker carefully

orchestrated choices that are subjectively oriented to offer the best opportunity for polarization of consciousness. Without personality but simply with self-awareness and the choice before one the seeker will move without error into full awareness. Yet this awareness teaches nothing. It does not connect with that biological entity in a way which furthers spiritual evolution. It is the foolish personality, the ego, the self that thinks a million thoughts and does a million deeds in its heart, and that foolish entity alone that interacts with free will and finds ever deeper and truer choices that create and recreate and recreate the self ever anew.

It is these perceived imperfections, then, that make that nebulous and necessary connection between consciousness and manifestation. Therefore, we encourage you to glory in and enjoy your personality. We encourage each to appreciate the real value of confusion. As each finds herself becoming too intense, or too this, or too that, take the time to speak to self tenderly and to say, "I know that you are feeling foolish, but this is the folly that teaches." Therefore, abide in peace and allow the confusion to do its work, for from these concatenations of circumstances hitting that personality shell shall come the catalyst that gives to you the seeker all that you desire: the opportunity to intensify and accelerate the processes of spiritual evolution within the spark of the Creator that is your eternal and infinite self.

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

(Jim channeling)

I am Q'uo, and greet each again in love and light through this instrument. At this time we would ask if there might be further queries to which we might speak?

B: Could you clarify the phrase, *(inaudible)*?

I am Q'uo, and am aware of your query, my brother. We were speaking with that phrase and the thought about it that the entities that exist within the third-density illusion, the human beings that live upon your planetary sphere, are not those who are able to appreciate the fullness, in some cases even the existence, that has created all, the love that is the energizing force within each entity's incarnation, for within this heavy chemical illusion there is the

covering and hiding of almost all of the jewels, shall we say, that the Creator has bestowed upon each of the entities that inhabit this sphere. The reason for this is, of course, the choice-making ability and responsibility that each entity within this illusion partakes of. The love that is so magnificently formed into each portion of this illusion is, though ever present, ever hidden from the entities that move in their daily round of activities and pursue the myriad of goals, some having to do with this love, others not. Yet always is this love available for inspiration, support and the connection of all things one to another.

May we answer you further, my brother?

B: No, not on that topic. I have another query about the archetype of the mind, the Fool. We never really have all the information that we need to make correct choices. Is this why it is called the Fool?

I am Q'uo, and we believe that we grasp your query. We ask that you query again if we have not satisfied you with our response. The archetype of the Fool, the choice-making entity, is the archetype which can represent [or] which places each choice within the illusion as a portion of its form or creative personality, or it can represent the entity which has been able to master the energies of mind, of body, and of spirit and which, with that mastery in hand, is now able to choose the further path of its evolution from this density. Thus, you see in some instances the Fool being numbered zero, which would indicate the continued choosing ability of the neophyte seeker. In other instances the Fool is numbered twenty-two, which would indicate the entity which has mastered the illusion and which now proceeds from this illusion to a finer illusion.

Is there a further query, my brother?

B: No. Thank you very much.

And we thank you, my brother. Is there another query at this time?

Carla: Let me follow up a little bit. So when we as people feel that we know the Creator, it is not a perfect knowing because we are still aware of our personality shell?

I am Q'uo, and am aware of your query, my sister. The feeling of knowing the Creator has in some of your cultures been refined to a greater degree so that the knowing of the Creator yet contains the

existence of the personality shell which knows, so that the entity knowing the Creator knows also it remains an entity. There is the knowing of the Creator in which the entity who experiences the Creator does not any longer, during the knowing, experience itself as apart from the Creator in any way whatsoever. Thus, this is considered by many as a higher knowing of the Creator.

Is there a further query, my sister?

Carla: During my channeling I got the impression of faith swimming around in the muddy waters of the personality and the personality somehow making faith possible. I couldn't make anything out of it to channel. Could you explain it a little more for me?

I am Q'uo, and am aware of your query, my sister. The quality of faith is much like ...

(Tape ends.)

NOTES TO OUR READERS

(There were no Notes in Light/Lines Number 63.) ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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corporation dedicated to
discovering and sharing
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the spiritual evolution of
humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 1997, NUMBER 64

HAVE FAITH IN YOUR LEARNING PROCESS

March 23, 1997

Group question: Concerning seeking and searching. We often have things happening inside of us that are quite intense and we don't know how to work with them. How can we work with these situations? Grab hold of them and try to understand them or let them go and develop on their own?

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings and blessings to each in the love and in the light of the one infinite Creator. We thank you for calling us to your meeting this day. The experience of blending our vibrations with yours in meditation is a lovely gift, and we thank you as well for being willing to let us share our opinions and thoughts with you, asking you, as always, to discriminate as you are listening to that which we say so that you may take those thoughts that seem good to you and leave the rest behind.

This day your query is the—we give this instrument the concept of a national anthem or a favorite song of the wanderer—that is, how to learn from the catalyst that occurs to one who is walking the spiritual path; how to use that catalyst that is yours with the most efficiency, the most respect, and the most success. The spiritual path is often described in terms of difficulty, as though the losses and limitations that affect all within the heavy illusion of your third density were puzzles that could be deciphered, riddles that could be solved, equations that could be completed. And in a very real sense this is so. Yet in a very important way this is not so,

and this paradox is, as always, the hallmark of the spiritual concern, befuddling the intellect, defeating logic, confusing the seeker. And to what end is this the desired spiritual occurrence? From the commonality of the difficult experiences for each seeker, the answer would seem to be in the affirmative. But what is there to enable the spiritual seeker to be more skillful in looking at those things that are points of confusion and occasions for the many emotions surrounding fear and frustration?

First, let us address the happenings themselves, those things that come, seemingly at random, upon the unwary seeker: the auto accident that is visited upon one out of nowhere, the sudden loss that is unacceptable, the limitation that seems to be directly athwart every hope of progress. The heart of this question moves into the reason for your density of experience at this juncture of time and space, that is, third density itself. For, indeed, your illusion is specifically designed to place each seeker repeatedly in situations of limitation and loss, situations that trigger every fear, every confusion that the human heart possesses. Although it may seem that the Creator that helped mold the nature of your illusion is either mischievous or mean or possessed of a poor sense of humor, the truth seems to be that the Creator wished that each spirit, each spark of Self, once radiated out from the Creator, would have the experience of falling into the chasm of the unknown with no parachute except faith.

This is the point the spirit of Love wishes each of Its sparks to attain, that point where it is realized that faith is a way that lives upon itself without any scientific support. The Creator hungers for each

entity to turn towards It, to be drawn so to the great original Thought of Love that in spite of every limitation and loss and difficulty each heart remain faithful and of each entity's own free will to cleave unto creative love itself and to stand firm in a serene knowing that despite all appearances, things are as they should be.

When one is experiencing privation or difficulty certainly the last thing that seems a good idea is to fold the hands and say, "This is perfect." And yet this statement, that is, "This is perfect," is the deepest truth in any situation. The more it looks like an untruth, then, the greater the part that faith must play within the mind and emotions and heart of the seeker. We believe that in older creations than your own, free will was not so valued and, therefore, third density was offered without the veil, without the forgetting that occurs during the birth process so that each entity who awakens upon the Earth plane is kept from knowing its spiritual identity and the spiritual nature of the surrounding creation.

Although the second density continues to speak volumes to one who has the ears to hear concerning the endless generosity of the Creator and the infinite way in which each part of creation serves each other part, the veil being drawn over all existence except that which you are experiencing at this moment creates a situation that is ripe for confusion, and we are not surprised to see that each seeker within this circle has been confused again and again.

And in this confusion each has set the stage for the choice between reasoning based upon fear and reasoning, if you would call it that, based upon love. For faith is the active application of love to situations that astound, confuse or befuddle you. This instrument once at a time near death placed a motto above the bed in which she lay. That motto was, "Faith, the final frontier." And for each of you this faith is as the Grail that is desired, that is sought after, that is hoped for, but how actually to attain this spiritual attitude?

There are many ways to help awaken that faculty of faith, but we feel that in the mix of things needed to pursue faith paramount is a willingness to jump off into the unknown, and to believe that all is well for no reason except faith alone, for no reason except that deep feeling that there is order, that there is purpose, and that there is a rhythmic way to progress. The more jangled events and voices and

tempers become, the more the intellect is locked—this instrument would say grid-locked—with the nonsensical nature of such occurrences. The spirit of Love hopes that such times of crisis will trigger within the seeker the realization that this is another crux at which faith may be invoked.

Faith can begin with very small things. Faith that you shall wake up when you go to sleep. Faith that you are who you think you are. Faith that the sun will rise, that the birds will sing, that the seasons will progress to a time of blooming, when things look grim and dark. It is like a muscle that must be used and not when it is convenient alone, but when it is inconvenient especially. Many are the signs and wonders offered to the illusion by energies and essences within spirit. Many are the visions of those who seek visions. Many are the miracles of healing, prayer and love. Many are the occasions to note and marvel at the faith of others. Many are the stories whose burden is that faith and faith alone has pulled the seeker through.

This instrument recalls an instance when a missionary couple were fighting not only the ignorance and poor conditions of an aboriginal tribe but also a terrible outbreak of illness. No matter how hard they worked they could not keep up, and they were becoming more and more weary. Being people of rare faith they chose to meet the situation by arising even an hour earlier and praying in silence and in peace, knowing that all was well, knowing that there was enough. And as these affirmations spiraled heavenward this couple found peace. And they were able to meet the impossible demand of the situation with humor and dignity. They did not hold their burdens, you see, but made a point of giving them to the Creator, of taking every burden, worry and care and placing all as if giving a present in the capable hands of love. For truly the Creator broods over each of you, so in love with each of you. We cannot express the intensity of that love that we have perceived coming to us and to all from the infinite One. We are His heart's darlings. We are the children of creation, and this describes our nature beyond all illusion.

When this has begun to become a part of who the seeker is, when this feeling of being so loved and so precious has sunk in and taken root in a subtle and ever-changing way, the life begins to be transformed because the self finally accepts the Creator's opinion

of self and can begin to see by faith alone that whatever is upon the surface, the self is the Creator's own from its very origins upwards. This is the native land. This is the home. This is the safety of each, not the power, security or any manifested part of how the world thinks about itself, but, rather, the safety and security lie in remembering whose child you truly are, whose service you truly wish to join, whose love you truly wish to channel through yourself and into the world.

Now, some of what you asked this day concerns how the seeker can tell that something is occurring that is of a pattern that is especially meaningful to look at, and we would say to each that when there is a time of testing, trial or temptation the key aspect of the situation is pattern. When you can spot within your thinking a repeated theme, a repeated motif, then you can tell yourself in good authority, "This is something I want to look at more closely, more deeply. What is there in this pattern that has caught me? Where am I stuck?" Since the heavy illusions guarantees that nothing is what it seems, the powers of mentation are not particularly useful at deciphering the pattern. However, if the seeker will move into the feelings and emotions that have arisen in connection with this pattern then the seeker may be able more easily to use this material, because it is in the responses that are chosen to catalyst that occurs that the self expresses self.

So we would say in meditation allow the silence to do its work. But in contemplation simply allow the self to move into those states of emotion that arise in this pattern. Feel that state. Enter into every nook and cranny of this emotion or of this nexus of emotions. Allow association to move your feelings and see if there is a constellation of events or memories that seem to trigger this same type of emotional response. In this way you are working on your consciousness without departing from the situation at hand, for there is a self that is beneath all of these experiences that come within the incarnation. As one goes through the illusion day by day one can more and more find composure where formerly there was conflict simply because the attitude of faith has begun to take root and the need is not felt so quickly to move into patterns that take one away [from] faith and into the doubtful waters of opinions and words and points of view.

What we have to offer to you is a very simple thing. We are here to speak of love because love is truly all that there is. The energy of love, when touched by free will, has created the manifested world, but all things that are in this world still vibrate with the one great original Thought, and you are those on their first voyage as self-aware entities that are citizens not just of time and space but of eternity, and within incarnation you are attempting to sail the ship of flesh and at the same time realize that there is a deeper ocean of spirit, and that the deeper identity is the one launched upon a shakedown cruise upon a metaphysical sea which cannot be seen or felt or heard or touched but which is dearer in the heart than any manifested things to the seeker. So you are dual citizens, and to combine the spiritual and the earthly is sometimes an interesting challenge.

We encourage each in two ways: firstly, we encourage [you] to, as this instrument would say, validate the self, to stand up for the self, to feel good about the self, to take care mentally, spiritually, physically to love the self. And we encourage you to release fear as it feels safe to you to do so and to replace that quite understandable emotion with faith. Simply to live by faith is to bring an end to paradox and confusion, for to faith all things are acceptable. All experiences are those of love and the distortions of love. Faith is, shall we say, a code word suggesting a vibration that is more like the vibration of love itself. So wherever you are when you suddenly feel challenged, turn inward for the remembrance of your real and overriding nature. You are not simply a person caught between birth and death in a dance of no meaning. You are also a citizen of eternity, a child of the Creator and a dweller in light.

We would at this time ask if you have further questions.

V: There seems to be something missing as far as I can see. I am not sure where I am supposed to be and what I am supposed to be doing. Could you help me with that?

We are those of Q'uo, and believe that we grasp your query. My sister, we would say that those who seek spiritually do indeed have an urgent and telling purpose. And yet that purpose is not one which naturally occurs to those within the illusion, for within the illusion there is always that feeling of doing something in order to be useful. And as

spiritual entities, that translates into the feeling that one has to be doing something, some career, some vocation or calling whose activity serves the spiritual purposes of humankind.

However, it is our opinion that the mission and the purpose for which each of you took incarnation was simply to live, to offer your vibrations to the planetary consciousness. It may seem that this offering of self to lighten the planetary web of consciousness is a small thing, perhaps a useless thing, for seekers generally do not feel that they are operating at a high vibration. Yet with all the confusion and all the distortion surrounding reactions to the confusion notwithstanding, living moment by moment with the heart open to love is enough purpose and mission to cram a lifetime so full that it radiates life.

Certainly some entities are offered careers or callings which are obviously helpful, and for those people there is the siren call of, "Look at what I am doing. I can be proud." You see, this is a secondary or indirect way of serving. It only seems direct because of the way the manifestation seems. The actual direct and common career of each seeker first of all is to live and be an entity of loving and being loved, an entity of the open heart.

May we answer you further, my sister?

V: No. Thank you very much.

We thank you as well, my sister, and wish you well on your journey. Is there another query at this time?

B: Concerning red-ray energy. I am in a position where I have chosen celibacy and I am wondering if I can offer this red-ray energy towards the planetary healing. Is there a way someone like myself can do this?

We are those of Q'uo, and we do grasp your query. We believe that we can certainly confirm that which you say, that simply the offering of all of self to the Creator is the central or key act, metaphysically speaking, for when seen from [that] standpoint, whether that energy of sexuality is offered in exchange with a partner in the act of intimacy or whether that energy is offered whole and pristine back to the Creator, it is that turning of self to Creator with the desire to offer all of self that is the important thing.

There are many ways in which seekers have found good use for sexual energy, in the giving of it and in the holding of it. We cannot say that one way is better than another, although certainly those who have to be celibate—and here we refer to those among your peoples called monks and nuns—feel that theirs is the higher path. And yet the simple gift of the complete self to another is as the offering of the virginal self to the Creator when each is done with the same purity of dedication to the Creator.

There are many possible ways to vent and express the red-ray energy which have not much virtue, metaphysically speaking. The key is simply to gather the self and offer that self completely. Once this is done the knowledge that what is yours will come to you rhythmically and naturally may perhaps keep the mind at peace with this decision; that is, to express the sexual nature only as a gift to the Creator. Once this decision is made, whether that gift is a gift of celibacy or an energy exchange with another who also wishes to serve the infinite One, the result is precisely the same.

May we answer you further, my brother?

B: No. Not on that subject. Concerning the archetypical mind, why do seekers touch the archetypical mind? How is the way made possible for them to do so?

We are those of Q'uo, and we do not mind being confused, my brother. We rather enjoy it.

The archetypical mind is a part of the deep mind of each entity. The roots of mind begin with that region closest to the conscious mind's threshold and as one follows these roots one finds various levels of group mind within the mind. The ethnic group mind, the geographical group mind, the political group mind, and so forth. Deeper than these are the planetary mind, the archetypical mind, and the all-mind or the Knower that is the Known. The archetypical mind is a set of structures that create a way to think about the self as a metaphysical being. Within a mythical system there are characters with which one may find identity. Each who has used that identity to further deepen one's own spiritual nature will be familiar with this.

For instance, this instrument shall, during the coming week which it calls Holy Week, be following the footsteps of the one known as Jesus, deeply identifying with this entity's sacrifice, deeply

rejoicing in this entity's [triumph] over death. The archetype that is being explored is the archetype of transformation. As spiritual beings there is far more to the self than can be imagined or [en]compassed, and so as the mind struggles to process information which has no words, that which transcends words becomes increasingly useful. The drama, the comedy, the painting, the opera, the art that pulls an entity beyond words into emotional states, these are valuable things because they trigger truth from the standpoint of emotion or the heart rather than the concept of the mind. And the seeker is attempting to get to the heart of the self, to live from the heart of self, and so these archetypes which carry great rivers of purified emotion within them are extremely helpful.

As the seeker meditates it is offered material which is beyond words. It is that still, small voice that moves upon the sea of feelings and emotions. The seeker will come again and again to realizations which cannot be summed up in words and in this process, which is so subtle, the use of the archetypal mind is constant, seldom breaking forth into the conscious mind in most cases but always going on beneath the surface. This is the way that consciousness works. In an easy and comfortable partnership with the consciousness that is yours within the personality shell, the mind, and the body that are given for this incarnation alone. There is constant communication between consciousness and the personality shell itself. And as the seeker becomes more comfortable with truths which have no words the self can more and more reside in that way of being which does not need words. And from this point of view there can be an ever increasing ease of motion in switching from that state of being which is deeply peaceful to the self that meets and greets and acts with the illusion, wresting ever more abundant harvests of experience from the catalyst offered.

May we answer you further, my brother?

B: What particular archetype does Judas represent? I appreciate what you have offered.

My brother, this is your meat to chew. May we have a final query at this time?

B: One more about the archetypes. The particular myth that the seeker would be attracted to in touching the archetypal mind, is that unique to the seeker or to the commonalties between seekers?

We are those of Q'uo. My brother, for the most part, entities find themselves most comfortable with the myth that is shared by the culture. When the culture does not identify greatly with any mythical system then it is that the seeker is challenged to explore possibilities for itself. We find your culture at this time in such a state of flux. The lip service given to the mythical system of Christianity and Judaism remain current and widespread, yet the emotional involvement of the culture as a whole in this mythical system is at a low level. In this atmosphere each seeker will find ways to create from a synthesis of various systems or from within the self a unique path. And this is more and more the way that those within your culture are moving.

May we speak further upon this subject?

B: No. Thank you.

We find that this instrument's energy runs low and the circle's energy to listen perhaps even lower. We would have no problem talking with you right through the supper hour, but we are sure that you would not wish it so. And so we will leave you glorying in the fellowship that we enjoy with you, thanking you for the dedication and courage that brings each out of his and her way to this meeting of souls. We leave you in ineffable love and light. Now and always. We are those known to you as Q'uo. Adonai. Adonai.

NOTES TO OUR READERS

Our heart-felt thanks to everyone who donated so generously to help us pay our reprint bills. We have stopped all journal advertising and have begun creating a site on the web at www.llresearch.org.

Carla put aside work on her *A Wanderer's Handbook* long enough to finish writing her comments to include with the personal material that we removed from the four books of THE LAW OF ONE. We hope to have this personal material available as Book Five of THE LAW OF ONE within a few months. She is now preparing to work again on the *A Wanderer's Handbook* by studying up on software so that she can manipulate the many quotations from texts and letters that she has received. Then she can get back to the actual writing again. ✨

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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 1997/98, NUMBER 65

YOUR SERVICE IS INEVITABLE

March 16, 1997

Group question: We are asking about service today. First, we seem to need a sense of self in order to know what it is we have as resource to serve with, and secondly, we would ask if it is even appropriate to concentrate on serving others in our daily round of activities, or is it more a part of our beingness to serve in a less directed effort? What is the true nature of teaching when it comes to serving others?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator. It is a joy and a privilege to join in your meditation and share in your vibrations. We cannot express the blessing that each of you brings to each of us, for we remember well third density, that time in the crucible. It takes courage to allow the conditions for the choices that you make to be felt, expressed, named and accepted. And we are inspired by the genuine and authentic desire of each to seek and know the truth. We also thank you for your calling us because our service and the way we ourselves are progressing at this particular juncture is by sharing our experiences and opinions with those companions along the path that dwell on your Earth plane at this time. There is a tremendous calling that redounds throughout creation when a people such as yours approaches a cusp and is not ready and yet senses, however dimly, that call to march, that feeling of purpose and mission. So we thank you and bless each and ask one thing of you in return, and that is that you use your personal discriminatory

power in keeping those things we might say that seem to you to be worthwhile and allowing the rest to fall away, for we would not put a stumbling block in front of any.

We were the proverbial fly on the wall listening to your discussion, and we agree with this instrument that truly this particular group does not need a formal channel, but, rather, there is a conjoining of kindred spirits so that each is teacher to each. You shall find this occurring more and more frequently as many among your peoples in all your nations do awaken, do find themselves in the sense that, for the first time, they relate to themselves as a spiritual identity. When each entity does awake, there is that feeling of almost a panic, a desperation of desire to become oriented in the metaphysical world in which thoughts are things and things are only thoughts. What a different and uniquely alien landscape appears before the newly awakened spirit who, for the first time, realizes that she is not a body with a mind, not doomed to death and limited in time, but, rather, a citizen of an infinite and eternal unity.

As each progresses, many are the questions and issues that arise. Many are the dogfights and wrestling matches with angels in the dead of night. Many are the ties that seem broken and the pieces that seem never to fit. And great is the suffering of each spirit as that metamorphosis occurs and the wet and still unborn butterfly fears to leave the cocoon. And in this experience, were each of you not to want to help others [it] would be remarkable. It is natural and appropriate for each of you to hope and, indeed, to know that you can serve. If we could leave you with one thought it would be that one: you will serve.

Fear not. Do not be distraught because you are confused or because you have not that mountaintop experience on this particular day at this particular time. You shall perform your mission. Each of you shall serve effectively that light and that love that you so adore. You cannot fail at this, for as you breath in and as you breath out you are an essence. You are a personality shell in a second-density body that hides your consciousness from yourself and, to a lesser extent, from the world around you. You are the one great original Thought. You are Love.

And those who are joined with us on this particular day all have native homes in densities that are sweeter and more open and closer to the original vibration of unconditional love. Beneath the masks and roles that are appropriate for each to play in your dance on the sea of confusion you are who you are and it is that essence that is your gift and your main service. As you breathe in and as you breathe out, you breathe the world, you breathe illusion, and you are love. As you have breath so shall you be mortal, and this mortality clothes one in a flesh that creates a lack of memory, a lack of contact with those things that pertain to your infinite self. This does not disturb your essence. You can lessen the ease with which your native vibrations can ripple out. You can be blessed, expressive of essence. You can be more true to that underlying and encircling essence, but you shall, without fail, perform your service and complete your mission because your basic mission is to live a life amongst those people with whom you find yourself, having a heart that is consciously open as is possible on a stable basis.

When one worries and strives and struggles it may seem that the night falls and nothing can be seen, yet always the self lies waiting for you to allow its depths to rise up into conscious awareness. There is a spring inside each in that sanctum of the heart, and it bubbles forever with the clear water of light and love. The Creator has placed His tent within this inner sanctum and patiently, lovingly and personally waits for your touch upon the door, for your step upon the stairs, hoping that you shall come in and sit with It. And there is no greater joy that the Creator has than that joy of being joined in communion within the heart. The Creator has enormous infinite love for you. There is a personality, a personhood to that quality of love. It is not impersonal. It is not general or vague. The

Creator finds each vibratory complex beautiful and loves each just as it is.

For those in third density and within incarnation such unconditional love is not particularly easy to find access to. And we are aware that you hope to find more resources to help you become a better servant. Certainly our first suggestion to each would be to enter into a deepening and more comprehensive awareness of the self, especially those parts of the self this instrument would call the dark side, for this complete and total self encompasses all that there is. Each of you has made repeated choices in this incarnation, and those choices have been to emphasize, for the most part, the positive qualities. However, your culture does not teach you to deal with the other path of the self with the appropriate kindness. And so each has faced that self that murders and steals and blasphemes and envies and lusts. And each has turned a hard heart to the self and said, "I judge this part unworthy."

It is not that we disagree with how wretched each of us is, for truly when one is all things one does encompass the pain and suffering of all time and all space as well as the brightness and glory of the light. But it is our humble opinion that these parts of self are actually other than they seem. Within third density, however, the knowledge that nothing is what it seems is a cold and unpersuasive thing. We are not sure how to suggest to each of you that you find the courage and nerve to forgive yourself for being human. In the world of illusion you, too, must be of the same stuff made. You cannot bring into this illusion an undeniable reality, for the whole purpose of illusion is to so confuse you that you finally give up using the tools of intellect and logic in order to make sense out of life, for life does not make logical sense in the normal use of that term. Certainly each has been in that state of mind wherein all things were seen to be perfect. And these are moments of rare beauty and joy. And yet they feed only the self. You cannot give them as presents to others or persuade any because you have been persuaded, for this is the density of choice, and each entity must face that choice of whom to serve, how to serve, for himself.

However, we can assure you that there are ways to be of service to others besides simply being. It is just that it all begins with loving yourself. We cannot overemphasize this step, nor can we say that it is an

easy or simple thing, for the self must first be plumbed and seen, not in great detail, perhaps, but in the sense of facing that ravening wild beast that dwells within each and that has the power of the vampire, pulling on the energy of self when it is not loved. Each of you has forgiven others tremendous things, but have you forgiven yourself for the small things, much less for the things that you consider large? How difficult it is to turn and see self. Many never achieve knowledge and must project all that occurs with them in their life upon other entities, and this is one of the things that other entities are here to offer. Indeed, each of you has played that part for others, being the mirror that reflects and offers catalyst. Each of you has experienced that great feeling of seeing self for the first time because someone else was a good mirror. But the first mirror we suggest you hold up to yourself.

The one known to you as Jesus was reared in a climate of what this instrument calls the Old Testament, the Ten Commandments, the Law of Orthodoxy. This teaching was tempered by much mysticism, but when this entity began to teach others it suggested that all of the law and all that the prophets had said could be replaced by loving the Creator and loving others as one loved oneself. One cannot become able to love others unconditionally until one has forgiven the self. We encourage each to press on towards self-acceptance, self-forgiveness and that feeling that each day is a new one, each moment is a clean and untouched thing.

When one seeks to serve others one has chosen the most subtle of activities. Certainly there is never any harm in perceiving an entity in need, of offering aid in a general sense, of suggesting that you are there for that person. Certainly when one is asked to be of service in this and that way one may respond to one's fullest for this is the green light that says, "Please impose your values. Express your feelings to me. I will listen because I am seeking." Seldom is service that simple. Often it is a matter of dropping seeds. A smile is a seed. An open book that says on the front, prayer, or meditation, that is a seed. Those who come into your environment see what you are reading and something in them is refreshed, for are we all not one? An open hand. A kind word. The commonplaces of ordinary life. These are riches indeed and within them lie all the service imaginable, for as you speak to one and to another in the normal run of things you speak to all. Release

the concept of numbers. It does not matter how many perceive that which you offer. One is enough. One is a bounty. For that one is the Creator. Each entity is a holograph of all that there is. There is no loss. There is no way to be lost. You are in the creation.

To a deeper level let us move and look at this being, this essence of self. We always greet each of you in the love and in the light of the infinite Creator because it is our opinion that that is all that there is. The great original Thought is a vibration known as love, that insipid word for which we cannot find a substitute for. All that is created is created of light which is the product of free will acting upon love. At this level is the identity and beingness of each. At the level of pure vibratory complex you cannot help but be yourself. Within third density there is tremendous opportunity to accelerate the rate of spiritual evolution. And so as you go forth each day, realize that this process will take you and shake you and things will come rattling loose from time to time. Change, as this instrument says, is often uncomfortable. And change you will if you are listening and acting upon the desires of your heart. It is sometimes a tough, brutal journey. The landscape is sometimes very barren. As each goes through those initiations and that dark night of the soul that this Lenten season is so appropriate for is experienced, you do not know when you approach another what state that person is in. You do not know to whom you are an oasis. You are the water that quenches the thirst by your being.

Before we go to questions and answers we would ask you to rest in that beingness and experience yourself as we experience you. How precious you are. How beautiful. Touch into this beauty, this grace. Feel that light as you move into the place of love within self. Feel the radiance beginning. And know that it is not from you that that radiance comes. All you can do is prepare the channel for the infinite love and light of the one Creator to flow through you into the world of manifestation. The suffering, the questioning, the doubting, the pain, and the suffering and agony of all that you experience is for one thing: to hollow you and to focus that emptiness so that it is ready to receive. For those upon the service-to-others path, those to whom we wish to speak, what is being received is infinite love and as it flows through you into a channel that you have cleared it radiates into all of your Earth world. It is

for this that you came: to live a life filled with many sacrifices as things fall away and you begin to know what is valuable, what is beautiful, what is true. You are a witness, and yet you are what you witness in that wonderful paradox that is the signal of the metaphysical world. It will always baffle the mind and it hopes to so baffle it that you will make the trip from head to heart.

As you wash dishes, as you attend your daily toilet, as you diaper a child, as you pull a weed, as you sit in a blue funk and wish everyone were dead, you are serving the Creator. It does not matter how many you serve. But only that you be yourself and experience as fully as possible what the Creator has placed before you, for those things that are for you will come to you. You have prepared for yourself a line of growth. When one resists this line one may go in other directions, but there is only one place you are attempting to get. You can make your journey longer by resisting, but it shall be that same journey. Consequently, it profits one to contemplate how to cooperate with this rhythm and vector you experience in the flow of your own living. Know each thing in terms of praise and thanksgiving. Many things are easy to offer praise and thanksgiving for, and yet as each of you has said in the discussion prior to this channeling, as this instrument calls it, each has made that point.

So we simply urge you to love. Love the Creator. Love yourself. Love each other any way you know how to. Any which way. You cannot err. You can seem to fail again and again. Yet you truly make no mistakes. For you are, at all times, secure, safe and centered. You will learn to experience more and more how to allow yourself to feel that center that is already there.

We would at this time open the meeting to questions. Are there any at this time?

R: D has discovered he was someone close to Tesla and now he seems to be getting psychic attacks, being paralyzed from the waist down, his gear is breaking down, and a dowser has found alien energy in his house. Could you comment in any way you feel is appropriate?

We are Q'uo, and we grasp the query. When one is attacked it is natural to defend, and yet in the sense of psychic greeting the defense creates the prolongation of attack. The one known as Jesus has said, "Resist not evil," and we would say know this

greeting as coming from the self, as the child has been spurned by the parent. This child does damage, hits people with the toy truck, bangs on the piano. This is not lovable behavior, and yet this too is part of self. We would suggest that when an entity is faced with a new part of self the solution is, as always, love. These footsteps, this paralysis, find the courage to give praise and thanksgiving for this and any condition. Find the serenity to seek the heart of this greeting, and see that heart as that which, when loved, shall be transformed. There are reasons that a veil of forgetting drops when an entity enters into incarnation. When this veil is penetrated within incarnation an entity feels she is seeing self and yet this self is but a shell and that self is but a shell, and the essence lies beneath, between and around both and yet is neither. When the feared is finally seen with love then shall phenomena make little difference.

We would be glad to continue further if the entity who asked this question would wish to requery. Is there another question at this time?

B: No question. Just wanted to say that you said some things in today's session that really moved me. As I prepare to move off into my next step of growth I just want to say that I am really going to miss these Sunday sessions. And I just want to thank you for everything.

My brother, we thank you as well and could not put it better. Is there another query at this time?

Questioner: (*Inaudible*).

We are Q'uo and are aware of your query. My sister, the runaway technology, as this instrument would put it, of your peoples is that of the child with toys. The child is not large enough to grasp how to care for and treat his objects of interest and amusement. This shall be very confusing which is as things should be. We cannot comment upon specifically what effect or direction your culture shall move but only encourage each to see the innumerable and ephemeral ripples of the ascent of intellectual knowledge with equanimity. Whatever seems good or evil, whatever seems hopeful or disastrous, is illusion. And so we encourage each to turn always to that place within which connects the self in incarnation to the self in eternity.

May we answer a final question at this time?

Questioner: (*Inaudible*).

My brother, we are so glad that you brought that up. We love milkshakes. We consider each of you a delicious milkshake. We could eat you for breakfast. We leave each of you in the ineffable love and light of the one Creator. Love each other. Love each other. We are known to you as those of Q'uo. Adonai. Adonai.

NOTES TO OUR READERS

With many thanks to our dear friend, Ian, our new web site has been updated. Look us up at www.lresearch.org. Love and light to all in the New Year ahead. May we see the One in all.

THESE BOOKS WERE DONATED TO L/L RESEARCH'S LIBRARY IN 1997

Many thanks to those who donated books this year.

Avery, Jeanne, A SOUL'S JOURNEY, Austin, TX. Boru Publishing, Inc., 1996. ISBN 1-887161-12-0. Hypnotic regression to Nazi death camps heals present incarnations.

Aviza, Edward A., THINKING TAROT, New York, Fireside, 1997. ISBN 0-684-82274-1. Combines Rider-Waite deck with enclosed CD-ROM to aid spiritual development.

Bear, Sun with Wind, Wabun and Mulligan, Crysalis, DANCING WITH THE WHEEL, New York, Prentice Hall Press, 1991, ISBN 0-13-572843-6. A workbook for working with the medicine wheel.

Bly, Robert, THE KABIR BOOK, Toronto, The Seventies Press, 1971. ISBN 0-8070-6379-7. Forty-Four of the ecstatic poems of the fifteenth century poet, Kabir.

Bode, Richard, BEACHCOMING AT MIRAMAR, New York, Time Warner, 1996. ISBN 0-446-67276-9. A story about how to live life discovered through self-reflection on the beach.

Boone, Allen J., KINSHIP WITH ALL LIFE, San Francisco, Harper, 1954. ISBN 0-06-060912-5. The language of love opens communication doors with all animals.

Bradley, Don, THE TEACHING, Salt Lake City, Northwest Publishing, 1995. ISBN 1-56901-842-1. Fictional adventures of one-time surfer bum who battles evil to save his true love and humanity.

Brown, Courtney, COSMIC VOYAGE: A Scientific Discovery Of Extraterrestrials Visiting Earth, New York, Dutton, {c1996}, ISBN 0-525-94098-7. Explores mystery of alien contact.

Butler, Mark, HOW TO USE THE INTERNET, Emeryville, CA., Ziff-Davis Press, 1994.

Cleary, Thomas, DHAMMAPADA, The Sayings of Buddha, New York, Bantam, 1995. ISBN 0-553-37376-5. A translation revealing the clarity and simplicity of the Buddha.

Collinge, William, PhD., ALTERNATIVE MEDICINE, New York, Time Warner, 1996. ISBN 0-446-67258-0. All the various alternative healing methods explored in depth to help people choose what they need.

Collinge, William, PhD., SUBTLE ENERGY, New York, Warner Books, Inc., 1998. ISBN 0-446-52017-9. A look at life as forms of energy and understanding this energy as our means of healing.

Comfort, Alex, (translated by), KOKA SHASTRA, Medieval Indian Writings On Love Based On The KAMA SUTRA, New York, Simon & Schuster, 1997, ISBN 0-684-83981-4. Medieval poet describes the intricacies and practices of sexual intimacy.

Crum, Thomas, JOURNEY TO center, New York, Fireside, 1997. ISBN 0-684-83922-9. Gives specific exercises for centering and achieving our maximum potential in whatever we do.

Egidio, Gene, WHOSE HANDS ARE THESE?, New York, Time Warner, 1997. ISBN 0-446-52045-4. Psychic healer examines how his life and others have been changed by his abilities.

Eichenbaum, Diane, SOUL SIGNS, Harness the Power of Your Sun Sign and Become the Person You Were Meant to Be, New York, Fireside, 1998. ISBN 0-684-82366-7. Another title that says it all.

Elwood, Don, HOLISTIC GARDENING, Riner, VA., Kitzinger Enterprises, 1994.

Ferguson, Bill, HEAL THE HURT THAT RUNS YOUR LIFE, Houston, Return to the Heart Press, 1996. ISBN 1-878410-21-0. A manual of self-therapy for spiritual seekers.

Fowler, George, LEARNING TO DANCE INSIDE, New York, Harcourt Brace & Co., 1996.

ISBN 0-15-600524-7. A fresh outlook on prayer and meditation.

Godwin, Malcolm, *THE HOLY GRAIL: Its Origin, Secrets and Meaning Revealed*, New York, Viking Studio Books, 1994. ISBN 0-670-85128-0.

Goldman, Karen, *THE ANGEL BOOK*, New York, Simon & Schuster, 1992. ISBN 0-671-79699-2. All about angels, including how to become one while on Earth.

Goldstein, Nikki, *ESSENTIAL ENERGY*, New York, Warner Books, 1997. ISBN 0-446-91209-3. A guide to aromatherapy and essential oils.

Good, Timothy, *ALIEN CONTACT, Top Secret UFO Files Revealed*, New York, William Morrow and Company, 1991. ISBN 0-688-13510-2. The usual conspiracy theory stuff but well documented. ISBN 0-9638410-2-5. The use of energies such as Reiki, prayer, crystal, music, sound, light, and color to aid in the growing of nutritious crops.

Kehoe, John, *MIND POWER INTO THE 21ST CENTURY*, West Vancouver, B.C., Zoetic Inc., 1997. ISBN 0-9697551-4-7. Shows how to increase success via dreams, visualization, enhancing creativity, and utilizing your sub-conscious.

Kirkwood, Annie, *MARY'S MESSAGE TO THE WORLD*, New York, G.P. Sons, 1991. ISBN 0-399-14053-0. A retired nurse hears and shares the wisdom given to her by the Mother of Jesus.

Kopp, Sheldon, *ALL GOD'S CHILDREN ARE LOST, BUT ONLY A FEW CAN PLAY THE PIANO*, New York, Prentice Hall, 1991. ISBN 0-13-026881-X. Finding one's personal identity while feeling alone.

Larson, Dewey B., *BEYOND SPACE AND TIME*, Portland, Tucek & Tucek, 1995, ISBN 0-913138-12-6. Physicist's view on metaphysics.

Martin, Stephen Hawley, *SOUL SURVIVOR*, Richmond, VA., Oakleaf Press, 1996. ISBN 0-9646601-8-0. Visionary fiction describes how soulmates are reunited.

McIntyre, Anne, *HERBS FOR COMMON AILMENTS*, New York, Fireside, Simon & Schuster, 1992, ISBN 0-671-74632-4. Easy remedies for common ailments. Great pictures of the herbs for identification.

Miller, Sukie, PhD., *AFTER DEATH, Mapping the Journey*, New York, Simon & Schuster, 1997. ISBN 0-0684-82236-9. Cross-cultural exploration of what happens to the soul after passing through the white light.

Orloff, Judith, M.D., *SECOND SIGHT*, New York, Warner, 1996. ISBN 0-446-67335-8. A psychiatrist who is also a psychic shows how you can discover your psychic gifts.

Ornish, Dean, M.D., *EAT MORE, WEIGH LESS*, New York, HarperCollins, 1993. ISBN 0-06-016838-2. Focuses on what you eat rather than how much you eat to maintain health and fitness.

Prather, Gayle & Hugh, *PARABLES FROM OTHER PLANETS*, New York, Bantam, 1992. ISBN 0-553-37080-4. Far-flung philosophy from way out spiritual warriors.

Redfield, James, *THE CELESTINE VISION*, New York, Time Warner, 1997. ISBN 0-446-52274-0. How each of us spiritualizes Earth by acting with courage in our lives.

Rice, Edward, *THE MAN IN THE SYCAMORE TREE: The Good Times and Hard Life of Thomas Merton*, Garden City, Doubleday, 1972. ISBN 0-15-656960-4. Personal memoir of Merton.

Roberts, Elizabeth & Amidon, Elias, *LIFE PRAYERS*, San Francisco, Harper, 1996. ISBN 0-06-251377-X. 365 life-affirming prayers from around the world.

Russell, Daniel, Archived Materials from the author.

Sellner, Edward C., *WISDOM OF THE CELTIC SAINTS*, Notre Dame, Ave Maria Press, 1993, ISBN 0-87793-492-4. A wealth of history and personal stories of each of these well-known saints.

Small, Jacquelyn, *AWAKENING IN TIME*, New York, Bantam, 1991. ISBN 0-553-34955-4. A look at codependence as a spiritual crisis with a sacred purpose and solution.

Stone, Ganga, *START THE CONVERSATION, The Book About Death You Were Hoping to Find*, New York, Warner, 1996. ISBN 0-446-51959-6. The title says it all.

Strieber, Whitley, *THE SECRET SCHOOL, Preparation For Contact*, New York, HarperCollins, 1997. ISBN 0-06-018731-X. Strieber reviews his childhood for early alien contact experiences.

Thompson, Richard L, ALIEN IDENTITY: Ancient Insights Into Modern UFO Phenomena, Alachula, Govardhan Hill, 1993. ISBN 0-9635309-4-1. Who they are, where they're from, what to expect from them.

Twyman, James F., EMISSARY OF LIGHT, My Adventure With The Secret Peacemakers, New York, Time Warner, 1996. ISBN 0-446-52300-3. Inspiring true story of spiritual beings who bring light to the darkest places on Earth.

Walters, Derek, FENG SHUI, New York, Fireside, 1998. ISBN 0-671-66790-4. How to make your living environment more harmonious and peaceful.

Walters, Donald J., SUPERCONSCIOUSNESS, A Guide to Meditation, New York, Time Warner, 1996. ISBN 0-446-67173-8. Yoga clearly applied to meditation.

Weiss, Brian L. M.D., ONLY LOVE IS REAL, New York, Time Warner, 1996. ISBN 0-446051945-6. How soulmates reunite lifetime after lifetime.

Wright, Jonathan V., NATURAL HORMONE REPLACEMENT, Petaluma, CA., Smart Publications, 1997. ISBN 0-9627418-0-9. For women over 45 who want to deal naturally with their aging and living. ❁

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SPRING 1998, NUMBER 66

GUIDES AND GUIDANCE

Q'uo, February 15, 1998

Group question: The question today has to do with guides. What guides are available to us? How are they available? How might we gain access to them and feel that we are being guided?

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 whose servants we are. May we thank you from the bottom of our hearts for calling us to your session of working this afternoon. We thank each in this circle for hungering for truth and for being willing to allow us to speak through this instrument and share our humble thoughts with you. As always, we ask that each of you listens with discrimination, for you shall recognize those thoughts which are able to be resources and tools for you in your path, a path unique and not like everyone else's, so that no two entities can take all of the thoughts that may have merit in a general sense but, rather, each will find those that are companions and fit into that puzzle that each is putting together in the search for what is loosely called the truth.

You ask this day concerning guides, angels, guardian spirits, and guidance in general, and this is a subject peculiarly unsuitable to words. Indeed, the very nature of the metaphysical universe is such that the guidance which is always and constantly with you is not that which translates into materialistic or fleshly-body-oriented thinking. The common concept of a guide or a guardian angel is of a specific being. However, not all of those who are part of your

guidance system are beings in the same sense that you consider yourself an individual self.

In order to clarify we must retreat first to express some more general concepts. Firstly, let us look at the concept of personhood or personality, for each of you is a person and has personhood. This is, within the illusion, something that you can trust. The flesh that rests upon your bones is flesh, and it shall continue until the spirit that enlivens that vehicle needs it no more. A skeleton remains a skeleton. The organs remain the organs. These things are physical, and they are obvious. Consequently entities, even spiritually oriented entities, tend, by and large, to think of the self as the flesh, the bones, the organs, the body, as though the self had no other connections before, or will have no other connections after, the incarnation that you now experience. Certainly it does not occur to many that you have within the physical vehicle connections with and contact with non-physical and non-bodily energies and essences which are as much a part of who you are as those things that can be named, counted, and measured concerning your physical beingness.

However, we feel it is true in our observation that the personality shell that animates the incarnational body is a very shallow, very limited selection of portions of your self, in the greater or metaphysical sense, that you have chosen because these are the attributes and the limitations that you put together in order to be challenged and in order to meet the challenges you would find within the body and within incarnational experience. As beautiful, sacramental, and worthy as this bodily personality

shell and all that you see of yourself in the mirror is, it remains as insubstantial as a shadow next to the profound and infinite nature of your whole self. Indeed, it is difficult to explain or express, but within this very limited mind which you sense within yourself and are aware of within yourself, you have direct connection to all energy whatsoever. The entire universe is within your self and with care, regardless of the circumstance of incarnation and limitation within a body, there are ways in which the seeker may improve its connections with these deeper energies of self. It is in these deeper strata of self that the many kinds of guidance available to the seeker dwell.

One of the advantages, therefore, of meditation that is silent is that when the inner silence is entered the door betwixt the conscious and unconscious levels of mind opens, for some very slowly, for others with a great bang, for most at a steady but relatively slow pace interrupted occasionally by real leaps forward in awareness. This is the general pattern for people who have become conscious of their spiritual identity and now wish to accelerate the pace of spiritual evolution by making more efficient and thoughtful use of the resources available.

Secondly, let us look at the concept of vibration. It may be helpful to you to begin to see into things as vibrations. This instrument produces a sound vibration by moving air through a voice box while distorting the face in various ways in order to produce what you call language. Language has to be made up of words because it is finite. It has to be made up of units of thought that are smaller than a concept. This, in itself, is very troubling to those in the metaphysical system of illusions that are attempting to speak with you because the common communication used in the metaphysical universe is concept sharing or telepathy, as this instrument would call it. Communication by concept is a direct envisioning of a whole system of thought that is in a certain pattern and that can be offered as a whole. To unravel a concept and exhaust its possibilities can be a lengthy process, the translation into words being awkward and elephantine compared to the cleanliness and lucidity of concept communication. This is but one kind of vibration.

Most within your culture are aware that heat is a vibration; light is a vibration. Most entities are not aware that all things are vibrations, and certainly it is

not a common thought within your Earth plane that qualities, consciousness, essences, and energies are vibrations. Indeed, if one could choose one term to describe the manifested world it would be vibration. The first vibration is that infinite Love of the One Creator, and each of you is a system of distortions of that vibration. Very simply put, the goal of the seeker is to become more and more congruent with the undistorted vibration of Love, infinite, universal Love. The Love that creates. The Love that destroys. The Love that is the "I" of you. This Love is not a manifested vibration. The first manifestation of vibration within the outer world which you now experience is light, which this instrument has learned to call the photon. And it is from this building block of light that all collections of vibrations and systems of rotation spring from all your elements that you have learned go into the making of the various things that you can touch and see. All of these things are systems of vibration.

When you seek guidance, you are not simply asking a friend to talk to you, not unless you wish to access a certain person who is within the inner or teaching planes of your illusion. Now this instrument does not crave, shall we say, the personal guide and has, therefore, has not had experience with that specific contact that comes from finding an inner planes teacher. For those who desire a named person, a person to count on as you would a being with that personhood of personality shell, we recommend studying within the Oriental systems and Asian systems of philosophy and theology, for it is within these cultures that the concept of the Creator as teacher creates a place or a space for inner plane guides. To become more familiar with that entire way of devotion is to bring the self more into the kind of setting, shall we say, of the inner expectations that would be more likely to produce the experience of contact with a specific entity.

Within your Western philosophy, although many spiritual teachers are greatly revered, esteemed, and loved they are not worshipped as incarnations of the Creator. Consequently, their beingness within the inner planes is quite different and, generally speaking, will move more into the vibratory levels wherein one is contacting a consciousness field of a certain vibration. For those who simply wish by whatever means to surrender to the will of the Infinite One there is the feeling of the way, the tentative moving towards an orientation with one's

own energies, with one's own essences, with one's connections into the deeper and deeper portions of the self. It is not necessary in order to be guided that you have any particular vision of your guide. However, as this instrument has often said, it is helpful to choose a mythical system such as Christianity, Buddhism, or any other spiritual or religious system of thinking and realizing the cosmos that you feel, personally, the most kinship to. This is a matter not necessarily of the mind but, rather, of the emotions and of the spirit.

The universe is far from blank. It is filled with the vibration of all that there is. Consequently, guidance is always very, very near. Using one spiritual system to realize guidance for yourself is wise. It organizes the effort made. It gives you some starting points from which to move forward. This instrument, for instance, desires to be led by what she calls the Holy Spirit. In choosing the Holy Spirit this entity has done two things. Firstly, she has chosen, within the mythical system she has felt most kinship to, to trust and cast her loyalty upon a certain kind of entity. Secondly, she has called upon herself, for guidance comes from the deeper or Higher Self. Each mythical system gives one a way to realize these connections.

Without choosing a mythical system to work with the seeker must create a way of proceeding. Shall it be to name the name and to call upon that name? Shall it be to call upon a certain vibrational level that is desired? This is creative work in consciousness for the individual seeker. The one thing that is sure is that guidance is all about you. The one known as Jesus often said, "He who has ears to hear, let him hear." And certainly in this instrument's experience we find a constant conversation with the forces of nature, with beings of bird and bush and flower and sky, an overheard comment, and chance happening. Anything and everything is material for this instrument because this instrument has come to the belief that all things are sacramental. Each person, each seeker, must first realize her own way of perceiving, her own belief system, her own need in terms of guidance. Some need a named person; some need a level of vibration. But behind all of the mental and conscious ways of gaining access to this guidance there lies the identity of self with self. All guidance is from your self in a less distorted configuration of vibration to the self within incarnation, that incarnation in third density being

deliberately and carefully cast into confusion and disarray.

It may seem that there are emergencies where guidance must be had, but indeed the greatest friend to one who seeks guidance is Sister Patience, for there is the abiding, the waiting for the rhythm of things to come into the configuration which is harmonious and right. There is that moment when the one who has the heart to understand can almost feel the situation clicking into rhythm. And when that moment of the feeling of rightness comes, there is no doubt. There is only the awareness of and the great gratitude for guidance.

Each kind of myth creates ways of thinking about this guidance. No one way of thinking is wrong. Each is an attempt, by finite intellect, to describe processes that are infinite and that take place outside of the bounds of time and space. Consequently, there are as many ways to think about guides and guidance as there are systems of thought. To this instrument the mind goes to angels because this instrument has been steeped in the Christian faith. To other entities familiar with and finding comfort in other systems' doctrine there are other kinds of beings configured a bit differently, moving perhaps from a different inner plane, and these are all genuine. For what is happening is beyond all of the systems of thought. It is energy relating to energy, Love reflected in love. That is what guidance truly is, Love reflected in love.

To attempt to tell one about guidance one must use finite words and thus great confusion is born. "Well, is it this way, or is it that?" It is all the ways that you can think of and none of them at all. With this paradox we know again that we are in spiritual territory. Yet that which is sought is ever at hand, closer than your own body, closer than your own thoughts, for the silence within those thoughts and within that body is beyond all time and space. And however you realize your guidance in this little life of the Earth plane, you remain a citizen of eternity, and your guidance is sure.

In third density a great veil drops and one cannot see into the metaphysical universe, or to put it in terms of the mind, into the subconscious mind. One is not supposed to see into this mind for the reason that it is this density's lesson to learn to live by faith, by those qualities of love, faith, patience, and trust that defy the limitations of personality and confusion.

Within each of you there is a stubborn and sure conviction that this little life is not all that there is, and when you have thought this for the first time it is as if you have become awake in the land of the slumbering: We can only say to you who wish to become more aware of the guidance sought that it is all about you, that there are ways of thinking about guidance and methods of guidance that you may consider and choose between, but know this: beyond all of your choices the information that you need comes to you again and again and again. If you miss it this time, there will be another time. Your work, indeed, can be very simple if you choose to make it so. If you choose to be a simple and unintellectual seeker you may simply sit in the inner silence expecting nothing, desiring nothing, but communion with Love, and that desire you may encourage and feed with the fodder of your thoughts, the branches and the trunks of your emotions.

There is a yearning within each seeker for home. And when the angel, or the guardian, or the guide, or guidance itself is sought there is that hope of a letter from home, of a pat on the back, or a hint of what the situation is from an older and wiser relative. Whatever the way you choose, you are seeking that home when you seek guidance. You are sensing that you are on a journey, and you are asking for some information closer to the source and ending of that journey. Be aware that you may be some else's guide. Be aware when questions are asked of you, for that which is Love may speak through you if you are empty enough and clear enough. Be aware that others may be your guide for a moment without any conscious intention, or with conscious intention. It makes no difference. For what is happening is that vibration is harmonizing with vibration, or not. And connections are being made, or not. Thusly, if with patience you attend to the present moment and desire as purely as possible to know the Love of the One Creator, that which is yours to do and that which is yours to be shall rhythmically come to you and express to you. And when you feel resistance, stop. Wait. Be aware. There is something that you need to know. Make space for that knowledge. Go into the silence and ask. Then be prepared to wait for that moment when the heart knows, and there is no more doubt.

May Love always be reflected in love for each of you, and may all of those difficulties that are such good

teachers find their ways into your heart as blessings indeed. May we thank each again for inviting our presence within your circle of seeking this day. We shall now take our leave of this instrument and this group, leaving each in the love and in the light of the One Infinite Creator. Adonai, my friends. Adonai.

NOTES TO OUR READERS

Once again this Easter we are offering our THIS IS THE DAY cassette tape. It is the story of a small boy and a tree that grow up together and who are both transformed by their shared experience. Words and music tell their story.

We have just gotten word from our publisher that Book Five of THE LAW OF ONE, the personal material, will be available by the end of February, so it now appears on the order blank in this newsletter. There are fragments of 56 of the 106 total sessions that we had with Ra along with comments from both Carla and Jim that give background information as to what was happening in our lives at the time. We hope that this book will be helpful to everyone who has enjoyed the first four books of THE LAW OF ONE series. ❀

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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corporation dedicated to
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All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SUMMER 1998, NUMBER 67

DEALING WITH CHANGE AND SUFFERING

Q'uo, March 15, 1998, Sunday Meditation

Group question: We would like to know if there is a best way to deal with a balance between the need to do something and waiting to let things happen naturally when we are going through big changes that may be an initiation or transition of a major nature in our lives? What is the balance between the work of the heart and the work of the mind in dealing with these changes?

We are those known to you as the principle of Q'uo, and we greet each of you in the love and in the light of the One Infinite Creator. May we say how privileged and how humble that we feel to be asked to share our opinions and our thoughts with you at this time. We are aware that this week the concern upon your minds is that of change. There are many ways of looking at this necessary and inevitable process. Perhaps for us we would take a step back from the soul in transition and attempt to describe what we see as the situation against which this drama of change and transformation plays itself out. The one known as Sarah has expressed a love of the concept of the holographic universe, and indeed we also feel that each of you is as the hologram of the creation and of the Creator. This, of course, is not obvious or manifest within your third-density illusion, and yet there is a spot within each awakened soul that lies far below the level of sense and rational thought where the spirit knows self, and that basis or fundament is a kind of knowing of self that does not change with time or space or occasion, but rather is the essence of self, the infinitely subtle and unique patterns of vibration which create that complex

perfume of light and color that is the spark which each of you is. It is difficult to express this concept in a language which measures by size, for you as a citizen of eternity are both infinitely large and infinitely small. However, in both views of this basis of self, the spark of self is a reality in the midst of confusion, a feeling deep within that endures beyond all experience. When it rises to consciousness for even a moment the conscious life is transformed for that moment.

And when these moments of clarity occur to each who is upon a shadowed path and feeling the stress of change, we encourage the careful etching into memory of that moment, for the bare memory of the realness of self is a balm and a comfort against the sometimes very difficult emotional and mental experiences of one who is in the process of change. Beyond all other resources, for the one who perceives herself as changing, this basic resource of knowing that holographic self within and remembering the way that feels is a powerful and saving memory.

Let us look now at change using the word, suffering. When the life of flesh is born it immediately begins to change. Within the physical world all things that grow bodies and appear in the illusion as part of the Earth plane change continuously through their time of bloom, ripening, and decay. The source and ending of all these changes for physical flesh is dust and ashes. We do not for a minute suggest that the source and ending of the change within the spiritual seeker is dust and ashes. However, it is well to realize the absolute inevitability of constant and unremitting cycles of alteration and transformation, and within each transformation there is the decay,

there is the loss of what is left behind. And there is that time when loss has occurred but new life has not become apparent. Those times, which this instrument has often called the Dark Night of the Soul, are times of gravest pain and bewilderment for many. Certainly the mind grasps the concept of change. And as this instrument was saying earlier, the mind views change as a problem to solve. This is the natural tendency of a brain, and we make this distinction clearly between intellect and consciousness, that the form was created simply to solve problems, to make choices that tend towards the safety and comfort of a physical vehicle.

However, when the spirit awakens from Earth's pleasant slumber, it beholds not simply the natural processes of a life, not simply the earning of money, the acquisition of needed items and so forth, but far more acutely there is the sense of the mind's being unable to grapple with or solve the process of spiritual change. So often those in the midst of spiritual change do attempt to use the intellect. It is a natural and a common resource. After all, the mind is consulted continuously, is working continuously, and when it is faced with the subtle nuances of that which is deeper than words, it finds itself uncharacteristically boggled. There are things upon which the intellect cannot work. There are situations which the intellect cannot make into a problem to solve. There is that feeling of being out of control, and intellectually speaking, this feeling is accurate. For there is little that the brain can do to promote peacefulness of heart or that wonderful feeling of grace.

This inability to bring the resources of the mind into play and fire away at the situation is not easily understood by those who have not awakened. They do not see beyond whatever material concerns are at the surface of the change or are happening concurrently with the change that is sensed within, and consequently the spiritual seeker is cut off not only from his own abilities of intellect but also the intellectual resources of those about him.

Conversely, those who grasp and fully sympathize with the subtleties of spiritual regeneration cannot bring words to bear upon a process which is far deeper and less personal than words and language in general might offer. The issues involved in spiritual transformation are profoundly impersonal as well as uniquely personal to each seeker. That is, at the same time that the seeker is experiencing unique

perceptions because of the unique pattern of distortions for that particular entity, that spark is also melding with and creating dynamics with a greater Self, which process is very difficult to express in language, for this Self is at the same time that spark that is you and all that there is. The layers of self as one moves down the tree of mind are infinite, and as the experiencer moves through and takes part in this process of spiritual change it may at one moment be at one level of mind; at another moment at a bewilderingly different level of mind, skimming and diving deep, coming up and leveling out, and at the same time not knowing that one is in motion. The spiritual sea is three-dimensional, and you can breathe the water.

So there are experiences of being taken to the bottom of self, of becoming the planet, the star, the sun, the creation; at the same time, those infinitely small awarenesses of the self as a thought, as an ether, as an object such as a beautiful butterfly, or a perfectly blooming flower, or given the sardonic nature of certainly this instrument's mind, a pile of garbage. All of these levels and feelings that the senses cannot process within incarnation are in play and in play with a good deal of freedom while the entity is attempting somehow not simply to survive this process but to embrace it, to make a welcome for it, and to cooperate with it and perhaps accelerate the process. Yet the essence of spiritual change is suffering. There is a shallow suffering to being without a home, keen but not bone deep. There is a deeper degree of suffering in becoming aware of either the depth of suffering of the self or the suffering of the world. And this can crash in upon one with mind-numbing power and intensity and cast one into a great pit of despair.

This is part of the creation. This too is to be embraced, this death, this pain, this limitation, this very pain is to be embraced somehow. The self does not see any possibility of becoming able naturally to embrace suffering. Here is where the heart may become an ever more helpful and useful resource, for while the mind is an excellent tool for the outer world of decisions within the outer world, it is within the heart and the deeper emotions that spiritual change shall take place. And, therefore, it is to the heart that the seeker may reliably and trustfully come; sometimes for comfort, sometimes for encouragement, and sometimes simply for a place to be held and comforted and loved. Whereas

the mind must think itself sacred, the innermost heart is already holy ground, and awaiting there is the Creator, that Intelligent Infinity that so curiously loves every spark from which It is learning about Itself. As you sit within this temple and remember the Creator and feel that holiness within, the self may find surcease from pain just for that moment. And, oh, what a relief that moment is!

We would at this time pause and ask for a redirection of the question, for we realize that there were several strands to the information requested this day, and we would like to have further direction. Is there a question at this point that someone would wish to throw in so that we could, shall we say, get our bearings. We are Q'uo.

Virginia: How does the releasing of past traumatic experiences or past programming relate to the progress that can be made and the changes that will be necessary at this time to go further in the ascension

Q'uo: We are those of Q'uo and we thank you for your question, my sister. The past often seems to be a kind of permanent burden, at least the less pleasant portion of that past. There are crystallized nuggets of pain, emotional and spiritual pain, that are locked deeply within the personality and character of each seeker. Any attempt to analyze or therapize them into a new configuration is limited in its success because it is not seen by most therapeutic entities that the issue is forgiveness. The deeply buried programming and crystals of pain are seen as that which need to be taken out, to be pulled up by the roots, seen in other words as weeds in a garden. And yet this approach only tends to build walls thick enough to protect one from those crystallized areas of pain without coming into a balanced awareness of that pain. One cannot give it away. One can only give away what one has forgiven one's self for feeling, and the triggers for this forgiveness are different for each seeker. The key, however, is forgiveness of self, forgiveness of others, forgiveness of humanity. For truly it is the very nature of the physical world as you know it, this heavy chemical density in which you abide, that almost nothing can

However, when the senses are awakened by that final iota of forgiveness it is as though someone has lifted the burden from the shoulders. As to how to approach that moment of release we can only encourage persistence of desire. It is written in your

holy works, "Ask and you shall receive. Knock and it shall be opened unto you." And this is true. We always say through this instrument, "Be careful for what you wish for." For truly, all desires will be granted to you. And yet what does a spiritual being wish for? Does it wish for surcease of pain, or does it wish to serve the Creator in whatever way it may serve the Creator? Are not the paths of those spiritual entities which are inspirations to you within your world, those lives which have experienced much pain and suffering? And yet you see in those lives a joy, a delight, a passion that somehow transforms the experience of suffering. This instrument's path to the Creator is the teacher known to you as Jesus the Christ. This entity deliberately sought its suffering and simply dedicated it to the suffering of all beings, opened its arms to the world and said, "I take all of the pain, all of the suffering because I want there to be less suffering, and this is what I can do."

In many ways you also may take upon yourself the sorrow of the world, and this is a spiritual practice that many have pursued. We ask you to gaze with a cold eye upon the suffering involved in transformation, for this attitude is a balanced one in our humble opinion. It is to the person who is able to gaze upon the Dark Night of the Soul which this instrument spoke of with an indifferent eye but a full and willing heart, that this process may begin to come easier. By releasing and yielding to your suffering, by welcoming that which must be suffered as a brother and as a sister, by offering the hospitality of your life, your body, your mind, your strength, and your will to this process, the heart is opened as if by magic, and you find that no matter how intensely you hurt, it does not kill but, rather, cleanses, empties, renews, and readies that instrument to be an ever clearer, purer, and brighter channel for the light that must come through into the world or the love that must come through into the world, not from you but through you.

As you embrace this process those emotions of release and humility, humbleness and nothingness become an offering to be lifted up unto the Creator as "all that I have." "This is all that I have and this I give to you. Do with me what you will. I am a boat. Life is the ocean. Toss me somewhere. I shall attempt to sail." This kind of abandon, this action of the Fool is powerful. And as you become ridiculous, as you embrace this darkness you embrace also the

light that follows. For truly in the Dark Night of the Soul there is a moon setting and a sun rising. And that sun is a glory beyond all space and time signifying a Love that created all that there is. We would encourage that moment of abandon within each of you where you not only say but feel, "Not my will, but Thine." For you see there is a cyclic nature to manifestation of any kind. As the Creator's heart beats creations are born and die. The one thing that remains, whether it is perceived or not, is that Intelligent Infinity that we call only call Love in your language, this vibration which is the one great Original Thought or Logos is what you are, with no past or future but simply a moment of being that is infinite.

Move back into this awareness when you have done your work with the mind, with the emotions, always you are the branches reaching down to the roots of the vine, for your roots are those of perfect Love. And as you spiral ever upward, you shall be light and dark and light again and again and again. And that which has become a burden will be sloughed off again and again and again, for you shall mature, not by adding things unto your self, but by allowing them to fall away from the self. In fear, you see, you collect and armor and harden. As Love is able to touch those difficulties that have crystallized within they are subtracted from the already whole, already perfect being that is your reality.

We realize that what we have offered may be slim comfort to those to whom this present moment is a vale of tears, and we would remind each of you that the Creator's love can only be expressed, that support can only be given, by the hands that are of flesh. You are the Creator to those about you. Your support is the only way the Creator can support within the incarnation, within the illusion. Your hands. Your voice. Your smile. Your eyes. These things are your gifts to your brothers and sisters. Sorrow is essential to this experience that you call third-density life. But your attitude towards this sorrowing, grieving, and changing process can create for you a peace that surpasses all understanding. We encourage each of you to see that heaven, even if it is from afar, to know that the angels and ministers that have always loved you, love you now and are here to help you, though unseen they hover, waiting to comfort, looking for ways to confirm any glimmer of hope within. You are never alone in this process. This is a guarded and protected process, and the

haven does abide. May each of you help each other to find your way home.

NOTES TO OUR READERS

(There were no Notes in Light/Lines Number 67.) ✿

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
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humankind.

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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 1998, NUMBER 68

HOW CAN WE LIVE FROM THE OPEN HEART?

January 19, 1997

Group question: How can we live from the open heart?

(Carla channeling)

We are known to you as those of the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator. We thank each of you most profoundly for gathering and calling us to share our thoughts with you at the gathering. It is our blessing and our privilege to share these thoughts with you. As always, we ask that you remain careful in what you take in from that which we or any source might say, for you are the guardian of your temple. You will recognize the truth that is your own. The rest you may leave behind without a second thought.

You ask us this day concerning how to live with the heart opened and vulnerable, and we say to you that this question is central in attempting to make the choice of service to others or the choice of service to self that this incarnation that you are now experiencing is so much concerned with. There is always an abundance of ways in which we may speak of the ways of service and the ways of polarization, and yet nothing is more direct a way of addressing the issue of polarity than to speak of the open heart. Those who wish to serve the Creator by serving others are those who truly wish to open the heart. Those who wish to follow the path of service to self find a closed heart necessary in order to polarize negatively. Now, as we speak of polarization in

consciousness it might be helpful to think about polarization in more familiar terms.

If there is a weight hung in space it is, first of all, going to respond to gravity and will hang directly downward. If the pendulum that this represents is very heavy it might take a great deal to get it to sway from side to side. And the first time that the effort is made to swing towards one or the other extreme will most likely be barely sufficient to break the lack of momentum of the downward hanging pendulum, and there will be just a slight movement. What happens with most entities, and this includes those who seek most earnestly after truth, is that [with] the effort made to polarize towards a radiance of being, a generosity and an openness of being, there is an equal and opposite reaction that contracts against fears and makes separations betwixt one thing and another in order to feel more safe. This brings the pendulum back so that there is a slight movement towards service to self. And the pendulum never gets very far in either direction.

What you hoped to do as you attempt to work with you own consciousness in order to accelerate the rate of evolution of your own spirit is to be enough consistent in opening and radiating love that the pendulum begins to move more and more towards the extreme. The more polarized the reactions, the more obvious it will be to you when you make an error. And this means that it can be very poor judgment to become involved in gauging one's polarity or assessing one's progress. You have heard that a watched pot is slow to boil, and the over-concern with how one is doing in polarizing will

actually be a brake upon the very activity that you had hoped to emphasize.

So the first thing that we would suggest to those who wish to open the heart and to live in the open heart is to refrain from attempting to give the self a spiritual grade. Avoid thoughts of how you are doing. They will come regardless of whether you encourage them or not, but it is your choice if you are wise to allow those thoughts to come and go, for within the illusion that you have worked so hard to enter it is almost impossible to be aware of how one is actually serving. One must simply serve in faith and allow that faith to be sufficient.

There is within your earthly condition a great array of choices which face you every day, every hour even. And it is easy to begin to look at the things that occur and to think these things have no spiritual nature. "These things are of the world and do not need my attention but only my activity." And yet we say to you that all things are full of the Creator and by this we mean every stone, every bit of earth, every iota of the wind that blows, and the rains that fall, every diaper changed, every dish washed, every chore, every onerous task, all of these things are instinct with the magical, utter life and that life is love. And the life within you is love also.

When one is attempting to live with the open heart every missed step seems to be a difficulty, and this is because the attempt to live with an open heart is neatly and fully circumscribed about by the perils and tests and round robins of a very active spirit that watches over each with the firm intent of offering the maximum amount of helpful catalyst. When this catalyst hits the sensory input of your being the earthly, normal thing that one does is to contract around that thing, assess it, and decide what to do concerning it. These actions tend to close the heart. This is not to say that the way of the open heart has no input from intelligence or thought but, rather, to emphasize that much of one's care in assessing incoming data has much to do with the lower energies of the body, and as one gives these concerns priority the self tends to continue acting from a place within what this instrument would call the head. And, using that terminology, we can say that the spiritual life of third density is a journey from head to heart.

And we have noted before that the energy that comes into your being is infinite, but that there are

ways in which each of you, by the choices that you make, contract and narrow and limit the amount of energy that can come into the body and move up the spine. The first center—we will simply summarize—has to do with issues of life and death, breathing, eating, the sexual polarity. These are the concerns of red ray. The concerns of the next ray, the orange ray, are those that the person has with himself or herself, and the person in relationship with one other person, the dynamics betwixt self and self, and self and other self, without reference to groups, but just one person and another. These are the concerns of orange ray. The concerns of yellow ray, this being a yellow-ray density, take on a good deal of centrality of importance. This is the heart, shall we say, of third density—the relating of self to groups, the opening of self that will in fourth density become the social memory complex when thoughts are shared, private thoughts simply skirted about, seen, appreciated, respected and left alone. There will be other lessons to learn in fourth density, but this lesson that you now work upon, of opening the self without fear, this one you will work upon until you are able to feel that contact with other selves as an identity of one to one, heart to heart, and love to love.

Now, those issues of red ray, orange ray, and yellow ray are neatly designed and most tidily packaged to maximize your confusion and to limit the power that you may bring and allow up to the heart center, the next one after red, orange and yellow. Each time that you put yourself down, each time that you are harsh, each time that you feel so isolated and alienated that you deny your brotherhood with all that is, you close down a little bit of that channel which is bringing in infinite creative energy to your body, and each time that occurs there is less energy into the heart. So, basically, those who have not worked through the issues that confront them at these three levels—self, self with another, and self with its groups—each time that you allow these issues to come and to be feared you have shut off some of the power that you need in your heart in order to live the life that you wish to live.

May we say that the conversation preceding this message was, we felt, most enlightened, for each was speaking of the being as opposed to the doing. You see, it is the love with which you do things that radiates; it is not the things that you do. Among your peoples this has been much misunderstood, for

people look to see if there is some service that can be their spiritual gift to the world. They are looking for a dramatic role to play, to teach or to heal or to prophesy. And yet these things are forever secondary to the primary mission of each of you upon this particular planet in this particular density at this time. The mission before each of you is simply to address all of that which comes to you with an open heart, just that. And yet just that is the work of lifetime upon lifetime, for how can a person in a heavy illusion such as you now enjoy be fearless? It is not within the physical body to be fearless. It is not within the earthly brain, that choice-maker, to be fearless. Indeed, only the foolish are fearless, and yet the teacher known to you as Jesus the Christ has said that it is only to the foolish that the wisdom comes. It is only to those who live as little children that the kingdom is inherited.

How can a sensible, sane person, gazing upon a rather dangerous world, feel no fear? This is the crux. Here is the center. Just here, where fear shuts the door of the heart, here lies the opportunity to learn. This instrument has moved past the death experience and returned. Consequently, this instrument's life since that experience has been relatively fearless. We bring this up to emphasize that what each fears in an archetypal sense is the cessation of being. When one feels threatened those emotions which do not have intelligence but are simply instinctual rise up to defend and protect. And it takes a great deal of care and discipline and perseverance to teach the self to lay down its arms and to be peaceful with the self.

Each of you has the issues of all the world within you. This instrument is concerned for the peace of the world and prays for it often, and yet if this instrument prayed for peace within itself, it would be the same prayer. Indeed, it is our humble opinion that the most efficient way to bring the world to peace is to learn peace within the self, for as you think, as you are, so your universe *in toto* is also, for your consciousness is as a field and each bit of fear that you are able to let drop, each time that you find your heart expanding, the consciousness of your planet is being lightened. There is no lag time between the open heart of self and service to the planet, that lightening of the consciousness of planet Earth. You came among these entities of flesh and bone. You took that flesh upon yourself and buried yourself in a world of shadows because you wished

to make a difference. You heard the sorrow of those who dwell with you now. And you wished to stand among them as a witness and as one who was a channel for love. This is your great chance. These are the days you hoped and prepared for, and now the time is upon you, and how quickly, my friends, it is going. Is it not?

You have sped through childhood and adolescence and adulthood, and each is thinking to the self that, "Well, it's all downhill from here." And yet we say to you that as the physical vehicle hews less and less to the electrical body's blueprint, so the heart, so much more experienced [than] when new to the planet, has its time to open and flower and blossom. You see about you so many entities who have maturity but without joy. Who have wisdom but without love. Who have become bitter rather than sweet, and tart rather than mellow. Learn from these people how not to be, for these are the entities who are forever attempting to move out of the gravity well of neither service to self nor service to others but just back and forth, good days and bad days. You are hoping through your life to bear witness to a love that loved you first. You are hoping to be as the keepers of lighthouses, that your love, that love that flows through you, not from you, may shine upon that sea of confusion in which all are swimming and might warn entities of those rocks of despair, and anguish, and hopelessness.

There is suffering involved in each door you open in life, wherever you look, in whatever land, in whatever subject you find that those who would be true servants have made tremendous sacrifices, even unto giving up the life for others. You find people in each situation whose heart has remained open regardless of the circumstances. And you feel the strength of inspiration from those entities, those people who make the news for a day or two because they have leapt into the water and saved five people before they drowned or went into a prison and released the prisoners, paying with their lives. And these stories touch deeply within your being and let you know of the depth and profundity of love that you have within you and [that] resonates and exalts and expresses the light and joy for knowing the beauty of those spirits and their great gifts.

But we say to you that there are many, many millions more whose sacrifices and suffering you never see, for they suffer emotionally, and mentally,

and spiritually, bearing witness to love, being givers of light regardless of the circumstances that would fell a lesser being. And each of you has opportunity after opportunity to meet situations without fear, to open to any catalyst whether it seems positive or painful. The faith to remain steady is to be prized for there is in steadiness a vision, clear sight, and in persistence of openness, healing and forgiveness. And these do not come from you, for from you can come very little until you run completely out.

These things must come through your channel. You simply have to allow that channel within not to get clogged up with the lower energy concerns. If we could leave one thought with you this day it would be not to despise your lower self but to love, support, respect and make allowances for the instinctual behavior, the needful behavior of that being that you are, part animal, part angel, and rather a hash between the two, holding you together. Love, care for, and nurse this physical vehicle of yours. Know that this is the building wherein the Creator now lives, and the ground on which you stand, or upon which you sit, is holy ground; not somewhere else, not when you were better, but now, exactly as you are. This is your moment of holiness, and all moments are potentially sanctified, and what sanctifies but the recognition of love in all things.

We do not want you to think that we consider this easy. We do not. We remember most keenly being in third density, living without the memory of things as they really are, and having only that yearning of desire and that movement of faith to rely upon. In this you are wise to encourage relationships with those who have the same concerns, for the gift of one entity to another, both being spiritually concerned, is the gift of the clear mirror that lets the other self see what it is doing, how it is coming across. You cannot see yourself. You must depend upon others to help you, and this is profoundly the work of third density.

We would like, before we open to questions, to address a concern which was given in the conversation preceding this session. And that is the concern that perhaps we of the Confederation of Planets in the Service of the Infinite Creator get bored or tired of saying the same thing over and over. We assure you that we do not. Each group that calls to us is in an unique position, even if you are the same group time after time. The point at which

you are within moves and the combination changes each time so that while there is a stability of recognizable dynamic in the interplay of each of your vibrations which makes up this circle, there is also something new each time that the circle meets, for you are other and more than you were before. That is what the illusion of time is for: to enable entities such as you and we to have that illusion of sequence and to see, if only illusorily, that progress is being made.

So each time that the question is asked to us that may have been asked before, we speak to entities who are in a new place, who are looking at the same subject but from a different level. And there are as many levels of being to you as there are to an onion, and you are a big onion with many, many layers, and as you peel each away it looks so smooth and whole and clear. And yet it too falls away, and there is a deeper truth, and so forth. And this goes on, as far as we know, infinitely.

Each opportunity that we have to speak is unique. And we ask you never to fear that we are weary of your concerns. This is why we have come among your people in the inner planes of this planet. This is why we have placed ourselves here, simply to talk with those who would find what we have to say possibly useful. This we do with an open and loving heart, and we assure you that we shall not tire of speaking about love.

Before we would leave this instrument we would ask if there are any questions that you might have at this time?

B: Does it interfere with your service to us if we hold back on expressing our concerns?

We are those of Q'uo, and, my brother, service to others is a very ticklish business, and the key, we feel, is that service may be characterized as a response to a request for service. That is, we identify our service as that of answering those concerns which you bring to us. If the concern is not ripe within you and is not ready to be plucked but still has growing to do in order for that concern to develop its final nature, then that is not a question that is ripe for the asking, and we do not feel inhibited or limited because we cannot answer that which has not been asked. We feel that this opportunity to share thoughts [with] you is that which you ...

(Side one of tape ends.)

(Carla channeling)

... We feel that by your coming together you ask us to share thoughts with you, and that defines our service. We would not be able to preserve the free will of those to whom we speak were we to take up concerns whose help you have not asked for.

May we answer this concern further?

B: I'm looking for whatever way I can find to help you accomplish your service. Is there anything that any of us can do to assist you in your service?

My brother, we would simply ask you to hone your appetite for the truth. This is your service to us.

May we answer you further?

B: Hone the appetite for the truth? I don't understand.

[I am Q'uo.] That which is love within your density may be described also as desire. The desire that brings each to this circle of seeking is the desire to know and to share love. That hunger, that thirst for righteousness, as this instrument would say, that desire to be a positive in the balance of life, that hope that there is a greater meaning behind the suffering that seems inevitable. These are the desires and hungers that call us to you. And as the desire is sharpened and the appetite is whetted for more, then that contact with us becomes stronger. And the keener the desire, the better the contact.

Does this make sense to you, my brother?

B: Yes, it does. My image has always been that I come here in need of help myself. But now I see that I can work with you to help serve others. Does that make sense?

We are those of Q'uo, and yes, my brother, this makes sense. Remember always, that in the spiritual sense all is already perfect. All is as it should be. It just looks weird. So in order to get at the heart that lies beneath the often uneven surface of ordinary happenings one simply looks with eyes of love. And each time that you find yourself looking upon a world with eyes of love you will know it, for a world seen with love is a place of surpassing beauty.

Is there another query at this time?

R: *(Inaudible)*.

We are those of Q'uo, and yes, my brother, that is the usual way. The excitement of that which is new,

over time, fades and the work that is not obvious at first blush begins to take the center of the stage. Actually, my brother, in this instrument's way of measuring time we can say that your fidelity to seeking is unusual, for many who have come to these sessions through the years there was a place perhaps five or six months into the experience of these meetings [where] there was no longer the will to attempt to live the message that was heard, and when the attempt to continue fails, then it is that we must repeat and repeat. And then those entities who did not wish to hear of work the first time wish even less the second and the third, and so there is that natural parting of the ways, and that entity has gained all that it can. Therefore, we commend you for your faithfulness and note that it is the big flashy beginning that looks so wonderful, but in truth it is the quiet, persevering heart that continues quietly but persistently to love that is the true star, the true flash, the true victory.

May we answer you further, my brother?

R: *(Inaudible)*.

We are those of Q'uo, and we thank you, my brother. Can we scare up any more queries by our speaking, or shall we call for a motion to adjourn? This instrument has been at a church meeting today, and she is full of it. Our apologies to this instrument. Yes, my friends, how good it is to laugh, to take the self lightly. We leave you in the wonderful sense of rightness that laughter is, in the love and in the light of the one infinite Creator, now and always. We are those known to you as Q'uo. Adonai. Adonai.

NOTES TO OUR READERS

We would call your attention to the JENNY cassette tape on the order blank in this issue. It is our Christmas tape that makes a great little gift to anyone caught in the "Bah, Humbug" syndrome. It is the story of a Christmas tree angel that comes to life as it seeks for a way to be of service to humanity. ❄

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 1998/99, NUMBER 69

SPIRITUAL PRIDE

Q'uo, March 1, 1998, Sunday Meditation

Group question: We would like for Q'uo to give us an idea of what spiritual pride is and how we can work with it?

We are those of the principle known to you as the vibration, Q'uo, and we greet you in the love and in the light of the One Infinite Creator, in whose service we are. We feel very privileged to be called to your circle at this session of working, and we bless and thank each within the circle who has come to seek the truth. We share that seeking and are glad to share our poor thoughts, as long as each of you will feel completely comfortable listening without needing to agree or to disagree, for if you disagree we would ask that you would leave behind those thoughts. And if you agree, then we would ask that you would simply make those thoughts part of your own resources and tools, always subject to the moving rhythms of learning and experience. For personal truth is both clear and moving. There are journeys to take in this seeking of truth, ways of going that develop and lead to other levels, other facets of that infinite mystery that is Love.

We are aware that you wish to talk about spiritual pride, and we find that as is often the case, when we are asked concerning a specific subject, we need to move back into the generalities upon which we may base those opinions that we would share with you. Let us look at this concern of pride. What is the general concept of pride? When someone is proud it is generally of some thing. A person may take pride in many things: his physical strength, her physical

delicacy, the abundance of supply, or the lack of dependence upon supply, the work that one does, or the work that one will not do, the relationships that one has, or the barrier to relationships. In all these things one may take a certain pride. One may say, "I feel that this is a strong point of my being. I feel I can be proud of this accomplishment, this relationship, this situation." And there is nothing more distorted about pride than there is about the illusion in general. However, in general the illusion is very dense, and this illusion creates the distortion that it is what one does that is the avenue for pride, for feeling worthwhile. The conversation of strangers tends to begin in your culture with an examination of the work that each is accomplishing in order to make money or in order to express self. Whether the work is routine or creative, it is a starting point that people recognize in each other, the place of comfort where one can divulge something about the self and be receptive to hearing something trustably understandable from others. It is very awkward to go up to a stranger and say, "What sort of vibration do you have? What kind of being are you?" Entities tend not to take pride in who they are, in the being that they express moment to moment. So you may see all of spiritual pride as a thing basically one with mental and emotional pride and physical pride.

The human state itself is the basis of pride, for it seems to each human, without recourse to any physical evidence, that she is alone, that the walls of skin surround the self and cut it off from oneness with all else that there is. To those who are not seeking spiritually, this may seem fairly obvious and not worth mentioning. Of course, each entity is separate. Of course, each entity is alone. Each has

common concerns with others of like mind, but with physical eyes and physical senses there is no question but that each entity is alone, apart from and over against other selves, outer situations in general, and the entire environment in which the entity dwells. It is instinct, the instinct of the physical body, that carries you about, that begins this discriminatory process. The infant slowly realizes that some of its needs will not be met. It begins to realize that some things can be hurtful and does not want to repeat experiences of pain. And so the walls begin to go up about the young heart. "Don't touch the stove. Don't pat the cat too hard. Don't pick up the dog. Don't. Don't. Don't." As the child grows it learns how to defend the self. It experiments with ways of relating to other selves. And except in very unusual situations, by the time this entity is considered a mature adult by the surrounding society, this entity has become one to some extent controlled by fear.

We changed from pride to fear because the one known as Janelle was asking which was the ultimate catalyst to be dealt with within third density. And we would respond in general that the only catalysts dealt with in third density are fear and love. The entity begins its babyhood wrapped in love, love known throughout its system, and it learns to close itself, to become apart, and to become defended because it seems fairly obvious that there are things to fear. There are entities and objects out there that can harm and hurt. So the spiritual life within third density may be described as either a learning how to love or a learning how to release fear, for fear is that distortion of love that posits a separation between beings and things, thus occasioning the necessity of having some sort of response to these persons or things that will tend to increase safety and comfort.

We are not saying that these contents of fear are incorrect. For the entity's fears are real. There is that which is feared. It is an illusion. However, the illusion cannot be brutally penetrated and torn away, for that would also do harm to the developing self. Indeed, when one is working with one's fears, attempting to see the love behind the apparent separation, the most nearly correct attitude is simply the slowing down of self, the quieting of the mind, the stilling of the emotion until you are able to sit with whatever fear that is, not removing it harshly, but perhaps moving away strands from that tapestry in front of you, gradually making an opening through which you can see the light beyond.

We could picture the fear in one as being within a cave of safety with a good stout blanket over the whole of the cave to hold back those things of which they are afraid. If one rips away the blanket, then one must deal with all of the distortion at once. However, if one is satisfied to sit with and accept and be conscious of that particular fear that you are experiencing, then one may gently, gradually, with persistent effort, see a lightening of the burden, see a nearer and nearer distance to where that blanket has a place in it where one can go in and out and venture a step or two into that world beyond the cave.

Each of you has come to feel comfortable with imaging and ideating the self as a spiritual being. Each of you is awake in a land where many slumber. And so to each of you there are special opportunities both for service and for pain, and spiritual pride is a distortion which each seeker becomes aware of in a subtle way, over time. It is that which remains when the fears have been shaken up and the cave has been left. It is the distortion or fault peculiar to those who have worked the hardest to realize who they are, and where they are going, and whose they are. So let us look at the possible way to work with this dynamic of spiritual pride.

Within this instrument's spiritual system, pride, like envy, greed, lust, and sloth is considered more of a vice than an actual sin, a kind of excess of a good thing. It is good to be humble, and yet one can justly be proud of one's good works, one's good habits, one's ethics, one's conduct. When one is attempting to do everything that one can to live a good and holy life, one is peculiarly apt to feel some pride in one's self. Now can you see how that feeling is a separator between the self and the world about the self? It is based upon the assumption, which is an illusion, that one is responsible for the self and at the base of self one is one's self. This is a sticky, sticky point, and we would ask you to look closely at this matter of identity, for as long as there is self there will be pride in self or a feeling about self that does separate one from another. If one is still thinking that one is still living one's own life, one is not yet beyond spiritual pride. This instrument is aware that she is not beyond spiritual pride and has often said that this is the one vice that she cannot find a way to remove from her personality, for even though she attempts to work on her humility she has a pride of self that thinks self is right. There is a righteousness

there. There is an inherent lack of eagerness to taste other souls' flavors. There is a desire to retain some boundaries, some uniqueness of self which is completely understandable in an illusion where there is no way to discover in any way that can be proven that one is not separate, that one is not, at base, one's self. And yet we say to you that as far as we know, at base there is only the One Great Self, that Love which is reflected in each of the Creator's children which each of you is.

As long as you think that you have a self that you need to defend you shall be working with spiritual pride, and so entities for the most part are working with this no matter how persistently and purely and devotionally they have sought for truth year after year. Yet still there is the sense of "I" am searching. "I" am looking. "I" am seeking to become the best that "I" can. Conversely we have found that coming into a fuller awareness of self is actually a process of subtraction, simplification, and elimination of things from the defended self until finally the self is empty and the barriers are down. Is this safe to do within your density? No. Not at all, not in the sense of the preservation of the physical body, or the spiritual body within incarnation.

What we are trying to say is that it is not a terrible thing to be working with pride or, in general, to be working with one's fear. This is part of what one is doing in this illusion. This is what you are supposed to be doing. This is your subject matter: fear and love. Boundaries and unity. Each time this instrument tunes she repeats a prayer that we would like to repeat at this time. "Lord, make me an instrument of Thy peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is discord, union. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. Oh, divine Master, teach us to seek not so much to be loved, as to love. Not so much to be consoled, as to console." And this instrument often says, 'Not so much to be controlling, but to allow control.' "For it is in pardoning that we are pardoned. It is in giving that we receive. It is in dying that we rise to eternal life." Do you see the imagery of this prayer? The darkness that separates. The light that joins. The hatred that separates. The love that unites. This Prayer of St. Francis is the outcry of the soul who wishes to be free of self and subsumed into the service of the infinite mystery that it worships and

adores. And this is the door that opens into a larger and less fear-filled view of living within the illusion.

This is the realization: that there are different ways to look at each situation, that it is not terrible to have faults, or to have sins, or to have pride about the good things and fear about the bad things, that one is intended to be very confused by this illusion, that there is positive value in this confusion in that it, and it alone, tears most people away from those things that they cling to in fear.

You are attempting to set yourself free of an illusion, and yet within you there lies the self that is completely free, and often this instrument will recommend to people that instead of working intellectually upon some perceived problem that the person simply visualize a perfect state that is the actual truth of the situation. In truth, all is love. In truth, all is perfect now, this instant, just as it is. For there is no time or space. This is an illusion. This is the stuff of the illusion. And each of us upon our journey is an illusion also. And yet all are unique and wonderful beings, beloved of the Creator and, persisting through octaves and octaves of creation to infinity, as those very sparks that learn, again and again, more and more as the creation's heartbeat pulses and universes live and die and other universes are born.

It is easy to think of the spiritual life as a kind of school out of which one shall one day graduate, and certainly within the illusion of time life is graduated by larger life. There is a periodicity to things. Then for that universe, in the fullness of that system of illusions, all sparks of the Creator will have completed their journey and lost themselves within the Creator again. And all comes together in that universe at that time in an unimaginable ending of illusion into nothingness. For when there is no one to perceive, what is there but the Creator? And then the Creator dreams again, and a universe is born, and the sparks are sent out again to learn more. So you are all on a journey that the Creator is fascinated with. You cannot do anything that will turn the Creator against you, for the Creator loves all that It has made with an unimaginable fervor and absolute tenacity and embraces each spark with a love so profound and so great that it cannot be expressed.

The next time that you experience the catalyst of feeling that you are yet an incomplete spiritual being, remember the truth of subtracting, of

dropping away that which is not. And as you experience those realizations that enable you to drop a part of the ego away, rejoice. You cannot make it happen. You cannot rush it. But there come moments that you perceive that you no longer have that pride or that particular fear. And of that you may be proud and happy, and if that is a distortion also, then so be it. For you are not here to go beyond distortion but to live within distortion by faith, to express within this confusion a trust in the plan that placed you here, a trust in the destiny that is absolutely yours. A feeling, that cannot come from proof or words, that all that is yours will come to you and that you do not need to reach but only ask "Thy will for me today. What is it? And I will try my best." That is all that you must do. So do not give up on the self because it continues to have distortions and confusions. That is all right. You are not supposed to be without illusion.

Ah, precious incarnation. If we could but share with you the realization of the opportunity that is now yours. If we could share that perception with you fully, you would jump for joy. You would rejoice most fully and heartily, for here is the place where you choose your path by faith alone, and this choice, this expression of faith, however imperfect, creates within that permanent Self, which is beyond space and time, tremendous changes in consciousness which you cannot achieve outside of this third density of yours. For in other densities the veil of forgetting is lifted, and what virtue is it then to realize that you are your brother and that all those things your brother has are yours? There is no virtue in perceiving the color red if your eyes are open. But, ah, with the eyes closed. Here you are in a world of color with your eyes closed. For you are in the equivalent of a black and white movie. You are up there on the screen, and watching yourself. The pigment of the movie screen is grainy, and some of the voices are distorted. It's kind of a corny story, and it's over too soon. But, ah, when you come out of the theater into the light and you look back on that black and white movie, you see the hope and the faith and the caring and the love and the compassion that you truly have had, with no reason for it but just that constant desire for love, to know love, to know the truth, to express that love. Each of you is a gallant, gallant soul, and we both envy you and honor you, for you do much that you do not know. Even as you suffer, you heal worlds.

So be content. That is what we would say to you. Be content, and simply look carefully, and more carefully, and with more and more open eyes at all that there is about you. And see into things as you can, as you are able, as you are given grace, remembering who you are, remembering in whose service you are and letting yourself be yourself, for that is a wonderful and special thing. Each of you is very beautiful. At this time we would again thank each in this group for inviting our presence this day in your circle of seeking. It is our honor to join you here. We shall now take our leave of this instrument and this group, leaving each in the love and in the light of We One Infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

NOTES TO OUR READERS

We are very grateful that Book Five of THE LAW OF ONE, the personal material, is now available, and our goal for this next year is to get the WANDERER'S HANDBOOK available as well. And thanks so much to all who donated books to L/L Research's library this year. May everyone have a wonderful New Year. ❄

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



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SPRING 1999, NUMBER 70

WORKING WITH YOUR GUILT

Q'uo, January 3, 1999, Sunday Meditation

Group question: Could you give us information about where guilt comes from and how to work with guilt in our spiritual evolution?

We are those of the principle known to you as Q'uo. We greet you with joy in the love and the light of the One Infinite Creator. It is a great blessing for us to be called to your group, and we bless and thank each who is a part of the circle of seeking this day.

Your question concerns guilt, and as we talk upon this interesting subject we share opinion rather than speaking as authorities over you. We would ask that each who hears use personal discrimination, for that which we have to say is opinion and may or may not be that which is of help to you personally. If it does not constitute a resource for you, if it does not fit in with that which resonates with you, then we ask that you simply leave it behind and move on.

As this instrument was tuning and challenging our contact earlier, the instrument, as is her habit, challenged us three times. In the first two challenges our impression was that this instrument was exercising her own discrimination in being certain of the vibration received. However, in the third challenge the instrument carefully described that facet of Jesus the Christ which identifies this entity to her: the nailing of the body upon the tree of wood to take upon the self the sins of humankind, to love others to the point of death, is to this instrument the great characteristic of Christhood that has riveted the instrument's mind for many years. And it is this

characteristic which gives us a place to begin to speak about guilt.

Each comes into incarnation with a personality already set up to be created. There is some play in the way in which the personality develops, but its conscious resources are set in place before incarnation. Consequently, some entities have a far keener sense of justice, fairness, sharing, and giving than others coming into incarnation. Whatever this basic bias of given personality is, the cultural norm for parents is to attempt to increase the infant in its supply of love for others and service to others. Small children are routinely taught to share their playthings, their sweets, and their good times. There is training concerning many behaviors starting with the word, "should." One should keep one's hands in one's lap at the table. One should be respectful to one's mother. One should avoid murdering anybody. At every level of a child's upbringing these enculturated biases are repeated and reiterated until they are inculcated into the basic emotional vocabulary of the logic of the deeper mind. Not that mind which moves beyond self, but that portion of the self within incarnation which lies below the limen of consciousness.

Consequently, when one has become enculturated with the bias towards service to others that the society offers, when one has digested this incoming data and responded to it according to its own biases, then each individual is left with a, more or less, threshold of guilt. To some the voice of authority remains dim throughout life and the basic nature of the personality shell has a deafness to the suffering of others. When there is no guilt displayed for one's

hurtful actions against others, the medical person attempting to place this entity would call such an entity one who lacks any social behavior or psychopathic. For it is assumed by the healing professions among your peoples that guilt is a natural function of the psyche. This instrument has called it “shoulding” all over your self. And, indeed, when a sensitive entity takes the club of guilt and beats the self about the head and shoulders, metaphysically speaking, that damage is very real and the pain very great.

As you can see, depending upon the basic personality shell of the entity and the amount of enculturation that has stuck with the entity, there are varying degrees of guilt. Needless to say, those who are already oriented towards service to others and who are consciously working upon spiritual evolution tend far more towards a ready acceptance of guilt than those whose viewpoint is less broad. Thus the very entities who are sensitive enough to be in pain because of guilt receive the more substantial amounts of guilt from their catalyst. It is as though the Creator were adding insult to injury by offering more guilt to those who are already sensitive to it, who are already responding to it by increases in their level of service to others.

The justice of this can only be seen from the standpoint of learning. The feeling of guilt, like many of the negative emotional systems of feeling, is designed to place one in a position in which it is possible to polarize. Now service to self, in itself, does not necessarily bring great polarity. Many entities upon your sphere indeed live their entire lives in service to those about them without thinking unduly of it or considering it something that can be worked with or maximized. And for these entities the opportunities that awakened souls see are simply unnoticed and unused. However, we may encourage each of you, as those sensitive and consciously awake in the world of spirit, to see that the feelings of “should” are a catalyst to be praised and to be used. When one experiences this emotional set called guilt, one is experiencing a fear that one has not done enough, and, again, the term, “enough,” is relative.

Thus, in a way, the more times one feels guilt, the more times one thinks “Is that enough?”, the more one is asking the self to polarize towards service to others without expectation of return. We would not necessarily encourage each to respond automatically

to such feelings of “not enough.” For sometimes that guilty feeling of “not enough” is simply an instinctive reaction, one that cannot be pinned down to specific lacks within the self or within the behavior of the self. We encourage, rather, the noticing of such an emotional system of weather, shall we say, having blown into the mental and emotional bodies with an eye to evaluating, as honestly and accurately as possible, the opportunity for increased service. When there is no opportunity for increase of service, the guilt felt is as that phantom pain coming from the limb that has been amputated. There is no actual physical limb there, simply a body so habitually used to experiencing that physical leg that the form-maker body continues to hold that idea in place, the body then feeling all of the pain of the amputated leg. In some cases, and as entities become more inclined to spiritual work, this becomes more true. The guilt is vestigial and unhelpful, for nothing can be done to ameliorate the situation about which the guilt is felt.

A good example of this is the feelings of family in the event of suicide. Even those who are not related to the family member but were friends will consider to themselves all of the things that could have been done had the person realized in what bad shape the entity was. Even though the entity has moved on and nothing can be done, these phantom feelings are very real and must be dealt with as though they had something to do with consensus reality. When feelings arise of guilt and fear to which the entity cannot find any source, it is then that the entity does well to work upon the discipline of the personality and the discipline of the will. The discipline of the personality is involved in such a case in allowing the entity to sit with, to accompany, to be one with this feeling, to allow it to express and to give it respect and to be a witness to it. The use of the will, then, is that which asks the personality to let those feelings go, to let them be balanced by the awareness that all that has been done is all that can be done, and that it is time to move on.

When an entity experiences guilt and finds it to be of this type, we would recommend this general way of working with the dynamics involved. When an entity finds itself feeling the fear of not having done enough, and when further detailed examination confirms that there is indeed more that can be done, then it is that we encourage the seeker to view such feelings as good and productive catalyst. For it is not

just the willingness to serve others that creates polarity but also the willingness to work upon the self to find ways of becoming more capable of giving. For that giving of self is a kind of muscle, and it atrophies in those who do not use it. For those who catch the process of guilt and choose a response to it, rather than simply drowning in it, there is the possibility of deepening the faculties of will and faith, and of using those to pray, and to ask, and to humbly entreat the One Infinite Creator to give grace to become more able to give without thinking of the return.

Not all guilt, then, is good. Some guilt is a knee-jerk response to a catalyst that is truly not there in any sense of being able to work with that catalyst. But when there is something to work with, it is work in consciousness that is extremely central to spiritual evolution. For it is to the higher polarized entity that opportunities will come to give of the self gladly, to give not because of the cultural expectation, or because of the nature of the personality, but because the entity has come to be consciously aware of the way that polarity works, to become aware of the way that the schoolroom of Earth works, and such a student shall always excel over most other students. For if there is a motivation to work, the work goes quickly, and more easily, and with a sense of satisfaction when the test is over.

The illusion which this instrument calls Earth is designed as a sea of confusion. It is designed in such a way as to greatly discourage entities from being able to cope, from the standpoint of the intellect. It is designed to toss people out of their intellects on their ear, to bring them to their knees, and to place them in the sanctum of the heart, humbled, tired, and ready to learn. Know this: just as love casts out fear, love casts out guilt. To remove guilt from one's self, it is not enough to do all that one can. It helps to do all that one can, for that surely is enough, but emotionally speaking, enough is never enough. There is always more that one might be able to do: one more cheek that can be turned; one more mile that can be walked in another's shoes; one more activity that can be helpful; or the refraining from one more activity that might be helpful. There is no logical end to guilt. It is not subject to logic. It is, instead, a tone in the music of the emotional body.

However, this tone can be worked with musically just as the instrument tuned itself for this contact: by

prayer, silence, singing and praise. So the seeker can tune the purity of that emotion called guilt, combing from it the less beautiful qualities of fear and self-condemnation, and bringing more and more into focus by using an increasing array of verniers that tune ever more finely until that feeling of guilt is as a beautiful tone, a beautiful and true emotion. For indeed that feeling that one cannot do enough is permanent within your illusion. It will recur for the reason that one cannot achieve the perfect behavior in one's own eyes. One cannot ever fully be satisfied that enough is enough. And so one is left with the awareness that one has this tone or chord of tones within one, but that it too has its place in the universal personality that is the self. And then one is capable of comforting the self, after all that has been done is done with the pain that remains. One can forgive one's self for being human. One can forgive one's self for not being able to sacrifice the self to the point of death. One can acknowledge, when faced with this catalyst, that the best one could do is not the best, but that is all right. That is as it should be. That is part of the perfection that is hidden within this sea of confusion.

We honor the one known as Jesus the Christ and indeed honor that vibration which is the Christ as being the highest vibration of love that is achievable so far within the infinite creation. We indeed bow to that, and come in the name of that, and hope to be able to serve to the point of that rude wood cross: the nailed hands, the pierced side. Yet we, in our present situation, do not have that physical sacrifice to make. We do not have the capacity for the kind of guilt that you feel within your illusion. We do not have the ability to be confused and in that confusion to call upon faith. Nor have we the ability to be angry with ourselves and then to forgive ourselves. For as we are able to see into the roots of mind, we can see that in each system of illusions there are limitations which are set for a reason, and that reason is condign, helpful, and enlightening. Upon the Earth plane you have the capacity to be utterly dashed, completely confused, thrown to your knees by life, and you have the capacity to tune your responses to that catalyst which brings you down, which makes you feel into the dark side of your personality.

Do not be beaten about by your own feelings of guilt. But, rather, see them as opportunities to do work in consciousness, to forgive the self for being

human, to analyze the situation to see whether or not the guilt is productive, to work upon releasing that guilt if it has not been productive, to work upon using that guilt in the highest and best way if there still is something that one can see to be done. Above all these considerations, above all manifestation and illusion, the reality, as far as we know, is the outworking of perfection: love reflected in love, moving through each instrument that is a soul of a person, and then out into the world. As you receive your catalyst, bless it and break yourself open to receive it with the most love of which you are capable in a stable manner. Do not move yourself beyond that which you can do without damage to yourself. Do not ask that which you are not ready for of yourself, but rather be sensitive to the opportunities that these feelings of guilt give rise to.

And you, as is right within your school room, shall follow in the steps of the cross. You shall have the chance to break yourself open and to pour out your energy, your time, and your attention. When you choose to do this, be aware that it is a sacrament, that you are on holy ground, and that you need to be fastidious in your orientation to the light, not condemning the self in any way for that which has not been done, or that which has been done awry. But without heat and in perfect peace, move back into the situation in your mind; find the balanced and appropriate response; then choose the most generous level of service of which you are capable. This is part and parcel of the teaching of third density. This is one way to move the entity from head to heart, and for you to experience it is proper and desirable and aids the acceleration of spiritual evolution. In all things, find the love, and find within the self the response to that love which most truly expresses your self.

As in many things it is not so much what you do in the manifested world but how you do it, with what love you do it, with what gentleness and compassion for the self, and for the other self, and for the entire suffering Earth plane. In the awareness of the suffering of the world, one can feel guilty for those who do not eat. Saints can feel guilty because they have not beaten themselves twice a day with chains but only once. You cannot remove this type of lesson from the life experience, so we ask that you see it as a course of study, and like many such a course, one which is helpful although the tests are frequently difficult. Above all, we encourage that you laugh,

that you take these things, to some extent lightly, so that you are able to lift yourself from such considerations and move into the awareness of the beauty of the present moment. For this is the center of things. This is the less confused place from which to cast one's eye upon the situation at hand.

Laughter and merriment are most helpful spiritual disciplines and we encourage their use, especially for those who are serious students and who can become heavy with their concerns for doing things well.

We are those of Q'uo and would at this time express our appreciation to each here for inviting our presence in your circle of seeking this day. It is a great honor to be able to do so. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo.

Adonai, my friends. Adonai.

NOTES TO OUR READERS

(There were no Notes in Light/Lines Number 70.) ❄

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SUMMER 1999, NUMBER 71

FINDING THE HEART OF OUR BEING

Q'uo, May 23, 1999, Sunday Meditation

Group question: The question this week has to do with our topic from three weeks ago, when we began to ask about the devotional life and how to live it. We would like to follow up that question by asking how we can find more and more of that which we really are, that which is the heart of our being.

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the One Infinite Creator. We are most happy and blessed to be included in your meditation this day, and we appreciate greatly your question for us. Truly the mystery of deity is wrapped up in this question of how to be one's true self. For as the one known as Jim read from the LAW OF ONE material earlier this day, each is the Creator. And the challenge before all living in illusion is how to become more aware of that personhood as Infinite Creator.

The workings of what this instrument would call God and men are as complex, as assorted and varied, as the grains of sand upon the shore. It is difficult to comprehend the myriad numbers of sparks of the Creator that are, just as you or we are, attempting to be their true selves. It is hard even to fathom that upon your planet, as one small entity amidst a million or a billion other planetary entities, there is such a long history of people such as you attempting to survive, to relate to each other, to accomplish physical and societal, mental and emotional goals. It is difficult to imagine the thousands of years during which the human experience has basically remained the same. This instrument thinks back over all of the

reading that she has done through a long succession of classes and learning experiences, and no matter what the century or the millennium, the human heart has remained the same: seeking wisdom, seeking compassion, seeking the truth, concerned for basically the same things century after century, millennium upon millennium.

As each entity sits in this circle of seeking she brings to this moment the sum total of all that has been undergone, all that has lasted through the chances and changes of daily living. In one field of energy there lies for each the history of the life and, taken to a bigger scale, the history of that spirit whose personality shell is now occupying the chair. For each of you and each of us has a tremendously long and varied history of incarnations, experiences, gifts, graces and opportunities, and were we to speak upon any one of you, upon all that that one entity is, we could not exhaust the subject through any amount of time. For each of you is all that there is. Each of you is full and whole and infinite.

As always, for one attempting to come to a place of more awareness, the tool of choice is silence. In meditation and in prayer much may be accomplished beneath the surface of that beingness that is each of you. Without words to limit, without form to inhibit, the silence speaks in the free and open manner of deity. The more of silence that one may eat as food, the more deep shall become that awareness of the Creator speaking within that system of energies that is the being, that is each of you. We hear you speaking of the desire to serve, the desire to give of the self to others and to the planetary energy, and we applaud that hope and that energy, for each

of you was indeed careful to include unique gifts in the personality that you chose for this incarnation. And it is wise to seek out one's gifts and to find ways to use them in the service of others.

Perhaps we may say that when the word, "wise" or "wisdom" is heard, we have not yet gotten to the heart of meaning for this particular density. The lesson that is before you at this point is undoubtedly not about wisdom, not about being wise, but rather about discovering the spring of infinite love. The rational mind can do just so much when it comes to seeking out the wellspring of one's being. It can put you in a good place. It can arrange an environment for best effect. But once the stage is set, there seems to be nothing but a beating heart, a resting body, an alert and seeking mind that thirsts for the Creator, and time. And in this curl of body and silence and time there is that feeling of being alone, being still, and being at sea. And the rational mind asks how this curl of energy and hope and time can bring one to one's self.

Individuality is a very deceptive thing. We are not denying each of you your individuality at all, but it is a puzzling thing in that it predisposes one to thinking that the goal is to find more of one's individuality, that in becoming more of one's self, one shall become more individualized. This, however, is not our understanding of the way one becomes more fully or wholly one's self. The rational mind wants to reach out and pull in all of those things that will be useful and helpful in the search for the heart itself. There is that feeling of accretion, of collecting resources that will be of help in this search. Yet it is our feeling that the becoming more of one's self is a process of things falling away, a process of subtraction.

The model that we give this instrument is the model of an entity who works upon two levels. On the outer level the seeker who wishes to become more itself deals with the environment about it, attempting to place itself more and more in an environment that it finds conducive to the giving of its gifts and the learning of its lessons and the keeping of its promises in relationships and ethical considerations, and in all those matters of personal honor and duty. There is a valid benefit gained by the seeker as it simplifies and regularizes its environment in such a way as to find fruitfulness of self in all of those ways that entities think of being

fruitful in vocations and avocations. There is a legitimate outer work that it is helpful to be doing, and we would not say that one who wishes to move more into the heart of one's self should forgo working on the discipline of the personality, the purification of emotion, and the development of the magical personality. These are just and helpful uses of the mind, of the attention, and of time.

However, in terms of doing the inner work the challenge is to find ways to allow that which is not the heart of self to fall away. It is not that one decides to remove self identification from this or that pattern of living or distortion of mind. The seeker who feels that it knows what is to be dropped in order to be more the heart of self is deluding itself at some level, for there is no way from within the self to see into the patterns of energy that are, in essence, distortions of the One Infinite Creator.

Consequently, there is no rational way to become more and more undistorted. Working to become less distorted is a distortion itself, and the seeker who attempts to guide itself in the ways of becoming the Creator is, instead, most likely developing patterns of thinking that are in and of themselves additional distortions, so there is the addition of distortion rather than the subtraction of distortion.

What we are trying to say is how easy it is to work too hard at something that is not actually work at all but rather the cultivation of a growing willingness, and this is the heart of what we would like to say this day. There is this place of willingness that things may change in any way, seemingly inwardly or seemingly outwardly, there is this attitude of open possibility, of lack of fear when viewing the present or the future, that is a kind of key. And if you can do nothing else from what we suggest this day but cultivate an attitude of willingness to be swayed by the tides of destiny, then we are more than happy.

You are something that is whole and unified and simple. You are infinite love, infinite light, infinite energy, stepped down and stepped down until you can exist within this particular illusion, with this particular kind of physical vehicle, this particular energy shell that we have called the personality. It is as though out of an infinite universe you came through density after density and experience after experience, looking and laughing and gazing and enjoying, and came to this particular planet and said, "Here, I shall plant myself. Here, I shall learn to

blossom. Here, I shall enjoy the sun and feel the rain. Here, I shall be born and die.” And you descend through the inner planes, through each level at which you make choices, until you have chosen this body, and this time, and this set of circumstances, and suddenly you are born. And this is the present moment of all times, this is the place out of all places, this is the density, this is the experience. Somehow it seems a miracle that is out of time, that has burst upon the Earth like a sun. This is you. This is here. And this is now. Think of yourself in this way, as a sun or a blossom. Anything but a human. For to think of one’s self as human is always to move to the outer. Yet your true self is no outer thing. Your true self is without distortion, and infinite in love. We cannot teach you how to realize compassion. You cannot teach yourself how to realize the compassion that is locked within you. And even with the dint of the hardest and most intransigent work upon the self, you cannot add one whit of compassion to your personality. You can teach yourself to perform compassionate acts, but the key to that infinite compassion that is truly yours is not to be found within teaching and learning. It is locked within the present moment, and it is when you go into the present moment that you are vulnerable to a deeper realization of yourself

So what we encourage this day is a heightened awareness of the value of losing yourself in the present moment. When one talks about the devotional life, again one is pulled into thoughts of the outer world. The question that you ask when you ask to learn more of your true self is a question that has no answer but only a direction, a direction that says “into the present moment, into life.” Not living, not a process. But that state of being that lies beyond all process. It should be utterly simple to allow distortion to fall away, and yet it is as far from simple as the challenge of the sculptor who is looking at an ovoid rock which he wishes to carve into a likeness. The likeness dwells within that rock. It is a matter of chipping away at the rock until it has the requisite form to satisfy the maker.

Let us move back into the image of the self in the water. The self has a relationship to the water of being in that the self is a bubble upon the sea of being that wishes to dissolve into that sea, and yet it is the essence of being an individual that it cannot, for the term of this experience, this incarnation, dissolve. This is not your time to dissolve. This is

your time to be a bubble. The bubble has a skin, the coherent shell that holds the self apart from the water. And within that bubble there is, one would say, nothing, and yet it is within that bubble of individuality that your true self lies. So you may accept being that bubble on the water, but you are touching the water. You are carried along by the water, and we encourage in each of you a sense of that rhythmic and pulsing wave effect that this instrument would call destiny. You have little or no choice as to how the wave on which you are sitting will go. You may, perhaps, position yourself so that the waves do not toss you unduly, yet you are directionless, except for the water. Where the water takes you, you shall go.

There is an endless art in the observation of this wave action and in those creative attempts to come more into congruency with the line of energy of this wave action. Your responsibility as a personality shell is to be present during this experience of individuality, to observe, and to respond. As you do this outer work, yet still realizing that you are the bubble on the ocean, you set up for yourself that two-layered plan of attack. The outer layer is largely the attempt to come into rhythmic harmony with that energy of destiny that shall give you the experiences that you hoped for, those limitations that will help teach, and those opportunities to share the gifts that you brought with you, meanwhile, always reserving some of the self for the immediate experience of diving into the present moment. This instrument was earlier speaking of the bliss she experiences while working in the garden, talking to the plant life, and working with the devic energy. She wondered “Is it out of proportion to its actual import?” and we would say to this instrument, “No, it is not at all out of proportion.” It is an instance where this instrument did dive into the present moment to find the heart of bliss that is within each present moment.

We encourage each then to find those situations within which it is the easiest to forget the self completely and simply be. For this particular entity—that is, this particular instrument—being in the garden, interacting with second-density energies, is one excellent set of conditions that encourage this particular seeker to come completely out of herself and into the moment. We encourage each to find those situations that so encourage each. For some, it is great music. For others, it is art. For some, a tramp

in the woods. For others, the contemplation of the structure of thought that is majestic. What all of them have in common is the result, that explosion of the limited self into the infinite present. Each of you is a blossom. Turn towards the light.

We ask each of you to remember the help that awaits the seeker. You are not alone as you seek to be. There is at many levels help, guidance, encouragement and comfort. As always, we encourage patience, persistence, and a sense of humor. For those who seek outwardly there are many accomplishments that can be pointed to. For those who seek to be truly themselves there is only the joy of bursting the bubble and becoming the ocean. We encourage you to continue this seeking in all faith and all hope.

Again, we thank each present for inviting our presence in your circle of seeking this day. It has been, as it always is, a pleasure to join each this day and we remind each that we walk with you at all times, for we are one in love and in light and in our common bond of seeking the One Creator together. We invite each to call upon us to deepen your meditative state at any time. At this time we shall take our leave of this instrument and this group, leaving each in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

NOTES TO OUR READERS

Carla and Jim are both working to gather quotes to use in Carla's WANDERER'S HANDBOOK, and the goal is to have it written by the end of this year. We will keep you posted as to its availability via this newsletter. ❀

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 1999, NUMBER 72

MAKING THE CHOICE OF POLARITY

May 18, 1997

Group question: Could you tell us about The Choice, how much we make consciously and how much subconsciously, what we discover as we go through our lives as we consider being of service to others. What about giving over one's identity in serving another in what are called co-dependent relationships? How does that differ from true service? What really are we doing when we make any choice?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet each of you in the love and in the light of the one infinite Creator whom we serve. We bless and thank each for making the choice to be a part of this circle of seeking and for inviting us to share with you our humble opinions. We are most happy to share with you. It is for this reason that we are within your inner planes at this time. It is of great service to us to be allowed to speak through this and other instruments, for this is our means of being of service at this time, and you make this service possible. Thus you teach us much more than we you. As always, we ask one thing of you and that is that you discriminate carefully in listening to us and any who would seek to offer their views and thoughts, for each entity is the guardian and keeper of its own heart and soul, and each has within that ability to discriminate that ability to recognize personal truth. If we are fortunate enough to offer a thought which is a resource or a tool we are happy, but if we do not we are just as happy if you will put

our thoughts down and move on, for truly we wish for each to find his and her own way, as each is as unique as a snowflake and as crystalline and as delicate.

This day you wish to consider that choice that is the hallmark of the third-density world which you now enjoy. And certainly the density is one of endless choice, but let us look first at the first choice and that was the choice of the Creator to know Itself. In choosing to know Itself the Creator flung from Itself innumerable and infinite sparks of love which coalesced into each awareness that dwells within the infinite awareness. Each of those sparks of awareness is the Creator, and yet, because the Creator chose free will in the manifesting of sparks of self, each spark is unique and has been unique since before time began. Each of you is eternal and in many ways immutable, a citizen of infinite nature, worth and value. Each one a holograph of the Creator and yet each one different.

Thus, the choice that birthed each of you was a choice to know the truth, to know the self, and as the Creator is love, so is each entity love. This is the central truth. This is that which does not change. Yet this is that which is ever wrapped in mystery. Each within this circle has come through many planes of existence, has learned a great deal, and each within this circle chose not only this incarnation now being experienced but also that cast of characters with whom each entity interacts in the family, in the close associations of friends, and all those who have significant connections with the self. There were agreements made before incarnation, most notably with the parents and those within the

bonds of kinship of blood and of commonality of interest. Each difficulty, each crux that leaves one in a position of being forced to discover the self has been placed not with a hand that desires to punish but with a hand of loving self that wishes to serve ever more deeply, ever more purely.

Before incarnation it appeared to each of you that remembering who you were and why you came would be possible, indeed, might be easy. Such is the attitude of those who gaze upon a thing from the outside. With the first breath taken as an infant newborn into a strange world the veil of forgetting who you are, where you are going, dropped. And the illusion, an excellent illusion, became that which was real. And yet within each of you there was that awareness that this was not quite as it should be, that this culture, this way of being and relating and living was significantly different and substantially less harmonious than each somehow remembered deep within the self. And so was born a divine discontent within each breast, a restlessness with the surface illusion, a desire to penetrate that veil of forgetting and come to an honest and authentic realization of who each entity is. And where each is going. And why.

There is a hunger that overtakes the spirit when it has recovered a sufficient amount of that memory that cannot quite be veiled. And so each that hears these words has already made difficult choices, sacrificial choices that enable the seeking process to gain momentum and to become more valued within the life pattern.

We are aware that each is quite familiar with the choice of service to self or service to others that is the foundation choice of this particular density. In addition to this choice of service there is a component which has to do with the purity or extremity of service. We have often called this aspect of the choice polarity, for something can be chosen with a wide range of urgency, a wide spectrum of intensity of desire. There has been the puzzlement expressed in the conversation preceding our remarks concerning how one can truly be of service. The paradox is that when one is of service to others one is automatically serving the self, for that which is offered is returned a hundredfold. It seems clear that each other person is also the self, is also the Creator, and so serving others is serving self. Further, before one can be free to serve another, one must come into

relationship with the self, and the process of arriving at a love and acceptance of the self may seem very selfish and egotistical.

The hallmark of spiritual issues is paradox. The answers trail off into mystery without exception. Thusly, we cannot define for you or make absolutely clear to you with any words, no matter how lucid, the whole and complete nature of choice. However, we would speak to you of the will, for this aspect of self is heavily involved in work upon the self, especially that work upon self which would best be described as indigo ray, for there is work upon the self at each level or each energy center of the being. It is appropriate and important to work at each energy level, to work with issues of survival, of relationship, of groups, to work at opening the heart, to work at open communication, and to do this work one must use the will. Yet it remains the greatest challenge of this particular illusion to find the right use of will.

In what is willed and what is desired lies the teaching, the learning, the confusion, the difficulties, all of that which comes forth from that desire or from that use of will. For the polarity which is service to self, the use of the will is never in question, for the will is that which takes charge. Whatever is decided to be desired is simply willed and the negatively-oriented entity has full sway in determining that which will come to him. To such an entity the will is sent to grasp and take. In many ways, although this sounds like plunder, service-to-self's [use of] will can be uncannily hidden, and it is not at all obvious to the service-to-others polarity when something is appropriate to desire and when it is not. All things that come into the sensing apparatus seem natural and it is only by extensive repetition that the entity begins to form a structure of priorities which listen to the incoming data and chose what to pay attention to.

This instrument, for instance, is notorious for not knowing where she is, but this is not because this instrument is not paying attention. It is simply that this instrument has chosen to prioritize some of the deeper levels of incoming data so that that which is occurring upon the surface is often left far behind by this instrument as it desires to penetrate to the heart of catalyst. This has been a progression spanning this instrument's incarnation which is well over half the century that the one known as Jim is now rejoicing

at achieving. Each of you has done to some extent—some greater, some lesser—conscious work in disciplining the awareness so that the incoming data will make not only some sense but more and more a particular kind of sense.

In the parables of the one known as Jesus this entity frequently said at the end of a story, “Let him who has ears to hear, hear.” And this is the quest of each seeker, to develop ears that hear ever more accurately the song of love that rushes through each moment of experience. Third density, your Earth plane, is a world of great solitude and sorrow, with each entity shut up from each other entity in ways that do not occur before this density or after it. This is a density of metaphysical darkness lit only by that pale moon of hope and faith. And yet in this dim light there lies a depth of truth that shall never be touched again, for only in this density has the Creator given Itself the luxury of not knowing. Thusly, as each experiences himself, the Creator experiences Itself in an unspoiled and untouched way, totally spontaneous and totally free, and if that entity that is you finds that heart of love that is the deepest truth, that finding is completely real for it is not at the surface of things that this truth is obvious. It is not obvious that all is one. It is not clear at all that each entity is a creature and a child of love. Indeed, it is only by blind faith that we can begin to apprehend that which we do not know and yet that which we do know, love itself.

So when the seeker comes to those moments of startling lucidity, when that knowing which is beyond unknowing lights the sky of consciousness with that fullness of light which is true self-knowledge, there is a degree of joy that cannot be attained by those who already know the score. Around this habitation we are able to see each flower and plant and tree moving rhythmically in the joy of perfect knowledge. The second-density world embraces itself without self-knowledge but with full knowledge of love. There is no doubt. There is no argument. There is no confusion in the growing of seed into bud and bud into flower, in the dying down of that which is born and in the rising again from seed. All is felt in that cyclic rhythm that is perfect, and all harmonizes, each serving each in infinite detail.

Beyond this density, the choice having been made how to serve, the veil is again lifted and each is again

aware—in the way that each of you is aware of the shape of this house and the color of the paint upon the walls—that all are one. Each knows the thoughts of the other and sees the complete commonality between that and the thoughts of the self. Yes, there is a great deal more to do beyond third density, but it is finicky work, careful, time-consuming, tedious even compared to the adventure that you now are embarked upon, who live and breathe the air of the Earth world. This is then, in a real sense, your moment of glory.

And so what is the choice, precisely? Although we cannot speak precisely, although the choice is always veiled in mystery, we would point in the direction of the will which is as the verb in a sentence in which the nouns are made of faith, hope, love and charity. What is the right use of will? The one known as Jesus spoke very clearly when it said, “Not my will but Thine.” For you see, the choice truly is to surrender. The choice of the Fool is to leap into mid-air, knowing absolutely nothing about what lies at the bottom of the chasm of unknowing. One chooses either to have complete faith and thus to remain calm in the midst of this sea of confusion which is the Earth world. This is not an obviously good choice. The choice to believe blindly seems quite foolish and may we say that it is foolish. Upon the surface of events such a choice as pure faith shall only rarely be obviously validated by experience and yet the energy that is released when a seeker chooses to live by faith is tremendous. It certainly flies in the face of logic. Logic dictates that one maintain control in order to better serve.

And yet the way of logic is the way of death, for service is a living and vital thing. It blows as does the wind, and to be of service to another is an art. The beginning of this art is the refraining from using the will in eagerness to serve. As you attempt to serve others, always ask the self, as this instrument said earlier to the one known as B, “What is being asked of you?” For it is in response to what is asked that one may serve another. And upon a deeper level, as events impinge upon you, a good question to ask as a touchstone is, “What does the Creator ask of you?” The answer to this can be known only from the heart, only from the intuition, for what the Creator asks is often illogical, often puzzling, even though one feels to do or not to do something. One cannot precisely explain why. But when there is a strong

intuition, we recommend and encourage the will to follow that intuition.

Now, we do not suggest that you give up desiring. Indeed, we would encourage you to hone your will, to sharpen your desire, but let that will and that desire be to know the infinite One. For the basic choice of one who is, shall we say, trapped in time is how to meet each moment of that time. Do you meet this moment with your heart open and with your spirit at peace? If you cannot say that you do, then there is introspection, thinking, ruminating, meditating that might aid in achieving your clarity. There is a great art to nurturing that self which has so much within it but which needs the kindness, the acceptance, the awareness of a supportive self.

We leave you, as far as this first question is concerned, in mid-air. This is not the density of firm ground. Truly, when at last you do not mind free-falling you shall have arrived at a reasonably comfortable metaphysical stance from which to gain a somewhat more accurate view of the rhythmic beating of destiny. Blown by the winds of free will, that destiny has a surety, a sure-footedness that cannot be moved by decisions that turn you from one direction to another. You cannot go away from the right path, for those lessons that you came to explore, those lessons of how to love and how to allow being loved, are fluid and living and they can move with you wherever you go. So, in the sense of making tragic errors, we ask you to be fearless. You cannot make a mistake, metaphysically speaking, for your lesson and your destiny shall follow you wherever you are moved to go. Yet to cooperate with that defined destiny is often to allow the little world to die away that the greater self and the greater will might be presented more clearly.

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

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to ask if we might speak to any further queries which remain upon the minds of those present. Is there another query at this time?

B: I just want to express my gratitude for your speaking to us at these meetings.

I am Q'uo, and, my brother, we share your sentiments, for it is in these joining together of vibrations in these circles of workings that we are able to not only be of service to you but are able to experience much of what you experience as you query us concerning your life patterns. We are most grateful to each for these opportunities.

Is there another query?

Carla: When Abigail hollers like that is she talking to you and responding to your vibrations?

I am Q'uo, and am aware of your query, my sister. We are aware of the entity known as Abigail and that this entity is, indeed, able to perceive our vibrations. In many cases this small entity finds our vibrations somewhat jarring, and, indeed, as the contact was transferred to this instrument the one known as Abigail vacated the lap [of] this entity in this working. The one known as Abigail was also responding vocally to the other second-density creatures feeding outside the window.

Is there a further query, my sister?

Carla: No.

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

B: Is it in the application of the will towards the deeper desires that brings the lessons to an entity so that they might hone the application of the will and desire?

I am Q'uo, and am aware of your query, my brother. We would substitute for the word, "application," the word, "surrender" of the will. As the entity moves further along its path of seeking, the ability to fall freely through the experience is an ability which opens the entity's inner resources and channel, shall we say, to such an extent that the preincarnative choices are more easily accepted and danced with. The attempt to apply will and through discernment plot a practical and wise course is in itself useful more for the direction of intention and the cultivation of one's motivation than for the actual plotting of the course.

Is there another query, my brother?

B: *(In general, the query concerns just surrendering the will and going along for the ride.)* Is this correct?

I am Q'uo, and am aware of your query. In general we would agree with your summation, but would also emphasize the importance of the means of

surrender—that the entity seek within the meditative, prayerful and contemplative state to open the self to such a degree that the one Creator moves through the being; that the entity surrender to the Creator, rather than to circumstances or to other entities.

Is there a further query, my brother?

B: I am still confused by “application of will” and “surrender of will.” Could you elucidate?

I am Q’uo, and am aware of your query, my brother. One applies the will well when one is able to look at the experience about one, to ascertain the choices available, the opportunities presenting themselves, and much as one feeds this information into a computer and lets the work of the mind take place, then it is the balancing operation to seek in meditation the voice of the greater will. There one surrenders preconceived ideas about how the experience should be and the entity should partake. There this surrender opens the self to greater possibilities, to the greater will, to the higher self, to the one Creator, and when this has been felt at the heart of one’s being, whether the choice be yes or no, to follow that choice though it may present difficulties to the mind and preconceived notions.

Is there a further query?

B: When a seeker chooses to seek the Creator are the difficulties that arise from that choice like initiatory experiences, the letting go of preconceived ideas?

I am Q’uo. Again, in general, this is correct, for the perceived difficulties [of] the nature of the experience in its entirety is the meeting of the incarnational self with destiny, and various notes in this musical score that we are calling destiny may seem discordant, disharmonious and out of place, yet when examined carefully and taken within the being as a portion of the self there can be harmony achieved and the great score of the preincarnative composer may then be completed.

Is there a further query, my brother?

S: Sometimes one has traveled a goodly distance down a certain path before one realizes that it is not the path one wishes to travel, but one has invested a certain amount of emotional energy in that path. Can you describe the need one feels to continue down the path because of this emotional investment?

I am Q’uo, and am aware of your query, my brother. The path is the path for each whether every portion is recognized or appreciated. Many times the need to change a course is more the need to clarify the present moment. Each entity will move itself upon its path in a manner which is most comfortable to that entity in the metaphysical sense, for much in the physical illusion will seem to be greatly discordant and very uncomfortable.

It is well for each to remember that no seeker travels alone, though each may feel great loneliness. It is well to remember that unseen hands—teachers, friends and companions from before time—move with each entity and offer guidance and counsel whenever sought by the seeker. It is well again for each seeker to remember that the course being traveled was chosen, that this is not the density of understanding, it is the density where little is understood, yet within this environment and these circumstances it is possible to so strengthen the will and the faith that the experience gathered is vivid and unique, pure and of great variety that would not be possible were there great understanding here. Thus, this is the treasure of this illusion. The constant need to understand what cannot be understood builds great strength of faith and will.

Is there a further query, my brother?

S: No, thank you.

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

R: It is very comforting to know that you are our friends.

I am Q’uo, and we indeed are your friends. We walk with you upon your journey. We consider it a great honor to do so at your invitation.

Is there a further query at this time?

(Pause)

I am Q’uo, and as it appears for the nonce [we have] exhausted the queries once again, we would once again thank each present for inviting us to join you this day. It has been a great honor to do so. We would remind each that our words are but guides and possibilities. Take those that ring true to you and leave behind those that do not. We are known to you as those of Q’uo, and we shall take our leave of this instrument and this group at this time. We

leave each in the love and the light of the one
infinite Creator. Adonai. Adonai.

NOTES TO OUR READERS

We continue to gather the background quotes and information for Carla's A WANDERER'S HANDBOOK and hope to have it completed by the end of this year and available next year. It has been a long project needing its own time to complete, but we are very hopeful that it will be helpful to anyone who feels like a spiritual outsider. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 1999-2000, NUMBER 73

LOOKING IN THE MIRROR

Q'uo, November 21, 1999, Sunday Meditation

Group question: It is very hard to get an objective point of view about ourselves. We have a much easier time helping other people with their problems and catalyst and seeing things in an objective way. How can we use the mirroring effect in our daily lives to enhance our own understanding about ourselves?

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the One Infinite Creator. It is in the Creator's service that we come to this group this evening. May we thank each of you for desiring to know the truth and for calling us to your session of working. It is a great blessing for us to be able to speak to you in this manner, for it is through instruments such as this one that we are able to offer our ideas and opinions without trespassing on the free will of those whom we would wish to serve. Therefore you serve us greatly by allowing us to serve you, for this is our path of service at this time, and to be able to exercise that which we came to offer is a great blessing. As always, we ask that each of you listen with a discerning and discriminating ear and heart to our thoughts and to the thoughts of any who would offer opinion and teaching. For truth is not a solid and unchanging thing. There are as many personal truths as there are persons or spirits, for each has a unique viewpoint. Therefore, those thoughts that we offer to you—take them or leave them as you wish and keep only those that you find helpful.

You ask us this day concerning how to make use of the catalyst that is offered to you by those with whom you are in relationship in the form of those things that catch the attention in irritation, aggravation or annoyance. You have said that you understand that these other entities all serve as reflections of yourself. And perhaps we can work upon this point a bit to bring it into a more lucid focus. Each of you and each of us is the One Infinite Creator in each iota or atom or cell of our makeup. No matter who the entity is, it is a portion of all that there is and all that there is exists in that portion, in the way of holographic images. Thusly when you see another entity and react to that entity, you are the Creator seeing the Creator. This is a truth about you, regardless of the situation in which one entity gazes upon another.

Throughout your recorded history it has been so that in the apparent world there were great differences between people. Some had great possessions and wealth while others had little or nothing. Some have great influence and power while others are helpless and at the mercy of those who are powerful. The apparent inequities of the ages remain inequities because the Creator in each of you is at the core of each of you. It is the work of many, many incarnations to begin to bring the truth at the core of the being up into the light of consciousness and the consciously lived life. But no matter how deep the seeming schism, no matter how bottomless the abyss that seems to yawn between two people, no matter what the apparent inequity between two people, at the core each is joined to each forever in a unity that is endless and complete. Density may pass into density and octave into octave forever, and you

shall still be one with every entity that has ever disturbed or bothered you as well as one with every entity that has ever earned your respect, admiration, compassion or love. You have no room to pick and choose amongst the great variety that is apparent upon your Earth plane in terms of the truth of your being and the truth of the being of those with whom you come into contact.

Needless to say, it is not the function of the illusion in which you find yourself to bring the core truths to light. Rather, it is the function of the illusion in which you find yourself to toss you into a sea of confusion again and again and again, as often as this can possibly happen without completely deluging and foundering the spirit within. Now each of you, as an eternal and infinite being, at a point before you decided upon incarnation within the Earth plane, sat down with your Higher Self and spiritual guides and considered carefully the life which you were about to embark upon. You considered the relationships that would give you the catalyst that you needed in order for growth to occur of a spiritual type. You considered these relationships well. From the standpoint of an entity which is not within the heavy chemical illusion of third density you gazed upon the richness of the learning experience awaiting you, and you gleefully rubbed your hands, thinking to yourself that this would be a wonderful adventure, an experience to remember, a great opportunity for increasing your polarity. This last is central, for each of you chose a catalyst that would work directly upon your polarity; that is, the intensity with which you desire either to serve others or to serve yourself.

It seemed so obvious to you, before incarnation, that these relationships that were being set up and the dynamics that would develop would be helpful. It simply did not occur to you that perhaps you might lose your way, that perhaps you might become completely overwhelmed by the sea of confusion, that you might temporarily drown in this confusion and become completely without hope. It was not obvious to you from the standpoint of infinity and eternity that minutes and hours could be endlessly long, that the dynamic of a difficult relationship could be excruciating emotionally, that the pain of living through relationships that were somewhat difficult over a period of time would be cumulative and distressing in the extreme. These things did not occur to the eager and ardent soul that you are in eternity and infinity. Simply put, it did not occur to

you that the veil of forgetting would have such a powerful influence upon your awareness of the truth. However, it is just this deadening, numbing forgetting that places you in the optimal position for work in polarizing and sharpening and honing the desire to serve ever more truly, ever more deeply, ever more purely.

Here each of you is sitting in this circle with a heart still ardent, intentions still earnest, and ideals still high. Yet each of you is bemused and concerned because of those things which you see as failures upon your part, failures to keep the cheerfulness, to feel the light and the love of the Infinite Creator surrounding each and every situation. And we can only say to you in your darkness, in your searching, in your confusion, be at peace. Know that all is well. It is utterly and completely acceptable and a very helpful learning experience to feel irritation, aggravation, and annoyance. It may be distressing. It may seem very confusing. And it may feel like an error that is dirty and sinful. Nevertheless, each time that you, as a consciously living entity, become aware that you are not treating another entity as the Creator, you are in a very enviable position from the standpoint of one who has set before the self the race to run. For in this situation there is no human forgiveness possible. You see, each of you is deliberately cut off from your perfection. You embraced the humanity, which is error prone, because it was error prone, because you wanted to become blind and deaf and dumb to the full awareness of the One Infinite Creator.

You may ask, "Am I supposed to flounder in this sea of confusion for my entire incarnation? Is there no way that I can improve at moving from the surface of a situation in which I experience catalyst to a deeper appreciation of the opportunities that this catalyst offers?" And we say to you, you may well attempt to become ever more quickly aware of the true situation and move from confusion to faith, but do not ever begrudge these irritations and annoyances in relationships that bring you to yourself.

Now you have asked how you can work with the awareness that entities are a reflection of yourself, and we say to you: work with them by releasing yourself and them from the strictures of humanity. It is not efficient or often possible to work with situations upon the level that the situation has

occurred. In your humanity you have very limited resources when it comes to expressing love. Your supply runs out, and you are not expected in and of yourself to have infinite love. This is not within the capacity or the blueprint for human entities. It is necessary for the learning experience for an incarnation that you repeatedly come to the end of your human resources and then are forced to look at choices between despair and hope, between doubt and confidence, between giving up and keeping the faith. Thusly we would suggest to each of you that, when you begin to experience these irritations in a relationship between friends and relatives and loved ones, move immediately to a position of forgiveness of self. For your real work in consciousness is not with another entity but with the self.

Now in the example that this instrument gave in the conversation prior to this contact the entity involved was an entity which required that which this instrument was unable to offer with a full and open heart. This entity was immediately caught up in that situation with the mechanics of refraining of offering catalyst to the other entity. The one known as Romi, however, was precisely accurate in pointing out that there is an alternative to bearing difficulty in silence.

There are several alternatives to this. One is that choice of anger which in a blaze of truth blasts both self and other self in a fire of destruction, offering further catalyst to both entities. This is an acceptable way to work with the catalyst of irritation. There is the choice of attempting to express the feelings of the self to the other self. This choice is somewhat more skillful, taking into account as it does that the other entity in the equation of dynamics is also an infinite and eternal being which may wish to work carefully and thoughtfully upon its own inner processes. In such open communication there is much hope and the faith that it takes to expose the poverty of the self to another is that effort put forth that does increase the polarity of the self. For there is that open-hearted communication in faith. There is the choice that some have repeatedly made in such a situation of maintaining a silence concerning the inner processes of irritation and anger and so forth. This can be a somewhat skillful choice if it is combined with a very light touch. The instinct of most entities in this situation is towards a heavier and heavier and ever more earnest and deeply felt concern. Whereas the more skillful approach to suffering in silence is to suffer in silence while

amusing the self, finding inner laughter and achieving a point of view that puts the entire foolish quarrel of humans into perspective as the blind leading the blind, both falling into the ditch.

Perhaps from this exposition you may see that we are not, as teachers, particularly concerned with which option you choose, for in each process lessons will be offered and learning will be possible. There are two elements at work when you are working upon polarity. One is faith. One is desire. Look to your desire that it may be of the highest and the best that you know. Look to the true and the good and the beautiful and hew as best you can to the high road, keeping in mind always that it is intention, not manifestation, that is important in the metaphysical universe of time/space. Keep in mind that it is faith that you are attempting to express in your life and in your being. Faith does not make sense. Faith gives one no avenue to pride. Faith seems to be the slenderest of all reeds to cling to, and yet the soul who lives by faith, the spirit who clings to faith, the one who refuses to let it go, is that spirit which shall achieve advances in polarity, and this is an achievement that redounds not to the incarnational self alone but to the eternal and infinite self.

Thusly we ask that whether you burst into angry speech, keep silence, find communication, or simply work with the self to lighten the mood that you do these things with an eye to keeping the faith. What is it to live by faith but to look at a situation that seems hopeless and say "I believe that all is well." May we say that in our opinion this affirmation is one of the two most powerful, enabling and ennobling of all learnings, of all expression, of all spiritual manifestation. The other is forgiveness. When you are looking at that part of your universal self that you do not wish to see—that is, when you are having difficulty with another entity it may not seem possible for you to forgive that entity, and by reflection it may not seem possible for you to forgive yourself. And may we say further it is not possible to either forgive self or other self without a release of that self and an acceptance of help, for there is help at the core of your being waiting to be accessed, waiting to be asked. For the Infinite Creator in infinite love and infinite patience sits in a humble chair in a little corner of your heart waiting to be called upon, waiting to be brought into the center of the heart, waiting to be noticed, waiting to be asked. In the beginning was the Word, and the Word was

with deity and that Logos was deity, and that deity is Love, and that Love is you. At the heart of your being lie all the resources that you will ever, ever need. At the heart of your being lies infinite truth, infinite power, infinite strength.

When you can lay the burden of selfhood down and allow that core of Self to speak as the little self, then you shall be overshadowed by infinite energy. And there are times when each of you has experienced this grace, times when you have prayed and received blessing, when it has become possible for you to love and forgive another and the self. Know that these things are possible. Know that it does not matter whether you have not succeeded or whether you feel that you have. For you are doing well simply to arise in the morning and breathe the air and respond as best you can to the busyness and the pleasure of the day.

All is well. This may be your mantra. All will be well. This will be your hope. Allow yourself to fail. Allow yourself to be upset. There is no disaster here, but only the opportunity for learning and growth. And know that help is always nearer than your breathing, closer than your own features. Entities of great love and wisdom surround you, love you, and want to support you. Lean into that invisible help and know always that all is well.

NOTES TO OUR READERS

Carla has now gathered all the quotes from readers and from our archives of channeled material so that by the time you read this newsletter she will be actively writing A WANDERER'S HANDBOOK. It has been a long, loving process and we are very hopeful that it will speak to the hearts of those who feel like spiritual outsiders, alienated and alone.

New Year's blessings and balance to all. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

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All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SPRING 2000, NUMBER 74

HOW TO SEEK YOUR GUIDANCE

Q'uo, February 21, 1999, Sunday Meditation

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

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

For many there is a complete awareness of and a desire and yearning for that second universe of higher truth. Further, the body which carries you about contains what this instrument has called a biocomputer, the earthly brain, the choice-maker brain, that is built specifically to deal with the either/or questions of survival, protection of home and family, and the other concerns of the earthly life. The guidance system for the earthly brain is difficult to describe in earthly terms, but the word "intuition" surely covers it. However, for those who wish to become serious students, who have begun their path of wandering, and their seeking for a true home, this either/or mentality does not satisfy for the simple reason that it cannot satisfy the needs of the metaphysical universe.

However, each of you is also, and predominantly, a consciousness, an unique entity made wholly of love and light which goes through many physical vehicles in many densities and through many experiences within each density. This consciousness which is you can dip into the earthly universe, the physical world, by virtue of being wedded through the incarnational birthing process to a second-density physical vehicle; that is, your body. This consciousness, being a citizen of eternity and infinite in nature, is completely adapted to doing work in the metaphysical universe. And each of you has, lying in potential within your consciousness, all of the guidance and information that you need. The challenge, of course, is how to gain access to that guidance, for however framed in conceptual structure, that guidance is a denizen of the deep mind, the roots of consciousness. The door from the deep unconscious self to the conscious self must

needs be opened or set ajar in some way in order for guidance to move into the conscious realm so that you may have access to it.

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

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

This instrument, for instance, allows guidance to come to her by praying to the Holy Spirit. This guide, which she thinks of as an aspect of her Higher Self and which she objectifies as a portion of the Creator, is a projection of that essence within the deep mind that can be called guidance. Therefore, to this entity does not come a conversation but, rather, a feeling, an intuition, a sense of rightness. For this instrument this degree of clarity is completely sufficient and satisfactory. For many others there is a need to objectify guidance in persons and thusly many entities seek their guidance in the form of guides. Again, all that there is, is one, and in many

ways, and on the deeper levels all of that which is outside of the physical being, is a projected portion of that physical being. If all things are one, then all that an entity sees is part of that entity and, in one sense, a projection of that entity. Each of you, you see, lives in a complete and unique universe, a creation of your own. It is slightly, but definitely different from that universe of each and every other spark of the Infinite Creator that has been sent forth. As this instrument was saying earlier, there are non-religious ways to set about discovering more about the guides that bless the entity with love and the desire to be of help in a spiritual or metaphysical sense.

These projections of the self that are guides are also entities with their own identities, their own histories, and, to some degree, their own agendas. Some entities feel that they have one major guide and it is to this one entity that the self goes. Indeed, some have objectified this guide to a great extent. Each of you has seen examples of channeling from inner guides that various sources offer and each is familiar with the concept of getting in touch with the guide. The project, shall we say, of reaching to discover information is best approached within a framework of a daily rule of life that includes a period of meditation during each day. The mind in the earthly sense has that tendency to continue working whether or not there is prominent stimulation from the outer world and thusly the inner world can be the world of one listening to a chatter box. Many are the conversations entities such as this instrument have with themselves, all in the imagination. And this energy generally moves according to the laws of inertia. It simply keeps going because that is what the mental biocomputer does. It runs. It operates. It is noisy. The idea then is to empty out the mental pockets and allow the Earthly biocomputer to have a rest so that the consciousness may float free of the either/or demands of the earthly mind. Without the regular use of meditation it is very difficult to learn to stop the mind from running. And when the mind is running the deeper guidance is very difficult to contact.

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

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

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

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

If we were to go through each culture and its religious beliefs we would find the channels and pathways by which that body of entities that believe in that wise perceive their guidance to be housed or contained within. Thus you have fairies and genies and inner planes masters and so forth. There are as many different ways to contact guides and guidance as there have been groups of people or entities by

themselves who were seeking in a certain way with certain needs. What you may depend upon is that you fashioned for yourself, before incarnation, triggers that would deepen your appreciation and your awareness of the guidance that you need.

As you seek for your guidance you need to follow that intuition that you have within you and those feelings that come from the heart. For it is the wisdom of the heart, which often expresses through emotion only, that is the kind of beast, as this instrument would say, that guidance truly is. It is not an intellectual source. Guidance is not heavy on logic. Guidance can be paradoxical and, in many ways, can offer varying views on the same subject. What guidance is, as we said, is connections made within the self that enable the content of the deep mind to be moved close enough to the conscious mind that a translation of concepts into words and thoughts may take place. So what you are doing is asking the self to release the physical universe from consciousness and to move down into the roots of mind. Meditation is the specific way that we would suggest that this movement down into the roots of mind be approached.

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

We would suggest that it is well to develop one's personal way of approaching guidance, to put some

time and concern in on clarifying to the self what is truly desired, what is truly sought, where the passion and the intensity of one's life is.

This process of seeking guidance and of listening to that guidance is an important part of accelerating the pace of your spiritual evolution. You will evolve spiritually regardless of what you do. The Creator's universe is somewhat efficient. Catalyst happens. Experience is gained. You do change. However, each of you is hungry for a faster pace of transformation, a more secure feeling that one is on one's way, that one is on the path. And certainly the whole process of meditation and of listening within that silence is central. We wish each of you the joy of finding your desires, of honing and sharpening those desires and of seeking guidance in the pursuit of that thirst for truth, for love, for the Creator.

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

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

We are those of Quo and would at this time take our leave of this instrument and this group, leaving each in the love and in the light of the One Infinite Creator. Adonai, my friends. Adonai.

NOTES TO OUR READERS

By the time you get this newsletter Carla will probably be writing Chapter Ten of the WANDERER'S HANDBOOK. There will probably be 24 chapters altogether, and we hope to

have the book on our website by the end of the year. Publication will depend upon finding a publisher.

We wish you all a great spring.

Once again this Easter we are offering our THIS IS THE DAY cassette tape. It is the story of a small boy and a tree that grow up together and who are both transformed by their shared experience. Words and music tell their story. ✻

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SUMMER 2000, NUMBER 75

CLEARING OUR COMMUNICATION

Q'uo, December 5, 1999, Sunday Meditation

Group question: What are the components of clear communication? How can miscommunication happen? What is said is not always heard or interpreted as it was intended. And would there be any non-verbal ways of communicating that would enhance our communication?

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the One Infinite Creator, in whose service we are. It is our distinct pleasure and blessing to be able to share your meditation this day and to be called to your circle that we may offer our poor thoughts and opinions concerning clear communication. This is a subject as interesting to us as to you since our form of service to others at this time is this speaking with words through channels such as this one.

The substantial and sometimes grave difficulty using your words certainly heightens the difficulties inherent in any communication, for words are as slippery as eels, and yet that is the medium of communication. And limited though it is, it must suffice for those in third density. May we say that we sympathize with each of you which attempts to express clearly thoughts and clusters of concepts within having to do with emotion and feeling and facts. It is in no wise an easy thing to be perfectly clear.

Let us look at the roots of communication, for it is from the root that the plant grows and much can be understood by gazing at this energy in its beginning state. Each of you is a complex of vibrations. The

Creator Itself is a complex of vibrations. The universe, as far as we know, is a complex of vibrations, or more specifically of fields of energy, with vibrational characteristics which interact with each other. Therefore, each of you, as a being, communicates by your very vibration, your identity. Those not within the veil of forgetting—that is, those not incarnate within third density—find this information of vibration helpful and much is communicated from person to person as the two entities feel their vibratory complexes beginning to harmonize and intermingle.

Also, beyond the limits of the veil of forgetting, the communication most usually would not take place by using words, but by offering concept complexes or balls of thought, we might call them, which are offered from one to another in a whole fashion, so that the other may, herself, draw out the threads of communication that are offered there and see the entirely three-dimensional nature of even a single seed thought. So the first thing that you communicate as an entity is your vibration, and from it people will take much. They will form an attitude towards you dependent upon how that vibration, that is, they and that vibration that is you are harmonizing. Neither you nor they may be aware that this subtle bodywork is going on, but bodies themselves are aware of these vibrational characteristics, and perhaps you have had the experience of cottoning to someone and not particularly liking someone else from the very instant of meeting. Often the communication of vibration has done its work before a word is spoken.

Certainly, once an entity who wishes to communicate clearly grasps this vibrational nature of identity in a metaphysical sense, the entity has become wise enough to work on or tune that vibrational nature of self, that it may become more like the vibration of the Creator. For each of you has, as the basic vibration, the vibration of the Creator, and each of you has found ways to distort those perfectly harmonized vibrations in such and such a way, making the individual being of yourself one of a kind. No one distorts that Original Thought the same way as you. By taking thought, however, a seeker may indeed lessen the distortion of the vibration from the Original Thought. And this is work well worth doing.

As we said, in your density it is necessary, for the most part, to use words to express opinion and fact. Your peoples have great numbers of words, many languages from which to choose. And each entity comes into her existence bombarded from the beginning with words, words, words. The process of maturation of the young ones of your species is a process of learning the words, learning the phrases, learning the behaviors, and then endlessly combining those learnings in ways that are taught as appropriate. And so each flower of self grows to bloom, grows to maturity, coming through the schooling process that teaches more and more words, more and more ways to use words and also that teaches ways to think about the self, ways to think about others, so that by the time a young child has grown to adulthood, she has an enormous quantity of information, some of which is words and the definitions of words and ways to use words, but a great deal of which is judgment or fear-based. For the culture in which you live teaches you to estimate the worth of an entity with whom you are going to communicate thought and from the results of that judgment, to slant your communication in such a way as will, you feel, maximize the clarity.

For the most part, this process of learning produces fairly clear communication. You may look for difficulties to arise when an entity is seen or assumed to be some nature on the surface that in fact the entity is not. For them the careful point of communication is misaimed. When we speak to you through these instruments we play an endless and fascinating game wherein we assess the harmonics of each of those within the circle. We listen to the, shall we say, sound of the hunger or the desire or perhaps

we might say the color of that desire and then we orient and slant our message, which is always the same message, in order to best serve the harmonics and the substantial nature of the group which we feel kinship with and are meditating with. Each time even the same people meet as a circle there are subtle differences in the inner harmonics of the group, and each time we assess anew before we begin to speak, for we would not wish to waste this opportunity to share our thoughts with you clearly.

Earlier conversation before this channeled communication talked about the way people do not listen to each other but rather each has things they wish to say to the other, and this is, of course, a very prominent way in which clear communication is sabotaged. If you become aware of a situation in which your words are not being heard, then it is that you may ask yourself whether you wish to be heard or whether you wish to allow the other self to express that which that self wishes to express and assume a role of simply listening. In many instances the appropriate response, we would say, metaphysically speaking, is simply to abandon the desire to be heard and become a sounding board that can hear what an other self is attempting to say. This yielding up of the inner agenda and the thing to say is a mark of spiritual maturity. It is an action very difficult to complete, for there is within each self a deep well of desire to be heard by the self, and to be heard by those other selves which have meaning for the self. And yet many times the straightest and shortest distance to clear communication is to become silent, to release the desire to be heard and to accept, temporarily, a role of purely listening.

May we say that when this decision is made, it is a decision which places the self in a separated stance with regard to the other self. Consequently, when relationships are close, in families or in communities, it is not a wise choice to become the pure listener, for the harmonics within a family or within a spiritual community especially depend upon all of those involved being able not only to speak but also to listen. Thusly, if some give up that desire to speak that seems selfish and become pure listeners, they have robbed the collective harmonized group of those things which they alone could conceive of, think through, and express. Thusly we encourage each to see that it is a mark of respect for the other self to continue to attempt not only to listen but also to be heard.

Perhaps the next most usual or common way in which communications go awry is that situation in which the self does not want to speak what is actually true. This can be as innocent a situation as one's mother saying "How do I look in this hat?" If mother looks perfectly terrible in that hat, if that hat is an outrage and an eyesore, yet still a husband or a son is likely to say, "Oh, Mother, you look wonderful in that hat." This is not clear communication. This is, however, loving communication. And we do not say that this is wrong, for there are many kinds of truth. And the truth that is being expressed by the compliment, while untrue about the hat, is certainly true about the regard that the family members feel about another family member. The desire in this circumstance is not then to express truth but to express love. And we feel that that has its own kind of truth to it.

However, there are many times when that which should be expressed, if truth were told, is that which the other does not want to hear. The word, "no," when permission is asked to do something. The words, "I don't know," when someone wishes you to have all the answers. These things are difficult to say. These things are even difficult to say to the self, and yet it does remarkably improve communication if the self does not edit to remove negative responses. Rather we would suggest that, when a situation arises that the self becomes aware that negative-seeming truth must be told, there is a calm and quiet peace within. Perhaps even a small prayer may be uttered within, tuning the self toward the light, hoping that within that additional light there will be found ways to tell the truth that will be softer and yet still clearer than the abrupt "I don't know," or "The answer is no."

When the person facing this situation can realize the degree of fear that is distorting the challenge at hand, then it is that that entity becomes more and more skillful at looking straight at the fear involved and taking that fear within the heart and forgiving the self for being fearful. This work upon the self, over a period of time, begins to build up for the self a concept of the self as being flexible, able to learn new ways, unafraid to speak regardless of the consequences. It is as if you take a comb and comb through the difficulties and brambles that seem to be surrounding communication with this other self, combing away the tightness of spirit, combing the

fear of ridicule, combing away the fear of making a mistake, combing away all the fear-based limitations that hedge you about as a communicator until all that is left in your blue-ray energy field is an honest and open desire to give and receive information and love. Remember that communication itself is vibration. It has its own energy center, that blue-ray chakra in the throat.

Now communication may come from any of the centers within your physical and finer bodies. When you experience substantial difficulties in communication, know immediately that you are not in blue ray. And take the time in your mind to contemplate the conversation that was not clear, looking for the signature of the energy center that is blocked, over-stimulated or in some way distorted. Often you will find an orange-ray blockage when the conversation is between two people and about something that is between those two people. In this situation you are literally looking in a mirror and that which you think that the other has said is a reflection of that which you have said. This instrument is perusing a book at this time about the living memory process and throughout the book the author keeps bringing up the qualities of interaction between two things, this author calling these two things tuning fork A and tuning fork B, or Albert and Betty. But let us say that you are Albert and the other is Betty. That which you say to the other self has a certain kind of energy. That energy moves to Betty, to tuning fork B and is taken in by tuning fork B in a way that you could not predict but that is purely the choice of tuning fork B. Then tuning fork Betty B responds to you and energy and information comes back to you altered by the other, and as you and Betty converse you are creating an entire energy system that is strictly between the two of you, that has energy and life and love.

In any conversation you are creating energy, light and memory, and you are watching something that is vivid develop. Consequently one way to powerfully aid this process is to do some version of that which the one known as Ken Keyes has suggested in several of his books, and that is to use the phrase, "I am creating," when you are speaking to another and there seems to be a major difficulty in understanding each other. If someone says "You hate me" to you, that is a clear communication of what that person thinks, but it is not particularly easy to respond to. If someone says, "I feel I am

creating that you hate me,” then it is that the other can say “I am creating that I do not feel that I hate you, but I do hear that you feel that I hate you, so we must now find out why it is that you feel this.” Any method that allows each person to take responsibility for that which he is hearing will improve communication in difficult situations.

The deepest aid to communication is character. If an entity has the humility and the patience to work with another entity to achieve clear communication, nothing will keep that entity from achieving clear communication. But it is to the humble only that this becomes true. Your yellow-ray world, this world of Earth and the human experience, is absolutely dependent upon communication. It is attempting to learn the lessons of love for individuals and for groups. So much about communication at the level at which you are now enjoying experience has the agenda of drawing groups together as well as drawing individuals together. There is an evolutionary drive towards harmonization of vibrations, and if you examine the kind of language that nations use with other nations you will see that despite many fears, despite many reservations, despite many warring hostile vibrations, groups of people can come to agreements in clear communication. And each of you knows from personal experience that clear communication from person to person is possible.

Therefore, let your heart never be faint when you discover that you are unable to communicate. Then is the time to listen patiently, to ask humbly those questions that you have upon your mind and, therefore, to gather the information that you may need in order to grasp what someone is attempting to tell you. And when you are the one speaking and you find that your words are falling upon deaf ears, then it is that you may call upon your humanity, call upon your patience and release, for the moment, in order that you may provide the service of understanding that which the other has to say to you. Once this has been done you may then reassess the possibility of communicating that which you needed to.

We show this instrument a beautiful flowing river, a river of golden rolling waters, bubbling and springing and singing. We show this instrument that those who would communicate must be as fish within that water, must feel that life-giving unifying

water between the self and all other selves. See the self and all other selves as united within that golden stream that is flowing and bubbling at a very brisk rate at a very decided direction. It does no good to attempt to stop the water. It does not help to remove the self from the flow of the everyday. Rather, the good of it is always in realizing praise and the thanksgiving for belonging in that water of life, for being in the flow of incarnation, and for having the opportunity to share this environment with others also breathing the water and living in the flow.

Perhaps the most helpful thing to remember about communication is that you are all one. You are all going through the same experience. You are intimate, intimate friends. This is the truth beyond the surface, behind the masks of personality and individuality. Above all things, keep that faith that each other self is as you are, no better and no worse. See that equality of self to self always, disregarding status and the details of wealth and position. Be heart to heart insofar as you can with each other self. And that attitude of love will greatly help the process of clear communication. Know that each of you has gifts. Some of you have blue-ray gifts of communication. Some of you have gifts elsewhere. It helps to know the self, to have confidence in the self. And so we encourage that within each.

More and more, as you take responsibility for yourself, as you bring your energy centers to a real balance, you will become more skilled at feeling the point at which the communication has bogged down. Where is the energy that is tangled? Is it in the orange-ray of personal communication, or is it in yellow-ray of communicators working with institutions like marriage, work, and groups of all kinds? But above all, know yourself to be a child of the One Infinite Creator. Rest in that identity. Rest in that love. And let that love feed your heart, your faith, and your will, so that you may once again give a gladsome smile and try again to say things clearly and with love.

NOTES TO OUR READERS

Carla is now about two-thirds done with the writing for the WANDERER'S HANDBOOK. She has over 500 manuscript pages, so this book will be loaded with information on over 100 topics of interest to spiritual seekers. We hope to have it

completed by the end of the year and available
sometime early next year.

We are hosting a gathering for people who have read
the LAW OF ONE books this September 22-24.

The group will be limited to a dozen or so. Write for
more information if you are interested in attending.

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Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

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FALL 2000, NUMBER 76

THE POWER OF GRATITUDE

Q'uo, April 19, 1998, Sunday Meditation

Group question: Our question this week concerns the concept of gratitude. How does gratitude work in the spiritual or metaphysical sense? It is said that it is a powerful force to have in the heart, being grateful just to be alive, to be breathing, and to serve the Creator. How does gratitude affect our spiritual growth, even in the worst of situations?

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite creator. We bless and thank each of you for all that you have done to come to this circle of seeking at this time, for all that you have sacrificed and the choices that you have made that have brought you, as seekers of truth, to sit together and open your hearts to each other, to the universe whose citizens that you are, and to those thoughts of ours that might have use for you. You have truly given us a great blessing and a great gift. We hope that those thoughts that we share with you shall be helpful to you. If any thought does not please you, we simply ask that you release it and forget it, for we do not have authority but, rather, are as you: pilgrims sharing that which we have come to feel is our truth, hoping that it might be a resource for you as well. As always, we encourage your careful discrimination in listening to any and all opinion, for there is no authority as great as that which rests within you and which knows what is yours.

You ask this day about gratitude, thankfulness. The heart within desires to experience only a greater and greater amount of solitude, peacefulness, and beauty,

but that which the world seems to offer is crowded with many different people, with many different opinions and certainly seems far from peaceful as the timbers and rafters of your own personal mental interior shake and stagger under the many confusions that reign and that shall always hold sway over the incarnation and over the experience throughout the incarnation. For truly, no one who takes incarnation upon a third-density planet is hoping for a clear and peaceful existence, but, rather, is hoping to be utterly confused and yet to remember, somehow, those truths which can only be known by faith, which can only be remembered by faith, and which can only yield hope, praise, and gratitude within the transformed heart.

It is that transformation of experience that each hopes for again and again within the incarnational experience. And as each of you looks back over patterns that have been completed in the past, each may see the working out of seemingly insurmountable confusion in ways that were unexpected and yet elegant, difficult and yet beautiful. Such is the bittersweet quality of realization amidst the sea of confusion that is consensus reality within your earth world.

What is the spirit that it should be mindful of such things as praise and thanksgiving? It is at this very basic level that so many among your peoples cannot grapple with the issue of life itself. What is the spirit within that it must take flesh and be thrust into a world of sensation that overstimulates the spirit with glorious disarray and confusion from the instant that it awakens into the earth plane until that moment when the last breath leaves the body? What is this

entity that it should feel anything, positive or negative? It is in facing this question of identity that the search for true thankfulness must begin. For just here, just upon that spot where the slide is under the microscope, there at that first glimpse of light of that which changes, we get the first scent of the dangers and the glories of this ephemera and all-too-short process of incarnation. Each of you begins with that spark of light that is your essence and your core. It is in no way different from or lesser than the creator itself, for it, as all things, is infinite and divine love.

The clay from which you have been formed expresses that love but is not that love. There is no thing about each of you that one can pick up and say, "This is the essence of this person." No, the essence of you is much closer to you than your body, is much more a part of you than your breathing, or your heartbeat, or the rush of blood through your veins. You are love. It is this identity that is the only explanation for praise and thanksgiving, for positive or negative expression of any kind. When one can realize, even momentarily, that deep identity within, that congruency with the logos itself, the seeker then has his feet on solid ground and may say to the self, and in response to the world however it comes to him, "I am love. I am in a state of utter confusion. But I am love. This is my nature. I take this on faith." When one can begin with this much confidence then one is able to move into that attitude which this instrument would call the positive path or the path of service to others.

If one thinks to one's self, "I am responsible. I did these things." Or, "These and those things have been done unto me," then one has become willing to begin, not from that place of love, but rather from a place where masks have been put on and a stage play is being acted. Once one has moved into that level of interaction and the various responses to each other's catalyst that characterize relationships one no longer has a quick or short route to that positive place of rest within which knows, "I am love." And, "The I am that is me is the I am that is you."

Without this feeling of self as love, one simply begins to see one's self as positioned in such and such a way and aiming to get positioned in such and such a way. Then the self has a story that is not being created in rhythm and according to destiny's often slow pace, but rather the self is creating the self with masks at a level which does not fill the heart.

The conversation before this meditation several times touched upon the many ways in which that feeling of humble thankfulness comes to one as a blessing and a special visitation much like the spring rain feeding the young plants. We encourage each of you to be willing, when thinking upon this subject of identity, to see the self as a deeply impersonal, a deeply true, entity. For truly each of you is that which is beyond personality, and if the spirit can rest in that most basic and profound identity there stems from time and attention spent here a strength and flexibility of emotional responses that is part of the rhythm of faith.

We are often aware of the degree of suffering among your peoples. The sorrow of your peoples is great, and the yearning for that which is remembered is great. There is a hunger for heavenly things, as this instrument would call it, a thirst for that meat and drink that feeds the soul, and yet in so many ways the restless heart cannot find quiet enough to connect with that great heart of love, itself, which is the source and ending of each and every spark of light within the infinite creation.

When entities attempt to feel gratitude they may well fail, for gratitude is not that which may be approached head-on with the most effectiveness but, rather, a sense of thankfulness or gratitude comes as a natural efflux or emanation from the soul which is willing to be still and allow the world to find its balance within the self. This is not something that is easily done by those within incarnation, for the living without faith is that which is taught and practiced by your culture, not here and there, but as a general rule. Young ones within your culture are taught to work, to give a good effort, to follow certain paths in order to further ambition. The soul is taught that worth is in what one does, and so each growing spirit faces the self, attempts to find that which will earn the money, attempts to prepare the self for doing this, and then spends the life following a certain career, profession or job. And as one is wending one's way through the various obstacles that seem to pop up from day to day in the execution of these various professions and jobs and so forth, the entity that is able to help or facilitate one or another of these ambitions is seen as someone to whom to be grateful while those who are stumbling blocks seeming to be in the way between the self and the ambition are seen to be irritations and of negative help.

When we, or any, attempts to speak upon spiritual things we are often tempted simply to tell stories, for there is within stories that which words alone cannot express. And when dealing with gratitude perhaps the story that this instrument is most familiar with is the story of the prodigal son. There are several different ways to look at this little story that was told by the teacher known to you as Jesus. In this story the sons of a wealthy man have two different natures. The older son is the good son, and this son never thinks of anything but simply staying at home and working, on the family estate. However, the younger son is impatient to have fun and ready to have a good time in his life. And so this younger son asks his father for his inheritance. He has decided that he wishes to go to the city and have a good time. The father is willing to give his young son his fair portion of his accumulated fortune that he has to offer.

And so the prodigal son trots off to the big city and engages in various excesses until he becomes penniless, homeless, and forlorn. Finally, the young man is reduced to living with the pigs, eating what is given to the pigs in order to stay alive. And it occurs to this prodigal son, "You know, I could go back to the country, back to my father's house. Of course he wouldn't take me back, but I could be a slave and eat much better than this because my father treats his slaves much better than this." And so off he goes, but when the father sees him coming he rejoices greatly and orders a great feast to be prepared. Now the older son is very jealous of this, and says, "Gosh, Dad, I've been with you all the time. I've always been a good boy. I've done everything you wanted me to do. You never killed a fatted calf for me, and here you are having a huge party for my idiot brother who never did anything." The father says, "But don't you see? I thought I had no son and now I do."

Look at the gratitude in all of these people. The father is grateful because he has regained the son whom he loves. The prodigal son is grateful simply to be accepted back as a slave, much less as a younger son. And look at the hard heart, the pain of the older brother who does not feel his father's love since he has never done anything wrong for which his father has had to forgive him.

Each of you is a prodigal. Each of you has squandered precious things. Each of you greatly and

humbly seeks to return to the house of the father, to that place of love that is undefiled and pure. For to that state gratitude is natural and flows effortlessly, and this is a great truth for each of you: that you are loved deeply, that you are welcomed in spite of any and all failures, and that the creator does give great thanks for you. Truly, it takes the movement of thought from the little self experienced in every day to that self that each knows is a truer and deeper self. Gazing at life from the standpoint of the everyday self, there is hardly ever a completely trouble-free or worry-free experience. There is hardly ever a reason to feel completely or profoundly grateful. And yet if one can move back into that prodigal self that is coming home, you may see that all of experience is such that the only response is thankfulness and praise.

Why is this gratitude so powerful? Simply because it is the truth. In truth, everything that occurs to you is a gift. Each situation delivers to you the sisters and brothers of experience, Sister Sorrow, Brother Pain. The list is different for each entity. Brother Anger. Sister Depression. Each spirit will have its own guests that seem to be difficult indeed to be hospitable towards, and yet each of these guests comes with great gifts to give you. There is a natural rebellion against having to see things from such a deep perspective. The mind does not want to move to this level where it can be seen that all things are gifts. The mind wants to distinguish between things. The mind wants to make choices and stack everything in neat and orderly piles. "This is that. This is the other. This is something else entirely." But that spark of true self within you is ever ready to spread and illuminate the spirit within, the heart within.

Each entity, each spirit which has taken flesh, comes to the experience of incarnation with an agenda, with the hope of learning and the hope of service. It seems very simple before incarnation, this whole remembering of things through the veil. And it is not so simple, for the veil is surely there and surely appropriately thick and impenetrable. But for those who can live within the open heart, who can face the difficulties of the day from that place of the open heart, there is the opportunity to see each day as part of a dance that is all too short, a dance of rhythm and grace, a dance of living and feeling and expressing the truth within. We hope for each of you the grace to see into that rhythmic and muscular

pattern that is prepared for you to walk upon. May each of you have the courage to wait, when it feels right, to wait even though to the world this may make no sense. For if each of you can stay within the heart and can sense for the rhythmic delightfulness of things, that attitude of gratitude shall come easier and easier until finally you may experience whole days at a time for what they really are: one moment, one "now" that is ever fresh, ever beautiful, and ever perfect.

May you learn to express this faith by an increasing stubbornness in holding to that attitude that has its source in the spark of love itself. For the attitude which you bring to your experience shall make a great deal of difference in that experience, and every moment that you spend attempting to center the self and balance the self, turning always again to that center of love within. Each moment is an experience of truth. We realize that this is a concept difficult to work with words, for the emotional content of thankfulness is far greater than words can express. The power of a thankful heart is truly infinite. May your heart have that great benefit of your protection of it, of your nurturing of that spiritual self within that more and more yearns to dance the dance of incarnation with rhythm, grace and beauty.

I am Q'uo, and we would once again thank each entity present for inviting our presence in your circle of seeking this day. It is always a great privilege for us to be invited to your meditation gathering, for we, in these experiences, are able to have our being within your illusion and are able to see the creator in each and every entity and activity, observing the effect of illusion upon love. We would remind each that there is no entity which walks this path alone. For each person of your planetary population has a guide, a teacher, a counselor, a friend, and many of them that accompany each upon this journey. Within those moments of meditation, of prayer, and of contemplation retire you there to speak with those who walk with you and who offer you unseen hands in times of need. We are known to you as those of Q'uo, and we leave each of you in the love and the light of the infinite creator. Adonai, my friends. Adonai.

NOTES TO OUR READERS

Carla finished writing the WANDERER'S HANDBOOK at the end of August. It is 670 mss.

pages, sixteen chapters, and over one hundred topics of interest to those who wander and seek to serve. It will take a couple of months to complete the rewrite and editing processes, and when that is done we will put the entire book up on our website. We hope that the actual hardcopy book will be available sometime next year. It has been a long project, but one filled with heart and joy and we hope that our readers will also feel that it has been worth the wait. We offer our great gratitude to everyone who contributed letters, and experiences and feelings to the project. ❁

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 2000/OI, NUMBER 77

THE CHOSEN

Ira, November 13, 1988, Sunday Meditation

Group question: The question today concerns the concept of the chosen, or the elect, mentioned in the Bible by Jesus, when he said that the elect would see the Kingdom of Heaven, mentioned by the Jehovah's witnesses when they talk about the 144 thousand, and in the new age, when the chosen people are mentioned as those that are going to be lifted off the planet by the UFOs in the ascension. So, we're looking for comments upon the elect, the chosen. Is this a valid concept, or is this a distortion of something else?

I am Ira, son of Mishdad. I come to you in the name of Jesus Christ, my Lord and Savior. We must identify ourselves to you who are servants of love and light, for we have been some time so identifying ourselves to this instrument. We have had no trouble passing this instrument's challenge, but this instrument was displeased that we were not members of the Confederation, but rather what you might call an ascended master. The significant incarnation for this humble one of Jerusalem was that of Ira, son of Mishdad, for it was in that lifetime that I followed Jehoshua, as he was called in his own dialect. You call this teacher Jesus. I was not worthy to touch his clothing, yet it was my joy to follow Jesus as my Lord and Savior.

Because there has been much, much distortion concerning the import and intent of the sayings attributed to your Jesus, we find that in certain sensitive instruments we are able to create a subtle channel. The method of impression is quite different

from that which this instrument is used to, and we feel the instrument coping, and suggest the instrument not cope, but rather simply realize that the pace of speaking may be as brisk as possible, for we have no need to regulate speech, as we are using a somewhat different form of concept communication.

In the spirit of love and in the spirit of Christ, let us pause to praise and thank the Father of All, and to worship at the feet of the one Father. Much is misunderstood that my teacher said, and I am most happy to share what in my own opinion was that given about what this instrument calls the elect. This is a grievous distortion of the true intent of Jesus' saying.

Where to begin?

Along many dusty roads I walked, trying to catch a word or two of his private conversations, and when he spoke he spoke quietly, yet clearly and with much pride and authority, although he was always begrimed and dusty from the road. Somehow we all looked up to him without knowing why, even before we had heard what he had to say. I believe that the true importance of the idea of the elect is already clear to each who has become aware of the concept of service to others and service to self. The numbers of the elect are not exact, but symbolical in intention. It was the way of the rabbis to use numbers symbolically. The number twelve meant completion. Twelve times twelve meant a completion of completions. All eventually which have self consciousness shall be of the elect, shall be of service to others or service to self, shall choose, shall be the seed planted in good soil. However, at

the end of a given period of experience, some shall be ready for the next step, and some not.

I believe that Jesus' intent was to prepare humankind to meet the challenges of infinity and the larger life that lies beyond these earthly vessels we call bodies. The concept of elitism or choosing one person above another would have been inherently distasteful to my teacher. Yet my teacher knew that one can offer information, but yet cannot expect that information to flower in every heart that receives it. It is certainly so in my own mind that my Savior felt himself to be the least and lowest of any man, indeed, the servant of all. This compassion would never be stinted by such an idea as a true elite in which some children of the Father were invited into the mansion and others not. This is not so, and this is not true. This was not the intention of my Lord and Savior, Jesus Christ. The road of my Savior was a road that asked all people to seek for something called the Kingdom of Heaven.

Each who hears my voice may choose himself to be the elect by choosing to live a certain kind of life, by choosing to attempt to be of service in the spiritual sense, by intention, in as much of the experience as possible. These are those things, this manifestation of love, this thinking about love, by which each of you creates the condition of the chosen. It is you who choose yourself. You have not my experience in walking in Galilee with the Master. You have not my personal experiences, and I realize that because you did not experience these things, they will never be real to you, as they are to me. Yet I say to you as honestly as I know how through this instrument that there was no intention to exclude any soul in the one known to you as Jesus, but to me as Rabbi, or Jehoshua. This entity precluded no one, but took all potentially within the heart. Yet never, never, would the Master presume. Always was he patient, except with those who did not tell the truth.

I ask you now, you who have not walked with Jesus, to listen and pay attention to his true message, and to shut out of your ears and refuse to listen to the self-important bragging of those who depend upon anything but faith and call themselves chosen or elect. Yes, there shall indeed be the elect, and you shall indeed elect yourselves. That which is within your Holy Bible is a pitifully poor account in terms of volume of what the Rabbi had to say, of the impact that he had on people personally, of the

transformation we all felt when we were in his presence, of the astounding miracles that he did. The Master was a free person. He relied completely on the moment, and he listened within. This voice through which we are speaking we call a human channel, for that which he spoke was not his, but that which he received from the Father, although he often made the joke and the pun upon his own accord, being a somewhat humorous person by nature.

And as we leave this instrument, we suggest that each may find it valuable to study the path that my Lord and Savior took, to think about the words of the Rabbi, to evaluate them, and to grasp the truth within this life story, for through lifetimes of unbroken desire to seek the Father in the way my Lord and Savior taught, I have been able to achieve that state which is between the third and fourth of your densities, as you would call them, that state in which I am in whatever position I wish, doing whatever service I wish.

It is rare that we are able to speak consciously to an instrument such as this. Normally we speak in visions and dreams. We are honored at this rare opportunity, for we are not wise; we are still awaiting the beginning of what you shall call social memory complex. We are still, those of us who have harvested ourselves, by the grace of God, doing the work with those who would wish to be the chosen and the elect by their own choice, by their own election.

We wish to offer one more concept before we leave, if we are able to get it through this instrument quickly enough, and that is that there was a question about the name, the importance of the name. We find in this instrument's song, the hymn, "At the name of Jesus, every knee shall bow," and "Blessed be the name of the Lord!" We find many such phrases in this instrument's worship. The naming is that which is the nature. When a person chooses a different nature and becomes passionately bonded to that nature in such a way that it will change the life, and seals the change by a name, that is a name of power, because that is a person of power. When a person chooses a symbol for perfect compassion and divine love for what this instrument calls the highest and best of all things, the seeker must name the symbol.

If the seeker's faith is in itself, it will name itself. If the seeker's psychological makeup is such that it is aware of its many errors, and wishes to lean upon an idealized portion of itself, it may call upon the name of Jesus, for it is in that consciousness and in that consciousness only that you may be called elect, that you may choose to be chosen. You must become your journey, and your journey must become you, and the name of the consciousness that is your journey is Christ. You may choose your Christ, but it is in the name that the power lies, for the name is the nature, and the nature the name, and the I AM of consciousness is symbolized in its idealized form by my teacher, Jesus. I leave you in that blessed name. We are thankful we were able to conclude this communication, for it would be very bad manners for us to leave you without blessing you, urging you to good works, to loving God in Christ, and loving each other as yourselves. So our teacher has taught us, those of us who have stayed behind to aid each of you to make the great choice. Your little life is not long, and you shall be called to account. If you have not chosen—and we speak to those who may only read those words which we speak—choose now. Choose that symbol for which you would die. Choose that faith that is the I AM for you. Choose your consciousness. Choose to be a certain way. Choose to be chosen. If my teacher is not yours, I leave you in peace, and bid you quickly, get hence, and right quickly, seek and find your true symbol, but let that symbol be the Christ to you, and may you seek to be the servant of all, for it truly is in serving that you shall grow, that you shall become strong and that you shall be healed of all bitterness, sadness and grief. We offer you the blessing of Jesus Christ. Go forth in peace, rejoicing in the power of the Spirit. Know that that Spirit is with you always. Amen. Amen. Amen. I am Ira, son of Mishdad. Amen.

SPIRITUAL WEARINESS

Quo, Sunday Meditation, November 12, 1995

We are known to you as the principle of Quo, and we greet you in the love and in the light of the one infinite Creator. It is a great privilege to have offered to us the opportunity to share our views with you. The vibrations that this group has, in its melding together, are heavy with the weariness that is of the spirit rather than of the body, although each here also has some degree of physical weariness as well.

And this being the case in a group which is often very high in energy we would take some time to work with the concept of having the lower spiritual and emotional energies, for as in all conditions or estates of living such a situation has much to offer in the way of learning and in increasing the capacity for personal compassion.

Energy is the most fundamental of ideated structures within your physical illusion. The shapes and forms of manifestation are illusory, they being instead fields of energy. Even your physical body can usefully be viewed as a field of energy which contains multiple other energy fields which work in cooperation with each other within the structure of the shell energy of the physical body. When the seeker experiences low energy it is experiencing a symptom which points deeply into the structure of the manifested being. If the energy of the field becomes untenably weak the physical vehicle simply ceases to function. A breath is expelled and another is not taken. Even if there is nothing physically wrong with the physical vehicle it is possible to cease viability strictly because of the disintegration of the energy field.

This is quite rare among your peoples as a cause of death, but it can be seen to occur in the case of the entity who has lost a mate after having a long and mutually beneficial experience together. When one leaves the physical plane the remaining mate not infrequently chooses to turn the whole being towards the day when he or she may be reunited with the loved partner and this affects the energy levels within the physical vehicle to the point where any illness which is encountered is embraced and used to affect the ending of the experience which is desired. When the kind of weariness comes that a seeker feels is spiritual in nature it often signifies a time in which the experience of incarnative life will seem very difficult. Small matters seem to take on a larger aspect, and therefore any small change or unexpected occurrence triggers catalyst far in excess of what the seeker would usually expect of itself. It is a condition of vulnerability because weariness sensitizes the perceptive web which alters the level of information given to the physical mind and to the consciousness within. Small efforts seem to become major. The mind turns from tasks that normally would be accomplished easily, for it sees these tasks with the jaundiced eye and the discontented heart of the weary seeker.

The sense of self is disturbed and the level of comfort of mind drops. Into this weakened web of perception can come extremely helpful—this instrument is not able to find a word for the essences that are available within the deeper mind. But the state of low energy, because it increases sensitivity, offers the opportunity to go more deeply within the self, reaching towards those essences that can be called archetypal, those essences which this instrument would call hope, faith and charity.

So we ask each to gaze upon the weakened self, not with impatience but with, as far as possible, an undismayed peace of mind, for you have come into this illusion to be affected by it. Yours is not the path of evenness and spiritual perfection. Yours is a path that is full of dimness, confusion and perceived difficulty and suffering. Above all things we would ask you to retain the concept of what is fundamental, spiritually speaking, in this experience. That which is fundamental is the one original thought which is Love. In a weakened state one has difficulty in reaching out to others in love, reaching to the self in love, and reaching to the Creator in love. However, in this weakened state one is more able to allow the self to be ministered unto by these essences which dwell, irregardless of the surface consciousness within, deeply seated within the unconscious mind.

The instinct sometimes is to thrash about mentally attempting to affect the energy state, to bring it into what is seen as a more advanced or acceptable state. Insofar as you can be aware of this tendency we encourage you to say to the self, “Peace, be still and stay where you are. Abide. Rest. Release the effort to better or improve your situation,” and allow the deep self to open into the consciousness. Allow that essence that is the Creator, that is love itself, to minister unto you. There is no need to thrash or wrestle. There is no need to give sermons to the self. There is no, need, in fact, to alter the state you experience. The need is simply to remember love, for all things shall pass but love. Moods shall come and go. Incarnations bloom, wither and die. Love remains.

As you learn to work with your own moods without judgment, without reproach, but with love and patience, so you shall begin to learn peace, for peace is not the removal of all that is not peaceful. Peace within is a fruit of regular, repeated, consistent and

thoroughgoing willingness to experience the self as the self and to regard it with love, for all things in their time shall certainly occur within you. The best and the hardest of experiences alike shall come to you and flow through you and recede at last. And so the surface shall always be confused to some extent, but it is in the grounds of your being that the work you wish to do shall be done. Be patient in that work. Be quiet when you try to judge. Remember, and refrain. And as you find charity for yourself, so shall you be able to be part of the good in other people’s experience. The peace begins within. We are those of Quo, and we leave you now in the love and in the light of the one Creator. Adonai.

NOTES TO OUR READERS

We are accomplishing the final write-through of Carla’s WANDERER’S HANDBOOK, the abridged version, and now will begin the process of getting it published. We also hope to have the unabridged version on our website as soon as we have done a final write-through of it. We hope that it will soon be available in both versions to all.

We would like to thank everyone who has donated money for keeping our materials in print, or who has donated books and archive materials to the L/L Research Library in 2000. Let us know if you need tax receipts. If you have amassed a metaphysical book collection of your own through years of reading, and if you have not made provision for leaving them to a metaphysical library such as ours or A.R.E. in your will, we would ask that you consider doing so, for Carla reports that in general libraries, specialized books such as those of interest to the spiritual seeker will often end up on a used book table rather than in a working library collection.

A joyous new year to all. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

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SPRING 2001, NUMBER 78

SEX AND THE SINGLE SEEKER

March 4, 2001

Group question: Our question today is how can a person who has a great deal of sexual energy available from the red ray but who has no sexual partner allow that energy to move through the various energy centers of the body in the most harmonious way possible?

(Carla channeling)

We are those known to you as the principle Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank each of you who has called us to this group this day. We thank you for your searching, and we thank you for your question. We are glad to respond with our thoughts and opinions. For your part, you will use discrimination and realize that we are in no way authorities but those who are pilgrims upon the path and are glad to share what experiences we have had with you. We share as soul to soul and being to being and, in terms of learning and in terms of teaching, we feel you are our teachers to a greater extent than we are yours. We greatly appreciate this exchange of learning and of teaching. We thank each and bless each, for we are all desiring to be of service and all desiring to seek the truth. This is the bond that blesses us with its companionship, one to the other.

You ask this day concerning red-ray energy, and we are happy to talk about this interesting subject. As is often the case with us we would like to establish the ground upon which we will speak by moving back a step and looking at not just the red-ray energy center but at the energetic body and its location with

regards to the physical body and its connections to the physical body.

Firstly, we would posit that each entity is an essence, a field of energy that has complex characteristics on many different levels. A soul essence vibrates through all densities and has chakra connections in all seven bodies on the inner planes, so when one is dealing with the energetic body one is dealing not simply with an adjunct to the physical body but rather a system of fields of energy that extend far past time, space and incarnational situations.

Consequently, in dealing with the energetic body, the relationship of the energy body to the physical body is not as straightforward as it may seem to be when thinking in a linear fashion concerning issues connected with the various chakra energies.

The energy body is a system of bodies which occupy, in your terms, the same space and time in that they are all potentially available as sources of information within the incarnation so that as an entity becomes increasingly familiar with the feeling of the energy body in balance there becomes a kind of feedback system that is greatly helpful in working to balance the system. We will discuss this at more length later.

It is the tendency of this instrument, and certainly many who work with the concepts of the chakra centers, to tend to categorize energies as to chakra and to analyze them as to chakra source. This is in some cases of a limited amount of help. It is sometimes quite possible to analyze a situation in terms of chakra origination when it comes to blockage or over-activation. However, the limitations of this way of gazing at or analyzing chakra energies is that the chakras do not work

separately, but rather work as a system and in addition have important and significant connections between finer bodies within higher densities as the process of learning by faith and receiving by faith now goes on.

We would begin then by suggestion that it is well, when faced with a perceived imbalance in the energy body, to realize that the situation is non-local, no matter how local it may seem. That is, it may seem that there is a red-ray over-activation or a red-ray blockage and that this is then removing energy from the red ray. In actuality, the energies of the system are seldom blocked in only one ray because of the interrelationships between the rays, especially between the primary rays and also because of the centrality of the heart to those who are working in service-to-others polarity.

In the case of perceived red-ray blockage, for instance, it is well to gaze carefully at the nature of red ray. It is that first gateway of the energetic body. It is that first gateway that allows in the infinite energy of the one infinite Creator. The easy way to gaze at energy systems is to look at the blockages and, one by one, to remove them. However, the subtleties of each chakra move beyond the stated venue or placement of that chakra. That is to say, certainly the red-ray blockage has to do with sexuality in a linear sense, but in a very significant non-linear sense it has far more to do with the processes of love and fear as regards survival. Survival is a vital and hidden issue for an entity that is well fed, decently clothed, warm and with a roof over the physical head. It does not occur to the waking consciousness that there is a survival issue with regards to sexuality, for sexuality is clearly not necessary for survival. However, in the gateway to the metaphysical body or energy body one also is gazing at the gateway to the physical body, and this connection between physical and metaphysical bodies creates the situation in which the instincts of the physical body have a sometimes striking and, again, hidden effect upon the perceived experience of blockage in red ray, so that that which is perceived as sexual frustration is actually the cry of the heart to survive.

This instrument was talking earlier about the simple, fundamental necessity of having one's need met. Obviously, in terms of your experience within incarnation, there is a constant and unremitting

traffic of requests from the self concerning those things which it needs to survive. The stomach cries out for food. The physical body cries out to reproduce. The body demands to breathe, to work, to move and to function. When there are gateway challenges that are persistent, such as the denial of a perceived sexual need, the energy system is set up to become blocked along certain lines that create the perception, in the soul that is experiencing this, that there is a red-ray energy blockage, and on the level of the observation, this is correct. On the level of the solution of this observation, if there can be said to be a solution, this is not correct.

For, as we said, there is much more connection between the chakras and the effect of one chakra upon another than this instrument, and many perhaps, give the energy body credit for possessing. So in truth, a blockage in red ray, in the most linear sense, does block energy so that it cannot rise up into the heart chakra and, therefore, be available for work in consciousness. But more than that, it is a non-physical energy that is not a sexual energy, nor is it a survival energy, but it is, rather, energy. In truth, you see, the energy body does not respond to physical stimuli. In an energetic sense the body is completely a creature of the mind and the spirit and the emotions. So those feelings that are within, those desires and thirsts, as complex and interrelated as they usually are, are actually, at the heart, a blockage within the energy body. And because the needs of an incarnational being are complex, the blockages, over-activations and other distortions within the energy body, are significantly more complex than can be determined by analysis using the intellectual mind.

We would suggest that one way to work on blockages within the energetic body is to give to the self the resources of the energy body clearing or balancing, which we have talked about through this instrument before. Since we have talked about this before, we will recapitulate rather succinctly by saying that the point of energy balancing is simply to go through the day's experiences as one remembers them, sitting quietly at the end of the day, in a reflective mode and simply being with each distortion that can be remembered from the harvest of the day's emotions, whether that distortion was towards a positive emotion or towards a negative emotion, as perceived by the seeker. For all distortions from balance are equally useful for looking at and for allowing into the arena of the

meditational mind in order that, in silence and in the release of control, there may be allowed to enter into the energy system that help which is available from those unseen beings which surround and guard and guide each seeker.

This instrument works with her own energy balancing in this way very seldom because the technique involves looking at each emotion, allowing it to intensify to the point of really heavy intensity, and then allowing that emotion's exact opposite to enter into the equation until both sides of, say, impatience and patience can be seen in a balanced fashion. However, this instrument does use a visualization technique in order to balance its energies. This is helpful for those whose visualization abilities are dull enough that there is not the danger of over-intensification or over-dramatization of emotion which would sweep away the possibility of balancing. In this visualization technique there is simply the request for help from guidance, and when that guidance has been secured, there is the request that this guidance help in seeing in an inner or intuitive sense the actual colors of the chakra centers to see if they are at the same color tone, the same color intensity, and the same degree of lightness of tone within each color. This way, it can be seen intuitively if an energy center seems muddy or dark or weak or attenuated.

It is possible to work with balancing techniques using the balancing meditation or using the visualization technique. Either one of these signals to the energy body that care is being given to the body, that concern from the heart is being offered to the body, and this is greatly reassuring to the body and helps, whether or not the balancing meditation or visualization seems to be successful from the conscious standpoint.

Another aspect which may well help with unclogging blockages is simply to act on the emotion which has been engendered. By this we mean that the basic emotion engendered is located, to the best degree of accuracy possible by the seeker, and then expressed. In the instance that the one known as R spoke of and related the one known as P's speaking of, the experience was that of waking up [from a night's sleep] and immediately feeling such a degree of frustration that the desire is to scream. We would encourage moving to a place of safety and screaming, when this feeling occurs. It is not wise to upset

others, nor is it wise to upset the environment. However, it is very wise to acknowledge and express emotion when it can be done without infringing upon the free will of others or destroying something within the self. There is a real spiritual value in acknowledging primal distress and in expressing it, even in the most primitive emotional release such as the scream, for it is a scream from the heart that wants to survive, not simply the body that wishes to reproduce or to express its sexual nature. This is the surface of the energy distortion but not its essence. And the seeming catalyst for energy distortion is almost never a linear match with the catalyst that produced it. For within the energy body the system of unconscious memory connection and memory within other lifetimes which includes relationships with this issue or with the entity which is giving catalyst on this issue are numerous. And, consequently, the rational mind, in waking consciousness, shall not be able significantly to penetrate the nature of the actual energy distortion.

Perhaps we may say that beyond a certain point, it is well to rely on faith. We always come back to the simplicity of the situation and the unity of the situation, for all energy is one. There is not sexual energy, personal energy, family and group energy, heart energy and so forth. There are aspects to the energy, colors, shall we say, to the energy as it moves through those centers of energy and connection within the energy bodies. But the energy itself is limitless white light and although it may be distorted in its shadows within the energetic physical body connection, within the energetic body itself and at the source of the problem, it is all the same energy. And this is a key concept, we feel. For this lifts the seeker beyond the limitation of a concept of her problem and places the waiting heart and the energy body which is listening to that heart in a situation of being aware of the larger picture. And what one accepts into the waking mind becomes the door that opens the potential of the solution to be approached and released from its stricture.

First, there is the faith that all is well. This is a significant step for one who is suffering, for the physical body wants to react in a fear-based manner. The instincts of the physical body are to protect and control for the safety of the physical body. And so there is the feeling, when one is in discomfort, that one needs to control that situation. One needs to achieve a comfort zone. However, often within your

density you have made choices as a seeker before incarnation that place you in a situation where you will continue to suffer, and that is what was intended. It was not seen before incarnation that this would be precisely suffering. It was seen that this would be learning. It was seen that this would be a great opportunity to make the breakthrough, the step forward as a spiritual being in evolution. Evolution is change. Change is difficult. Change is painful. Change engenders suffering. Consequently, some blockages that are looked at and are experienced are placed there by the self before incarnation, not in order to break through quickly, but in order to initiate a process of self-acceptance, self-understanding and self-forgiveness that is far deeper than the issue that begins this process of understanding, acceptance, healing and forgiveness.

Secondly, there is the faith that there is help available beyond what is available to the rational mind, and that this help is benign, kindly and intelligent. Once one has the basic attitude of faith, that regardless of appearances all is well, there is a door within the heart that opens, that has been closed by fear. It will continue to wish to close, again and again and again. And this is why daily meditation and the entering of the silence is so central, even if it is but for a few moments. That connection with the silence empowers the resources of the connections between physical and energetic bodies and between the connections in the energetic body to those bodies which are involved in the guidance of the higher self that is moving to help the self within third density. The faith that all is well, and that help is there, together, have a tremendously comforting and strengthening effect. However, as we said, in the face of apparent physical imbalance that continues over a period of time, this sense of well-being will again and again be compromised by the instinctive fear-based reactions of the physical vehicle which feels that it is being threatened in its ability to survive.

There is, as this instrument has said, no issue tougher than the red-ray issue because that natural function is so strong in the physical body, and the emotional need for connection and companionship, which sexuality is the door to within your peoples, is so very strong. There is, certainly, no way that any can control and, by doing or not doing some physical thing, solve the discomfort of the physical body when its natural sexual functions are denied.

When this occurs, according to the nature of the individual and its energy system, there will be some degree of suffering. For some entities it is negligible, unnoticeable, or minor. For others it is an enormous and very substantial problem and certainly one that cannot be ignored. This instrument is aware that the one known as P has said that the mechanical satisfaction, on a solitary basis, of the physical desire for sexual completion had not been satisfactory, no matter how many times repeated, and we are not surprised at this because of the fact that the sexual energy blockage is actually not what it seems, but rather, a much deeper and more profound suffering that extends throughout the body system of the energetic body, if not the physical body.

In one very basic sense we must say that as far as we know there are times of suffering for all people. There are always needs that will not be met that seem important, and this is part of the way that the school of love that planet Earth is works. For again and again, it allows the senses of the physical body to inform the intellect that there is not enough, that there is no safety and that there is no healing. It is the challenge of the spiritually oriented entity to gaze at the limited and crying needs of the body, not with eyes to solve, but with eyes to love and understand, to enter into the experience, to enter into the suffering, to enter into all of the emotions that this brings up and to see the self in its needs, in its wants, in its character as defined by those cries of hunger. What one desires is extremely interesting to the developing soul, and it is very well to look at what one desires, not with the eye to judge, but with the hope of fully embracing the self, of being in love with that suffering self, of rocking that self within the heart and saying, "Yes, these needs are beautiful; these needs are worthy; these needs are fully acceptable and simply are not being met by the circumstances of my life."

This is, again and again, in one way and then another, the situation of the seeker within the physical plane. There is not enough. There is no healing. There is only suffering. This is a dark picture, and we would say to you that it is dark as the earth itself. The soil beneath the feet is dark. It is dark, mysterious and fertile. It is the seed of something that will grow through the soil, through the suffering, through the point of pain, to blooming at last in ways that cannot be comprehended at the moment that the suffering is being experienced.

Perhaps you could look at the picture as a puzzle that one is so close to that one can only see thirty-five pieces out of the two thousand, and it looks, therefore, like the problem is about a dog and a man. But if one pulls back to gaze at the entire picture, the dog and the man are at the edge of a much larger conflict that involves many more characters and many more issues. When a cycle of suffering has been completed, it is far more easy in hindsight to look into the pattern and say, "Yes, I see the sense of this suffering. I see the point of this catalyst being offered to me. I see where it took me and what I learned, and I am grateful." We are suggesting that that attitude of gratefulness and thankfulness for the suffering be adopted by faith beforetimes, so that in the midst of suffering, control is released; needs are expressed to the self by the self and then let go. And it is acknowledged that beyond all need, beyond all distortions of energy, beyond all suffering, beyond all limitation, the essence of self is perfect and resting in the most divine love and in the most strong and healing light.

We would at this time transfer this contact to the one known as Jim. We thank this instrument for offering itself as channel and we thank the group for its very interesting question. We leave this instrument in love and in light and transfer at this time. We are those of Q'uo.

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. We are privileged at this time to offer ourselves in the attempt to speak to any further queries which this group may have for us. Is there another query at this time?

S: I'll start. The thing I am curious about is when we gather each week we talk about what we have been doing during the previous week, and I thought I should give you the opportunity to tell us how your week was.

I am Q'uo, and am aware of your query, my brother. The experience which we have had since last joining with this group is one of the exploration of the interior of the self, shall we say. This is our means of becoming the one Creator. We continue to move along our evolutionary path in what might be seen to be small steps, investigating those portions of the self that is the Creator which have been, shall we say, less well appreciated in our previous experience. And, of course, we move in service to others where

possible. In most instances this is accomplished by making an appearance, as you would say, within the dream state of those whom we seek to serve. Thus, we are modest in our work and in our service.

Is there another query at this time?

S: Are there any messages from any of our other unseen friends at this time?

I am Q'uo, and am aware of your query, my brother. Those of the host of heaven, as we have heard it called, merely send their love and light to all who are available to receive it.

Is there another query, my brother?

S: Not at this time. Thanks.

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

R: I don't ever remember being aware of Q'uo in my dream state. Do you do it more on an energetic level rather than as an identity?

I am Q'uo, and am aware of your query, my brother. When we are able to make such a visitation, it is most often in a situation in which the entity which we seek to serve has found itself in what you would call dire straits and is calling for aid by the amount of suffering and pain that the entity experiences in its life. In such a situation of extreme need, we are sometimes able to make our presence felt in an inspirational manner to such an entity. This is somewhat rare, as you would term it, but is a means of service which we have pursued from the days of old, in this planetary sphere's history.

Is there another query, my brother?

R: No. Not a question. But thank you for that answer. I derive some comfort from knowing that we all do have unseen help.

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

S: Recently a woman we work with had her mother pass away. Today my sister-in-law's father came very close to dying, and I was wondering if there were any words or thoughts or ideas that I could share with them to help them with the struggle that they are going through now?

I am Q'uo, and am aware of your query, my brother. When one wishes to serve in a situation in which there has been the loss of a loved one and there is

much suffering and grief on the part of those who remain, it is often the best service simply to be available for whatever needs are felt by those who grieve. Thus the offering of one's efforts in providing the foodstuffs, as we are aware you have prepared to do, is one such means of service that is much appreciated by those who are at such a time thinking about little else than the loved one who has departed. It is also possible that if one feels there is an opening in the grieving entity, that they be approached by suggesting that there is the completion of a grand design or plan that has been accomplished by the one who has left, and that this plane continues beyond this earthly experience, where an ending is a beginning upon another level. Then there may be some comfort that can be given to the heart, to the mind and to the soul. For as those who grieve are reminded of that which they know—that all life continues, that all springs from one Creator, that we do that which is ours to do, and that there is truly no loss at any time—this reminding of the basic elements of the spiritual journey is often helpful and appreciated.

Is there a further query, my brother?

S: My wife still has much swelling and pain from her broken ankle and she requested to know if there was any other lesson, meaning or whatever that she should further examine at this time?

I am Q'uo, and am aware of your query, my brother. As we consider the situation of the one known as C, we would recommend that she has processed well that catalyst which has come before her. The healing that remains may be bothersome and lengthy, yet it is that which is necessary in order that the catalyst be utilized to its fullest. We see no further mental examination necessary for this entity. We add our blessing and healing vibrations to those many wishes of renewed health which have been offered to the one known as C.

Is there another query at this time?

S: No. Thank you.

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

Carla: I'd like to follow up on S's query. It seems like if you need to do one thing to solve catalyst that has come up for you, it doesn't necessarily solve the problem. Is there ever a situation in which the problem is what you think it is, and something that

you do in the physical will take care of it nicely, or is it always, metaphysically speaking, that the roots of the situation are hidden?

I am Q'uo, and am aware of your query, my sister. Though we do not wish to discourage any from examining carefully each portion of catalyst that comes before the notice, when the conscious mind has finally noticed the catalyst that has come before it much has already been lost to the determination of the proper path to travel. This is merely the nature of the heavy, chemical illusion in which you find yourselves in third density. It is very difficult to perceive clearly those messages which are sent from the subconscious mind and the metaphysical realms, for it is as though a different language were being spoken and the ears that hear this language perceive only dimly that which is intended. Thus it is well to use not only the conscious analytical mind but also wise to employ the intuition, the hunches, those feelings that come through the veil of forgetting and leave the trace of meaning, the—we give this instrument the phrase—the nigger of direction that one may follow as one would follow the trail of bread crumbs in the deep forest, looking again for the path that one took into such an imposing and isolated area.

When one examines carefully the subconscious mind, as carefully as one can, shall we say, one will discover that there are trees of immense size, ferns of indescribable beauty, mosses unknown before, creatures strange and exotic, air barely able to be breathed and yet exhilarating in its intake. Thus when one examines catalyst for its origin and direction to utilize, one may rest assured that this is a process which itself can become a journey into exotic realms. The fruit that is found in such a place is well worth the effort, whether one is able to feast at the entire meal or only the hors d'ouvres.

Is there another query, my sister?

Carla: I had more questions but I feel the energy is getting low. If you wish to comment, you said that there was a language of the energy body, and I was thinking: was that the language of emotions? When I work with music or words, as in poetry, or with colors, all of those things seem to me to work well with the energy body and to clarify my own emotions and bring them out. I was thinking emotions would be the better language for the energetic body than would be intellectual analysis.

I am Q'uo, and am aware of your query, my sister. We also are aware that the energy of the circle is low. We shall comment briefly.

The emotions are an avenue of exploration that also deserve a great deal of effort. The attempt to interpret catalyst and its application to future action—this is the direction that we were intending when we suggested that intuitions be examined, for intuitions are a more purified kind of emotion from another source, these intuitions being that property of the subconscious mind, the first translation, shall we say, of the language that the conscious mind attempts to understand. Thus we suggest that the intuition and, as you have suggested, the emotions, be employed more as a fundamental means of examining catalyst, rather than allowing the intellectual mind the sole effort in this endeavor.

Is there a further query, my sister?

Carla: No. And I really thank you for that answer, Q'uo.

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

(No further queries.)

I am Q'uo. We would take this opportunity to thank each once again for inviting us to join this circle of working. We are aware that the effort that each has made to become a member in this circle this day has been great, for there have been obstacles that made it difficult for each to partake. And we thank each for being a part of this circle, for inviting our presence, for seeking with a true and sincere heart that which is our opinion, and that which we joyfully give, though we recommend that each observe those words which ring of truth for each. Take those and leave all others behind. We are known to you as those of Q'uo, and we would take our leave of this instrument and this group at this time, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

NOTES TO OUR READERS

We have decided to self-publish Carla's *A Wanderer's Handbook* so that we can take advantage of Ian Jaffray's superb design skills. Our Schiffer publisher accepted the book, but was unwilling to make the volume an easily read, friendly one, hoping instead to economize on cost by using small print and other

features that would have kept the book from being a good lifetime companion. Jaffray's design is, though modest, handsome. We are now seeking bids from several printers and hope very soon to have arrangements made. We will send a special newsletter to you as soon as we know the Handbook's price and the date of its availability. This will be very soon, we hope! Click [here](#) to view the first three chapters and the Table Of Contents, which will give a good idea of what this Handbook contains. Keep an eye out for our next newsletter! It will contain all the necessary ordering information. We want to thank those hardy souls who have donated funds for this project early, before any guarantee of a product emerged. The encouragement to us has been so very much appreciated and heart-opening! ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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corporation dedicated to
discovering and sharing
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humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SUMMER 2001, NUMBER 8 [I]

A MESSAGE TO WANDERERS

March 18, 2001

Group question: We have just about got *A Wanderer's Handbook* ready to be printed, and we are going to be sending a flyer for it out to people on our mailing list. Many of them likely are wanderers or spiritual outsiders of one kind or another and we are wondering if Q'uo today would like to say something to these people about the concepts in the book or the quality of being a wanderer, of being alienated and isolated in the spiritual journey.

(Carla channeling)

We are those of the principle known to you as the Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. We thank you for calling us to your group this afternoon. It is, as always, a great privilege and pleasure to speak to you. We want to thank each who has come for the sacrifice of those other things that were not done this day in order that each of you might seek the truth and rest in the silence that binds us all in the love and in the light of the one Creator. It is wonderful to be able to share our humble thoughts with you. We do want to be clear that we are not authority figures, but seekers upon the same path with you. Perhaps we have walked a few steps more. Perhaps we remember a few more of the experiences that we have had, and, therefore, perhaps we can offer opinions that may be useful and may be interesting to each of you. But we do ask that each of you listen with a discriminating and careful ear, listening not for all of our words but for those words that seem to resonate within your heart.

For truth is a very subjective thing, and when something is part of your personal truth it will have a certain ring to it, and you will recognize it. Trust that resonance of recognition and not the seeming authority of any source, for you have responsibility for your mental, emotional and spiritual evolution. You may choose the rate and the process of change. And we would not wish to become a stumbling block as each of you seeks the truth in his or her own way.

With that said, we are very happy to share our thoughts on the occasion of this special newsletter, which speaks to those who have enjoyed other material that we of the Confederation of Planets in the Service of the Infinite Creator may have offered in times previous to this. For many to whom we speak, we simply say, "Welcome home," for one thing that is very common among wanderers and all those who have begun the process of awakening from the sleep of Earth is a feeling of not being at home in the Earth world, of not recognizing the colors and shapes of your beautiful planet. As lovely as it is, yet still it does not feel like the shores and the fields of home. And this is because in many cases we speak to those who do not originate from the planetary environment that you call Earth but, rather, are those who have chosen very deliberately and specifically to come to Earth on a voyage of service and learning.

For many others to whom we speak, Earth is the native sphere, the beloved home, and yet the spirit has awakened from the dream of Earth. And more and more, in the awakening process, Earth has become an alien place, not because its shapes are

unfamiliar but because the thinking of its peoples and its culture has begun to jar against the newly found shapes and resonances of an awakening awareness of the self as a citizen of eternity and infinity. Whether you listen as one who is an Earth native or as one who has come here from elsewhere, yet still we speak to you as absolute equals, for all of those who have awakened have become wanderers upon Earth. All begin to experience the dislocation of living in two worlds at once. There are certain characteristics to this experience of awakening and finding one's self, attempting to make sense out of that which seems more and more not to make sense about which we can speak.

One very common experience is the experience of isolation. It is as though a separation had occurred between those who think in physical terms and the self, who is thinking in metaphysical terms. The reasons and the considerations for making choices in the Earth world have to do with practicality, finances, schedules, what people think, what the mores of the culture are and so forth. To the spirit who has awakened, there has been a switch of universes, and the reasons for doing things in the Earth world do not seem to hold the fascination and the attractiveness, if ever they did hold attractiveness. Rather, there comes, more and more, to be a yearning of the heart, for truth, for essence and for service.

The self, once realized as a metaphysical entity, is also realized as an ethical principle. And you can see yourself more and more clearly as one who truly can be responsible for doing her absolute best to do the ethical thing, to hold the highest principle, to hew to the road that seems the most beautiful, the most moral and the most right for the self. Often that which the world considers right and that which the inner self considers right will coincide. However, not infrequently issues looked at from the standpoint of Earth are looked at with an eye to the protection of the self and the maintenance of the environment, whereas looked at as a metaphysical issue, often the solution is transformed, and roads may be chosen that do not seem as practical, as convenient or as down to earth. For in the switch of universes there is the release of the forms of the world and the realization of forms that are higher in the metaphysical universe. All things are energy and vibration and your thoughts and intentions are far more important than whether or not, in the eyes of

the world, you have succeeded. It is a cliché among all cultures of Earth that many a fool cannot seem to be practical, and yet many times, from the standpoint of spirit, it is very important to be impractical and to hew to that which this instrument calls the highest and best. Again, such value judgments are very subjective, and another's opinion of what is the highest path or the finest or most beautiful principle by which to live may not agree with your opinion. And we say to you, one way to become more at home in this strange world of the awakened spirit on Earth is to be decisively impractical and to know, going into decisions, that you shall be making decisions with an eye to spiritual values. Often these decisions will not make sense to others. And we encourage each to have the courage and the faith to follow your principles, your guidance, your light. For what each of you has awakened to is a precious awareness of self as essence.

Each of you has become aware that you live in a very busy physical world. It is a world of never ending detail, a world which this instrument often characterizes as one offering too much good work to do. It is not that the world offers one bad choice after another, though this is often the case. There are many beauties and blessings to the world as it is, in all of its confusion. Yet there is a simple factor underlying all of the busyness and detail of physical life, and that is the essence that you are, that each of you is. We would look at this essence for a moment, for it is at the heart of what we have to say. Each of you is very, very real. Beyond the dream of Earth, beyond the dream of ether, beyond the dream which is at that level at which we are now speaking, beyond all dreams of which we know, each of you is very profoundly, ultimately, uniquely real. You are, in fact, the stuff of creatorship. Each of you is a spark of the divine, and without each of you the divine would not be complete. Each of you was, before time and space existed. And each of you will be, beyond all thought, beyond all telling, beyond any creation's end, for in infinity an end is always a beginning, and you shall forever be the only you that exists, precious, beloved of the Creator, an essence, a light, a love.

You are here as awakened beings to be, not to do. This is a terrifically difficult concept to receive within the context of incarnated life because life as you know it, as you experience it, as the culture

teaches you to experience it, is about doing. You were taught to value yourself as a worker, as a producer, as an accomplisher of deeds. They may be many different kinds of deeds, but at the next gathering to which you go, you will be asked not, "Who are you?" but, "What do you do?" And you will be valued by many people according to how that answer goes. And yet we say to you that you are not here primarily as a doer, but as an essence. In the energetic or metaphysical sense, each of you is a field of energy. Now this energy is not simple. Each of you has, as a core vibration, the one great original Thought. Each of you, at the core, is the Creator. Indeed, the basic goal of evolution is to come once again into full vibratory congruency with the one original Thought that is the Logos. This Logos could be described as love, and yet that word has been so sullied by being used for different kinds of passion and emotion and devotion that it is inadequate at heart to express the fullness of that quality that is creative and divine love.

To this original Logoic energy you have created distortions or variations or complexities that add to that basic vibration and that make you that unique essence that you are. As we see your vibratory pattern, we see your name metaphysically. You are as a rainbow of color and a certain pattern of shape that is, in its own way, exquisite. And we would know each of you anywhere, not from what you are thinking, not from what you are feeling at any particular moment, but rather from the great accumulation of self, through many experiences and many densities. Each of you comes to the present moment vibrating in a very discernibly identifiable way, and this is the great gift of each awakened being to the self and to planet Earth and to the peoples of Earth. For once each has awakened, each becomes an agent of the love and the light of the one infinite Creator.

It is part of the nature of the ethical, biological entity that you are that you shall express in this way. Here is the plan that we believe each of you set before yourselves before incarnation. The plan was to choose a set of relationships and a set of lessons as the one known as T. was saying in the conversation before this meditation. "I know that this problem has come to me," he said, "because I set this up for myself, and I am looking to sit with this difficulty, to enjoy this challenge, and to move through this process with as much love as possible." Your plan as

learning entities, interested in the evolution of spirit, was not to be here and be wise, but to be here and be confused. You are hoping, by coming into this very dense physical illusion, to become completely disoriented and to wake up in the midst of a true sea of confusion. And the reason that you hoped for this was that you had the feeling that you could come to a better balance of self, a more pure choice of polarity, and a more passionate desire to seek the truth.

Before incarnation it seemed not so hard, because before incarnation, gazing at the scope of the entire incarnation, it seemed fairly obvious what these lessons were and why these relationships were important to follow through. It seemed unlikely that we could possibly avoid awakening. Yet in most cases awakening is not an easy thing but a process that moves in jerks and fits and starts, going through many an epiphany and many a dark night of the soul. Your hope here was simply to become so aware of the confusion of planet Earth that you would finally stop attempting to control things from the mind, from the ego, from the head, and would abandon what would appear to be an inadequate resource for dealing with that sea of confusion that is Earth life. You hoped that you would begin to move into the heart, for it is the heart, its intuitions and emotions, which contain the true harvest of wisdom, love and truth that lie within you within the sea of confusion.

When the awakened seeker begins to move into the heart and allow the heart to open and remain open, even when it is the most vulnerable, then it is that somehow the issues begin to seem simpler. Then it is that unseen hands begin to lend their aid and messengers of bird and beast, word and sign, and relationship and association seem to begin to pop up here and there and everywhere, forming a synchronistic web of coincidence and connection that teach and offer help when it is least expected and least seen ahead of time.

Attempting to live by essence, attempting to be oneself, is the work of the heart. Often it does seem very impractical as a way of living, for the opened heart seems very unprotected and very vulnerable. And so it is vulnerable to confusion and challenge of all kinds. The strength of living in the heart is that slender strength called faith, that lifts one on angels' wings and takes one above a problem, so that even if

the body is troubled and the mind is confused, there is a serenity that comes from the release into knowing that all is well, and that all *will* be well. This trick of living which is called faith is a great key in switching universes, for faith takes the place of control in the Earth world and doing becomes being. Details become essence, and a life moves from the inside out rather than being driven from the outside in.

Another aspect of being a wanderer, which is common to those from elsewhere and to those who are native to the Earth sphere, is the enormous yearning to serve. And we say to each that the main service of each of you is the service of being yourself. For when you are most truly and deeply yourself, when your heart is open and vibrating in its fullness, you become a crystal capable of receiving energy, transmuting energy and releasing energy into the Earth's sphere. Many of you from other planets have come here specifically to do this. It is a simple process. You breathe in. You breathe out. You allow the truth to flow through you. You allow the infinite supply of energy that is the love of the Creator to flow through your energetic system and out into the Earth planes, and as you bless this process, encourage it, you intensify and enhance those vibrations that move into the Earth plane. Each of you, by being the way you are, is at this time a servant of the light, and you need do nothing more than live and love to fulfill your mission upon Earth. Naturally, each of you gave yourself gifts to share, lessons to learn and outer services to perform. And we encourage each to move along those lines of talent and gifts as you perceive them, looking for ways to share those gifts. But realize that, more than those outer doings, the inner essence is the true and central gift of the life, which you have come to offer. It is a beautiful gift. It is a gift that will take you all your life to give, and our encouragement to you is to give this gift and do this service regardless of what else you seem to be doing in your life.

You can work on opening your heart within the process of the workaday world, within the process of any present moment, under the storm of any challenge. It is impossible for any thing or any one to keep you from pursuing this service of being, and we want you to know that you have many helpers to aid you in this service. For each of you has guidance, personal guidance, deeply impersonal sources of guidance, inner planes teachers that shall come to

you if you have a desire for that which they have to share. Many are the unseen spiritual aids that are available to the persistent and asking seeker. The key here is simply to ask and to keep asking with all of your heart. For it is true, as this instrument's holy work says, "Seek and you shall find. Knock and it shall be opened to you." Your desire shapes a tremendous amount of that which you shall receive spiritually. So trust that self that desires. Do not scorn it, but rather seek to know yourself more and more, and to define and refine to yourself that which you truly do desire, that which you truly do seek. For that which you seek, you shall surely find.

Each of you is a tremendously powerful principle, spiritually speaking, and a wonderful haven of help and healing to others. You are a particular kind of spiritual being, and although it may seem that you are isolated, that you are different and that you cannot be effective, yet we say to you that this is far from true. You cannot know what importance a smile or a word from you may have to another. You cannot know who will oversee some action or thought that you take and become comforted and inspired. You do not know, when you reach out your hand, how it will be received, and yet the impulse to do that is gold, spiritually speaking. Know yourself to be one who is truly powerful to serve, one who is worthy, one who, by doing her best, shall have done all that is necessary. This instrument often says, "Is there ever enough?" having noticed in so many ways that she is seldom satisfied. Yet we say to you, "Yes, you are enough, just as you are at this moment. Know yourself to be of great value as you are, as you sit, as you rest, at this moment. And know that all of the confusion of Earth cannot remove that essential quality from your being."

We greatly sympathize with the confusion that each feels within the Earth plane. We admire your courage. We rest in the comparative sureness of knowing of our density, in which many, many things are known, in which all thoughts are clear. Our confusion and our seeking lie in the mystery beyond that knowing. But to you, even that, the knowledge of self and the knowledge of other self, is so often hidden. It is as though each of you were in a scene from the television program this instrument knows as "The X-Files," looking around with flashlights in one dark corner after another. Such is the spiritual world. Within the Earth plane it is a

very dark plane. The inner planes are not clear, and often there is no observed light. And yet we say to you, trust the light that is not seen. Trust that candle that is your heart, and know that as long as you keep that candle lit, that is your only responsibility, not for other's thinking, not for other people, and not for outer issues, but only to open the heart, to offer the self to love and be loved, to know the self as part of the Creator.

I am Q'uo, and we are aware that we have taken a great portion of your time speaking to you this day. We would, at this time, take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

NOTES TO OUR READERS

We are thrilled to be able at last to offer *A Wanderer's Handbook* to our readers.

[1] This special announcement issue is Number 8! Years ago, that number was accidentally omitted. Now it is restored!

Are you interested in attending L/L Research's annual Homecoming Weekend next September 21-23? Write us for a reservation. We will limit attendance as always, and sign-up will be on a first-come, first-served basis. ❀

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
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humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 2001, NUMBER 79

9-II

September 16, 2001

Group question: The question today, Q'uo, as I am sure that you already know, concerns the recent acts of terrorism that have come to the United States. Many people have died, and much property has been destroyed and there is a lot of talk about retribution, about war, and a lot of fear and anger, a lot of confusion. And we are wondering what this situation looks like from Q'uo's point of view. We are told that this world is an illusion. It is a place where we come to learn to love. From our point of view, right here, right now, it is a very difficult place to learn to love. We are wondering what Q'uo can add to our knowledge of just exactly what has occurred, what does it mean to us in the spiritual sense, and what can we as individuals do to help the situation?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings, love and light to you each, the light and the love of the infinite Creator and the infinite unity of all that is. We thank each of you for joining our group this afternoon. We thank you for calling to us with your thirst for truth. We thank you for your sacrifice of time and your attention. We thank you for a great privilege, for it is a great privilege to be allowed to share our thoughts with you.

It has been asked of us this day that we tell you what our point of view is upon the events taking place within your earth world at this time. May we say, first of all, that we greatly appreciated the comments that were made in the sharing of thoughts and

reflections that preceded this meditation. We are aware, to some extent, of the distress and the discomfort of the normal tenor of life your peoples have greatly suffered, and it is a particular kind of suffering which is not only the suffering of particular nation but a suffering which goes beyond your nation states and into the overriding ethos of your culture.

What it looks like to us is somewhat different because we see in a wider range of things that are visible. We are not limited by physical limitations in what we see, what we hear, shall we say, what we are aware of, but rather are limited only by our distortions which to us is limit enough. Because of being able to see into the finer planes of your planet's ongoing developing nature and essence we are able to report both that there is genuine suffering going on within your earth world in the finer planes and that there is at this time, as this instrument and as the one known as Steve has mentioned, a tremendous outpouring of love, light and energy.

To express our point of view is to ask all of you to come from a standpoint of looking within the parameters garnered by physical limitations to the realm of concepts. For in the metaphysical creation which is the counterpart of the physical creation, concepts are that which is, shall we say, real and form is a matter of choice. Consequently it is the color and structure of thoughts that creates meaning. It is a creation in which what this instrument would call ideals are geography, and these ideas, these concepts, these thoughts are of an order which your peoples have studied in various ways as mythology, as religion, as philosophy of a certain kind, always

attempting to express truths that are too fine for the physical senses to comprehend.

One system, which this instrument is somewhat familiar with, of studying this creation of concepts is that system which predated the tarot deck as used for divination and consisted of the twenty-two archetypal images which this instrument and this group have previously questioned about. One of these images is called, in the system offered by those of Ra, the Tower or the Lightning Struck Tower, and it is at this level of meaning that we would look at your planetary situation from a metaphysical point of view. Your planet as an entity, as well as each of you as a part of the human family of Earth, is moving through a tremendously transformative period.

We speak now not in terms of physical transformation, although physical transformation is, to some extent, likely. We have no idea to what extent. That will be determined by people such as you and the thoughts that they think within your next fairly finite period of time.

We speak of the metaphysical aspect of intense transformation as this planet changes densities, changes the very nature of its core particles, changes the nature of its light, changes the way that light is able to come into the planetary aura or grid of energies. It has been transforming for approximately two thousand of your years to some extent. It has been beginning to accelerate for the last, say, two hundred years to a marked degree. And as each of you is aware, it is profoundly accelerating in exponentially shorter amounts of physical time/space as the cusp of transformation is reached. As far as we are aware that cusp will be reached within the next decade. At that point your planet will have awakened its fourth-density nature. That indicates magnetic change, electrical change; change of a profound nature that has already been showing up for some of your years in newly discovered, very quirky, sub-density particles. It will continue to be a situation where the finer energies keep showing up for brief periods of time within the physical universe as these transformative processes continue.

In this climate of change, the Earth is as vulnerable as a pregnant mother that is giving birth to a child. It is vulnerable in a way that it has not been vulnerable, as entities are always vulnerable in times of change. And from the standpoint of the entity

Earth, which this instrument is fond of calling Gaia, it has been given an unending amount of negative emotional catalyst by those entities who are attempting to polarize towards service-to-self and by the careless actions of those who are not attempting to polarize in either direction and who occasionally create suffering almost casually. The thoughts entities have habitually thought over a long period of time have created difficulties in the health and the welfare of Gaia. And as the physical parameters of the Earth are nudged into change or catapulted into change—and this is your choice—there is the possibility for natural global catastrophe, not simply the catastrophe of mankind against mankind. It has happened frequently enough in other third-density graduations where the process of maturation of the species upon a planet was not able to endure through the lessons of love. We are grateful to the one known as Jim who witnessed to the lack of love upon your planet. Truly, no truer words, no truer thought has been spoken than this one. Your people and Gaia desperately need to be loved; to be seen, to be apprehended for the first time as part of the self.

Many times we have said in response to your questions about this transformative time that we prefer not to give specific information. For one thing, at best we would be approximating the largest probability/possibility vortexes. We would be telling you what is likely to occur, for the future is not fixed. It is liquid. It is a creature of thought, and it will be the fruit of the seeds that you are planting now. It is said in your holy works that others have planted and you have reaped, that which you have planted others shall reap, and this is deeply so. Many are the painful, angry, furious, negative emotions that have been sprayed across this planet by the self to the self. For my friends, that is what the situation truly is. All of you are sparks of one flame. All of you are one thing. You may choose at this time a direction of how to think, and we simply encourage you to focus the mind, the heart and the commitment upon love.

Let us go back to that Lightning Struck Tower and look at its significance again. Within your next decade or two this transformation will have taken place. This is the time to acknowledge fully the need to learn the ways of the self, to become more and more familiar with the thoughts of the heart with an eye to working with these thoughts, to accentuating the tendency towards positivity, towards

compassion, towards tolerance, towards creativity, towards hope and faith. For that which has crashed your tower of the physical world and brought it down is a very literal symbol of an archetypal process. The Matrix of the Spirit in this tarot system is called the Devil. And the Lightning-Struck Tower is the Potentiator of the Spirit. The Matrix of the Spirit is called this because those who bring light have always had a bad reputation. Lucifer is one of the names that is most telling that is used for the Devil in your culture. The roots of this word mean "light-bringer."

The lie of your metaphysical dynamic is concerned with the value of wisdom in spiritual seeking within third density. Knowledge and wisdom, in the spiritual sense, can be seen to be highly negative when unlit, unilluminated, by love. That is why love is learned before wisdom. That is why love must be learned before wisdom. For when wisdom is learned first it is fair to the taste and so smooth within the intellectual digestion, and so handy and useful in the intellectual display of personality and intelligence that it is often not clear, for lifetimes at a time, that without love, wisdom is utterly devoid of content. No matter how many fine thoughts roll around inside of an intellectual system, if it does not come into the heart and become grounded by what this instrument would call good works, good living, it will not abide in the sense of being spiritually useful for the evolution and the maturity of the soul.

The Lightning Struck Tower is a kind of signal at this time that great catalyst is now available for the spirit. In the tarot system, which this instrument is somewhat familiar with, the Catalyst of the Spirit is Hope. You could also call this entity Faith. We think you will find that honing the faculties of faith, hope and love will be an agenda that will keep you profitably busy for the rest of your incarnation doing what you came to do, serving as you came to serve. We hope you will realize that you have already begun, that you have already done much work. We appreciate the sentiments of the one known as Cindy who, like so many, feels that she may be the least among the assembled. Each is the least among the assembled, for each is one with all that are assembled. Each has done great work in this lifetime and in previous lifetimes. Each comes to this moment with some sense of awareness that this time is special, and we hope that each of you will believe yourselves and will take courage, and become ever

more faithful simply in being creatures of light. This is your nature. We do see the inconveniences, the suffering that has occurred. We see the possibilities that continue to open, not simply from this vortex, but from others. And we say to you, in the words of the Holy Bible, "Let not your heart be moved. In quietness and in confidence shall be your strength."

You are now those who bear a kind of light to Earth. In a way, you are Lucifer now, but you are not evil, nor was Lucifer intending towards evil. Indeed, much in this story is mis-told, but archetypically speaking we see your situation as one that is much more blessed and much more hopeful, because of the change in the last ten years, the last twenty years, the last thirty years. We see an acceleration of the light on this planet as well as an acceleration of the dark. To us, it is very clear that the forces of light are gaining strength.

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

(Pause for a few moments.)

(Jim channeling)

I am Q'uo and greet each again in love and in light through this instrument. We are aware that there are many questions upon the minds yet remaining, and in hopes of speaking to some of these we would now open this session to those questions. Is there another query at this time?

T: I am sure it was probably covered but I did my usual thing and went away for a while and didn't hear the whole channeling. In everything that I read there is always a need for balance and while I don't use the word evil too often, this would make one think of that word for sure. But this is a thing that has happened that is on a very big scale. Is this something at this time that is a polarity balancing sort of thing? I mean, in order for us to see the good and finally start pulling together as a people everywhere, do we have to see something so terrible that it is called evil or is called bad but is the opposite of the good that we try to do if we would all try to pull together. I hope that that made sense.

I am Q'uo and am aware of your query, my brother. That this event would be seen and experienced as that which is catastrophic is as you have correctly surmised, a necessary culmination of those energies

which have, for many of your millennia, been in motion upon your planet, and this present expression of anger and hatred is that which can be seen in one of two ways: as that which demands retribution and a continuation of those energies of which it was born, or it can be seen as the alarm which rings the alert to those observing that there is something tremendously dislocated, shall we say, in the relationship between the various members of the family of humanity upon your planet and which needs attention, which needs understanding, which needs love and compassion. So difficult is it to look beneath the surface of events to see the genesis of such that most of your peoples do not make this effort. It is far easier to rest upon the simple and quick assessment of things.

Thus this experience of the loss of life and love can be that which ignites many hearts to love, to light and to service. For each entity upon this planet can be of service in this event, for each has those with whom difficulties have arisen in the daily round of activities. Each experiences this same loss of love, and each has the power within the heart to open in love to those with whom one is in relationship. Each time that love is given instead of hate, instead of confusion, instead of reprimand, instead of ignoring, instead of walking away, then there is the magical transformation that is possible when faith and will work together in each life. Then it is possible that such an event such as this great tragedy can bring more of the peoples of this planet into an awareness of the heart of their heart, of that which wishes to be awakened, of that which each took incarnation to awaken.

There have been tragedies aplenty throughout the many millennia of human inhabitation of this planet. None before have brought this awareness of the need of love to the consciousness in a strong enough way that there was a general response of love. It may be that this event also does not draw this response. It may be that this event does indeed draw that response. As we have said, the future is liquid. It is determined moment by moment by each of the many billions of entities upon this planet. Each entity can love. Each entity can heal. Each entity can have an effect upon how this scenario plays its course.

Is there another query, my brother?

T: No. Thank you very much.

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

S: Could you tell us what role, if any, of the Orion, service-to-self group, and their agents of influence had on this issue?

I am Q'uo and am aware of your query, my brother. We can begin by stating that the influence of those of negative polarity, those of the so-called Orion group, has been great for many thousands of your years upon this planet. Their endeavor to create the concept of the elite has been seeded throughout the many cultures and religions of this planet so that there is seen by all of the various religions, in their narrower or, as it is called upon your planet, fundamental, sense that there is reason to act as they act. It is for those within all cultures and religions who have the deep desire to truly serve the one Creator in all that may see beyond and behind the illusion of the elite, the illusion of separation, to that which binds all entities into one. This is the great *geste*, my friend: to see love where there is little reason to see it, to find unity where separation seems the only logical path, to see a brother or a sister instead of an enemy. It is not easy, my friends. But you did not incarnate with an easy plan for learning and for service. For this is the culmination of your planet's great Master Cycle of third-density evolution. It is at this time that those great swings of power over people can be balanced by love for people.

Is there another query at this time?

S: Any particular suggestions as to how we may be of service in this situation, for others, not only current needs but as further events unfold, to help them balance things?

I am Q'uo. We are aware of your query, my brother. Our recommendation is to love. When each situation, whether large or small, whether global or familial, or simply pointed towards the self, arises, ask yourself, "How can I love? Who can I love? Where can I love?" To love is enough, for to love is the reason for which each took incarnation. Is there another query, my brother?

S: Not from me right now. Thank you.

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

Carla: I would like to follow up on S's question by noting that we started doing an additional meditation at 9 o'clock at night to balance the one at 9 o'clock in the morning, with the thought that maybe others would like to join in spirit from around our global family and wondered if you would comment on this method of expressing love and any other concrete suggestions for ways that we could come together as a group to make a difference?

I am Q'uo and am aware of your query, my sister. We heartily endorse the efforts of joining together in group meditation in order to heal the rupture in the garment, shall we say, of this country, this planet, this family of humans. For to focus upon the inner world of spirit is to take refuge in that which is real. This world, the one which you inhabit now, the one which suffers mightily, is but an illusion born of the truth of spirit. Here, you are offered the opportunity to serve under adverse conditions, and so you shall.

(Tape is turned.)

I am Q'uo and am once again with this instrument. We greet you again in love and in light. May we ask if there is another query at this time?

S: Carla had mentioned earlier that she had many people contacting her for assurance that everything is OK. Are there any briefer words of wit or wisdom for those looking for that type of assurances? What would our best response be?

I am Q'uo and am aware of your query, my brother, We, again, as we are wont to do in many situations, recommend that each utilize the tool of meditation upon a daily basis, utilizing the opportunity to commune with the one Creator and to find the strength of that unifying connection that leaves one with the conclusion that truly all are one, and that whatever occurs to a brother or sister, occurs to you. So that when one loves those who have not been loved previously that one is loving all beings, that when one can heal any misunderstanding or wound in a relationship that one aids the healing and the loving of this planet and its population.

We would recommend to each entity that within the meditative state one see the ruptures in this planet's beingness. Perhaps you can locate them geographically within your mind, seeing them as dark and hurting, in pain and confusion. And then, begin to bring the light and the love of the one Creator into the image. See that rupture of hurt and

pain lightened by this love of the one Creator, shining forth through the eyes of all. Focus upon the injury, the hurt, and the pain until it is also as bright as the noonday sun.

Though one may feel that such an image is a small thing compared to the immensity of the agony in your world today, we can assure you that when your inner world of spirit is illumined by your free will choice with love and light these thoughts are things, and this is more and more truly so as your planet moves into fourth density at this time, and this light and love goes where it is needed. And there is healing. And there is hope. And there is a direction that leads each into that unity with each other self upon this planet. The process may not be short. It may not be easy, but it is ever possible to those who have the faith and the will to persevere. All things are possible when entered into with love, acceptance, compassion, humility, tolerance and the light touch. These are your allies, my friends, and each other heart in love [who is] joined with you in this great quest which you are upon ever more fully at this time in your planet's history.

Is there another query, my brother?

S: No. Thanks.

C: I'd like to ask if the same method can be applied to healing the Earth as you recommend for the healing of humanity?

I am Q'uo and am aware of your query, my sister, and this is indeed so. This technique of visualization may be used for any kind of healing, whether of the self, of another self, of a people, of a country, of a planet. Wherever there is that which is broken, that which is hurt, that which is injured, healing is possible for mind, for body, for spirit and for the ability to continue where there seems to be little reason. The imagining, the imaging is that which calls for from the deeper levels of the subconscious mind the connection with the one Creator, with the Logos of Love, that enables that love to move through your being to wherever it is needed. This is a means by which each may avail the self of that ability to open to love, to give love, to direct love, to feel love, to be love.

Is there another query, my sister?

C: In addition to meditation is there anything that we can do with crystals to aid in the healing process?

I am Q'uo and am aware of your query, my sister. There are various aids, shall we say, that one may employ in the persistent meditation. By persistent meditation we recommend that a time and a place for meditation be set aside on a daily basis so that when one retires to that place at that time that these become signals, prompts, if you will, to the subconscious mind that it is time for a working; it is time for a healing. If one wishes also to utilize crystals, incense, any type of sensory deprivation, such are means of refining this type of visualization in meditation which may be utilized as the meditator desires. Each entity will find a slightly different means by which to accomplish this healing meditation. And whatever rings of truth to the entity is that which we would heartily suggest and encourage. For each entity has come into this incarnation with the ability to do this kind of work. Indeed, each has come with many abilities which can be brought forth in times of heavy catalyst, shall we say. Each will feel a certain kind of awakening, a certain kind of enlivening of the spirit within as this kind of daily meditation and visualization is undertaken. For as you retire to the world of spirit you retire to that which is real, which powers you through this world of illusion. We cannot recommend meditation enough, my friends, for this is your link with the infinite. This is your link with truth. This is your link with love. This is your link with your true self and all other selves on your planet.

Is there another query, my sister?

C: No. Thank you very much.

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

M: I have one. Is there a particular time of day or of year that is most conducive to meditation?

I am Q'uo and am aware of your query, my brother. We find that indeed for some who have a great deal of time to meditate that there are times that are more opportune than others. For some the dawning hours are most helpful for they signify the beginning of a new day, a day fresh with opportunity, a day ready to be painted, shall we say, by the heart, by the creative and curious mind, by the passion for living and sharing, for learning and loving.

For others, the time nearest the sleep is helpful, for some feel more desire to heal that which has

occurred, to experience again the difficulties of the day that then, as the day ends, there may be an effort to heal them.

For some there is much of strength and empowering that occurs with meditation at the noonday when the sun is at its zenith and the light of your day is its strongest and brightest. Thus you see there is a great variety of times which might be helpful to each entity. We recommend that each consider for itself the daily round of activities and their requirements and to look at those times when one would feel the most comfortable and ready to enter into the meditative state and to do work upon consciousness for the whole planet. Regularity of the time chosen is that which is most helpful, whether it be the beginning, the middle or the end of the day is really not as important as that the time be regular and be done each day at the same time.

Is there a further query, my brother?

M: Not from me. Thank you.

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

(Pause for thirty seconds.)

I am Q'uo. As it appears that we have exhausted the queries for this session of working we would once again thank each for inviting our presence this day in your seeking in your circle of working. It is a great honor for us to be here. We may say that we feel the great desire for truth, the desire for healing, the desire for serving that is present in this circle this day. We can say to each present that you are not alone. There are many more circles of seeking upon this planet that are shining most brightly at this time, for it is apparent to many more entities upon this planet at this time that there is the need for such healing, for such seeking and for such serving. Know that you walk with a goodly company of lighted souls who see and seek beyond the illusion and who walk with you each step and who encourage of you through their own meditations, their own circles of working. For each of you is likened to the other. Moreover each of you is the other, and when this truth can be seen and known and felt and experienced and lived in the daily round of activities more and more fully upon your planet, then will the difficulties that you experience at this time and for so long in the history and culture of every country [be eased], then will you be more fully able to

channel that love and that light in your everyday activities and to heal the wounds that have long festered in the population of all countries and all hearts. Then will it be more possible to know the love of the Creator and to see it expressed about one. Know that you are joined by those of the Confederation of Planets in the Service of the Infinite Creator upon a daily basis, and when you do meditate or think upon these things a simple request is all that is necessary for various entities from this Confederation of Planets to join you in your meditations, in your thoughts, in your love and in your healing.

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

NOTES TO OUR READERS

We are holding meditations for world peace at 9 am and 9 pm each day (Eastern time), and we invite all our readers to join us for just five minutes each time. You may also wish to visit a new page we have added to the web site, "Gaia Meditation." We would like to thank our Third Annual Homecoming attendees for helping us to get this meditation going.

We also want to let everyone know that *A Wanderer's Handbook* is available. Many wanderers have reported that the events of September 11 have awakened them at a deep level, and this handbook was created to help wanderers deal with seeking and serving at times of increased catalyst such as this.

We would like for any readers who have tried to order any of our *Law of One* series of books from a bookstore and been told that the books were out of print to write us and tell us about that experience. Perhaps we can change that. ✽

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 2001/02, NUMBER 80

A NATION OF PRIESTS

November 4, 2001

Group question: The question today, once again, is focused around the events of September 11th. We are wondering if you could give us some information about [whether] the people who were directly involved and who gave their lives in this event might have been the catalyst for all of us to become what you might call a “nation of priests,” people who are desirous of being of service to others and following the way of the peaceful warrior, of discovering love in the life, in the heart and sharing it with others. Could you elaborate on how this kind of catalyst can work in all of our lives and how we can become a “nation of priests”?

(Carla channeling)

We are those known to you as the principle of Q’uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. May we say what a privilege and a blessing it is to be called to this meeting. We greet entities we have not enjoyed in this group for some time. We greet those who are new. We greet those who have some small experience with this group. We greet each of you and thank each of you, for each of you brings beauty and grace to the circle. Each is a gem through which the light of the Creator shines in a unique and beautiful way. And we greatly appreciate the flavor of each of you and the coloration of your vibrations. We would ask of you that you employ your powers of discrimination in listening to what we have to say, for we are not without error, but are as you: pilgrims seeking along a path that sometimes is broad and

pleasant and at other times seems to be a path in the desert that is difficult and dark.

We greet you at a time within your year when the celebration is made for those who have departed the physical incarnation in faith and are considered among the faithful departed. The time of all saints is celebrated in this instrument’s church at this time, the time when all of those who have experienced incarnation in this world and have moved on are remembered. You ask this day about some few of those who have departed from the incarnation recently because of the events of the eleventh of September, and it is an interesting [question] that you ask and certainly one that moves into deeper material.

Your question has to do with how a death can be more than a death, how a tragedy can be more than a tragedy. And we say to you not only that this is so but that it is so again and again in large occasions that acquire global notice and in the very small tragedies that occur within the purview of one small life. And yet within that life is all of creation. The nature of mortality is such that the incarnational experience as a whole can be seen as that which is sacrificed. The breath moves in and the breath moves out of the body just so many times, and then that body again becomes dust. The heart beats so many heartbeats, and then that heart is stilled. The physical body of each entity has written within it its future history, and one finds in those who have gained a great deal of peace that there is no concern left when the question of dying is looked at. It is simply that which is known as part of the future

history of that body. It is no longer, therefore, catalyst for distress or discomfort.

The nature of destiny is such that we cannot say to you that your future is fixed. What we can say to you is that you have made arrangements with a specific group of entities to be in the position of companion and minister to them, just as they are companion and minister to you. And you have agreements set in place to look at certain incarnational questions. For most entities those questions have to do with the giving and receiving of love. For many entities these lessons revolve around how to serve, how to give freely without expectation of return, how to be a healing presence without being an aura infringer, how to express the self without becoming a perceived negative in the lives of others. These and many other issues come up within the life repeatedly, and it is not to be amazed at that this would occur because there are careful arrangements in place so that no matter which way that you move, no matter which choices that you make in a given situation, the path somehow winds around to meet again those issues and to work with those people that you have made agreements with.

This is by way of saying that all of those souls whose lives ended on the eleventh of September in the World Trade Center or elsewhere did in a way have dates with destiny and in another way they were completely free up until the moment until that possibility/probability vortex turned into an actuality. The future is very much a creature of each of you and what you think and what you do. It is not fixed. We cannot look at the future and tell you what you shall experience because each of you is a co-Creator, capable potentially of generating tremendous light and tremendous love, not from within yourself but through the crystal of your being. Many there were who met their death that day in such a way as to embrace the light. Many there were that day who were as the unsung heroes whose stories shall never be known, who in helping others lost their own lives.

No death is ever a loss without a gain. There was for some of your time an issue which we were concerned with having to do with those souls who were not yet able to leave the inner-planes version of that locale in the New York City area. However, we are happy to say that over the two or two and a half weeks after that event there were those of what you would call

your native American population—not those within this density, but those within the inner planes—which were able to work with those entities who were confused at that time so that at this time all of those souls which were involved in that tragedy have moved on into the realms of healing and are receiving the balm of Gilead.

Each of you, however, in living through this experience has, as several within this circle have said in the conversation preceding this talk, experienced emotional catalyst having to do with a change in the way the surrounding world is perceived because of that which occurred. Most of the surface events which come before your view are those pieces of information almost scientifically designed to reduce hope and faith and increase doubt and fear. As the one known as H has noted, the object of so-called terrorism is simply to instill terror, to instill fear and discomfort in the minds of those who were formerly smug and uncaring of the rest of the world. This has indeed occurred. There is a profound feeling of having been awakened from a sleep, a pleasant sleep that now is at an end.

The creation is made in such a way that balance is the strongest single force operating in situations that are unbalanced. And in the darkness of aggression lies the call to the light, and we do see that this call has, to an increasing extent, been heard by many among your peoples. The concept of unity is very simple. And, indeed, the name of the country in which each of you abides is called the United States, and yet may we observe that your states are more united at this point than before the events of the eleventh of September. The shock of such a general attack created the catalyst for many who had formerly thought of themselves as Americans with distinctions as to race or creed or color, [and who] now have found themselves as Americans without regard to anything but citizenship, feeling perhaps for the first time a fellow-feeling and a complete sympathy and solidarity with the man on the street of your towns and your cities and your countryside of America. Not because another looks like you or sounds like you but because that entity is part of that experiment that those known as the fathers of your country started so long ago.

You asked about the quote, “and ye shall be a nation of priests” and how one might focus on that quotation from your holy scriptures which this

instrument's guidance which she calls the Holy Spirit offered to her when she was troubled and asking for guidance in this matter. If each of you will take a moment to think of the thoughts that you have thought today, the concerns that have been upon your mind, and then think of yourself as a priest and ask yourself, "Were I a priest would I have been content with these thoughts, these actions? Would I have been content with my day, with my service, with my walk? Would I have felt that I had touched into the presence of the one infinite Creator?" The sense of this particular quote at this particular time is that each of you is as a flower that is opening, and the awakening process is very much like a rose opening its petals to the sun. As the entity awakens and seeks and thirsts for the truth, that entity learns, and each of you in this circle is a veteran campaigner and has learned a great deal. There is much more to learn. There is always more to learn, yet there is a point at which the pilgrim soul can see itself not only as a student but also as a teacher, not only as a member of the congregation, but as a minister, not only as one who comes to the table asking to be fed, but as one who moves into the kitchen and makes sure that the feast is prepared.

This instrument has been saying lately that if ever there was a time to be steadfast it is now, and this thought, that you are a nation of priests, that you are a holy people, is along those lines. When you seek, when you learn, you develop a responsibility to share what you know, to live what you know, to express what you know in your daily life. Perhaps it is nothing more than a smile, a positive reaction to a negative situation, a word dropped at the right time, a thought that helps. At a time when it is easy to give negative thought, finding that one positive thought is to work magic.

When people realize their power they become much more effective. And so we would ask each of you to realize the tremendous potential within you. Realize that you are already exerting a great deal of power, so the question becomes, "What is the right use of power?" Where is the love in the situation in front of your eyes? That is the question that brings the most resonance and affords the most magic in terms of being able to effect change. More and more, allow yourself to come into the priesthood that you have so long studied for. Accept the mantle and vow to do your best to run the straight race, to be steadfast with what you believe, to find ways to share those

things that only you can share, for they lie within the folds of your personality and they are your gifts to give.

Love one another. That is the heart of priesthood: to love, to bless, to witness to the light.

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

(Jim channeling)

I am Q'uo, and am with this instrument. We greet each again in love and in light through this instrument. It is our privilege at this time to ask if there might be any further queries upon the minds of those present to which we may give our response. Is there another query at this time?

S: I'll start off. Recently I got a book from Carla called *The Emerald Tablets of Thoth the Atlantean*. It was interesting reading. The fellow seemed to ascend during his lifetime and I was wondering if you could tell me what he is doing now and what kind of service he is performing?

I am Q'uo, and am aware of your query, my brother. We find that this entity is one who has become that which you would call a source of channeled information. However, the contact which this entity has made is with a group of entities who seek in what may be called a solitary fashion, shall we say; that is, they seek specifically the kind of information which is contained within this volume and are a portion of this entity's larger family of seekers. Thus the work of this entity continues in another form, always seeking to give information which is of service to those who are interested in the kinds of mysteries and riddles that the secret or occult endeavors produce. Is there a further query, my brother?

S: There is another book which I got from Carla, *The Hathor Material*. I guess these were fourth-density beings who came either before or after Ra, in Egyptian times. Maybe you could tell me something of the service of this group?

I am Q'uo, and am aware of your query, my brother. Again the information that you seek in this area is as broad ranging as a race of entities can produce through their experience, their seeking and their service. We could only give a brief description without moving into many areas of interest which

would consume a great portion of your time. The entities of the Hathor race were those who, as did those of Ra, make contact with various cultures of this planet's history, most notably those of the Egyptian culture, and this contact was not just one period or point in your past but has been that of a continual nature. Some aspects of this contact became more noteworthy or widespread than others. These entities were most helpful in planting the seeds of the concept of unity and infinity within the Egyptian culture which allowed those of this culture to be readied for consideration of the Law of One. Thus the entities of the Hathor race worked in conjunction with those of Ra in order to allow an expansion of the concepts in the philosophical or spiritual realms of the Egyptian culture so that there was seen to be not just many gods or powerful forces at work in the universe about these entities but that there was truly one Creator from which all else sprang. This was a revolutionary concept, shall we say, for those of the Egyptian culture. Is there a further query, my brother?

S: The last question would be do you have any suggestions on different meditation groups that have reached out to each other? How can they share information and service?

I am Q'uo, and am aware of your query, my brother. Truly, that which you do is that which is helpful: to communicate with each other, to share the information which you find of value with others who have such to share with you as well. The ability of each entity that is desirous of serving others actually to do so is dependent only upon the passion that each has within the heart, within the mind, within the will to be of such service. For as the will is set upon a course, so is a way made that the will may manifest as it is formed within the heart, mind and soul, the very essence of the entity. Is there a further query, my brother?

S: Not from me. Thank you.

T: I have a question. A couple of weeks ago N noticed white light coming from my knee when I twisted it in bed. J had a dream about that a few nights later and got the message that this was piezo-electric energy that was coming from the crystallized arthritis in my knee. It has to do with crystals having pressure exerted on them. Could you tell me anything else about this? How can I use this energy, if indeed I am supposed to use it?

I am Q'uo, and am aware of your query, my brother. As you are aware, the crystalline formation is that which is composed of light in a certain field or form. As one applies energy, or force, to a crystal this light energy expresses itself, or, quite literally, moves from the crystalline form in a fashion that may be perceived by those who are sensitive to the movement of subtle energies. That this occurred when you applied pressure to your knee is the result of the various secondary and tertiary energy center formations contained within the knee, the wrist, the elbow and the ankle that correspond to the primary energy centers or chakras that are located within the finer formation of the physical body, from the base chakra to the crown chakra. The energy which expressed from your knee location was that which has a relationship to the health of that portion of your physical vehicle, there being some imbalance in that area at this time in the form of what you may call the arthritis or bursitis. These are not absolutely correct terms but will suffice for the nonce.

The use of such energies is, to our knowledge, not specific to the physical vehicle itself but to the regaining of the health or balance of energies within this portion of your physical vehicle. Thus to utilize this energy most effectively one would need to engage in a program of meditative visualization that would allow you to see with your inner eye the overall experience of catalyst that has led to this particular imbalance in your knee. This is a product of the process of ageing and is a primary source of the catalyst with which you now deal. Is there a further query, my brother?

T: No. Thank you very much.

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

C: I have one from B. He asks "What do wanderers expect of the Earth?" And the second question is "What is the society and cultures of the wanderers like?"

I am Q'uo, and am aware of your query, my sister. Those who have entered the Earth environments from those realms of higher densities are those who have left experiences which are far more harmonious and in touch with the unity of all creation than the Earth environment is found to be at this time. Therefore, the entities whom you may describe as wanderers are oftentimes, upon the discovery of their own nature, quite discouraged when viewing the

environment which they now find themselves incarnated within in order to serve and to learn, for your third-density experience at this time, near harvest, is that which is quite confused in its overall orientation. There is found within most cultures of this planetary sphere a great deal of disharmony and even the bellicose nature being expressed upon a daily basis, not only between those entities you call the nation states but also within each entity in its relationship to other individuals within its daily round of activities. Thus the experience many wanderers find, when they have discovered that which they have come to do, is one of bewilderment, of confusion ...

(Tape is changed.)

I am Q'uo, and am once again with this instrument. Is there another query at this time?

N: Could I personally thank them for the inspiration and devotion that they have given us?

I am Q'uo, and we are grateful to be able to do so, my sister. Is there another query, my sister?

Carla: Thinking about the question of joining with other groups and sharing, and thinking about the work I do each week writing people with these kinds of concerns, I feel that since this is an illusion we are connecting on the inner planes and we are together on the inner planes and we don't have to worry about that. I have this sense when I am writing the people that I work with through the mail that it is like I am doing two things. I am doing the individual sharing and listening and communion and communication. I feel an energy exchange being co-created with the other person and me, whatever we have to teach each other and whatever we have to learn from each other. At the same time that it is helping me or the other person it seems like it is creating the channels of communication for fourth-density positive. We are doing work at this time on the soul level and we don't even know that we are doing it on a conscious level. Could you speak to that?

I am Q'uo, and am aware of your query, my sister. Indeed, as each entity engages in such communication it is as though a muscle that has not been used previously is now being exercised. As one gains in the strength of sharing what is in one's heart then there is brought forth from that heart more and more information, inspiration and direction, not

only for the entities with whom you communicate but a great deal more in the sense of the numbers of entities who share these concerns. As you are able to open yourself in communication with others you allow these others to share that energy and to move the energy in a spiral fashion, much as the light of the one Creator seeks to return to its source in the upward spiraling line of light. So as you are able to share the inspiration that is drawn from you by the questions of others this is as a seed. It is planted not only within the heart of those with whom you communicate but within the inner sense of self of humanity. As one learns, so do all have the potential to learn that which one has learned. Indeed, all are portions of the one Creator, cells within the body of the one Creator. And as one is enriched, so are all. Is there another query, my sister?

Carla: What is the Merkaba? M wants to know more about the Matrix of the Spirit, the Potentiator of the Spirit and how to use the Potentiator of the Spirit to work with these energies that have been archetypally jump-started with 9-11. I can refer her to the works of Drunvalo Melchizadek if you want to focus on the latter portion of the question.

I am Q'uo, and am aware of your query, my sister. It would indeed be our recommendation that the reference to the one known as Drunvalo Melchizadek be made for the one known as M in this area, for it is indeed a large area of study and we would not be able to do it justice with the energy that begins to dwindle within this instrument's vehicle.

As far as the second and third queries, we also feel that this is a large area of study in which there needs to be a further refining of the query, for there is a great deal of information that could be given here as well. We shall satisfy ourselves and hopefully begin to satisfy the one known as M by suggesting that the nature of the spirit itself is that which is immobile in that it does not move in the same fashion as does the physical vehicle or the mental vehicle but is that which is. The spirit of each entity which moves within the third-density illusion is that which is drawn from infinity. There is the body of the one Creator which may be seen as the creation itself. There is that from which the body is made, that which we find the ones known as Ra referred to as the unpotentiated intelligent infinity. This is the infinite source which each of your entities is able to

make contact with, when the higher self is realized at any time within the third-density experience.

We realize that this does not speak specifically to various portions of the spirit [archetypes] that are described in the system of study called the tarot which the one known as M has queried concerning. However, we feel it is well to begin this study with a basic foundation of information that is able to include the nature of infinity as being that which is the basic source for each finite expression of the one Creator known as a mind/body/spirit complex. We apologize for being short of information in this regard, but we find that the energies and the concentration of this instrument are less than adequate at this time for giving further specific information. Thus we would recommend that there be one final query before the ending of this session of working.

Carla: In truth, Q'uo, I would suggest that we end the session now because we have gained so much, and I wasn't able actually to read M's question as she wrote it. I think the energy of that question and the thirst that she had for that question really wasn't there, so I will refocus for next time. A flashlight would help I believe. Thank you very much.

I am Q'uo, and we are most grateful to you as well, my sister. At this time we would take this opportunity to express our gratitude to each present for inviting our presence this day in your circle of seeking. It is a great privilege for us to be able to join you here, in your hearts, in your minds, and in your seeking for that which is known as the truth. We truly enjoy these gatherings and are unable to express adequately our gratitude to you, but we are most thrilled to be able to join you at any time. At this time we would take our leave of this instrument and this group, leaving each, as always, in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

HARVEST OF LOVE

January 14, 1996

Group question: *(No group question.)*

(Carla channeling)

We are those of Q'uo. We greet each of you in the love and in the light of the one infinite Creator. It is a great privilege to be called to your group and we thank each for seeking the truth and for being

willing to allow us to share some thoughts with you at this time.

We are not those who speak with perfect authority. We are souls such as yourself. We make mistakes and still are learning and truly know very little. But that which we have thought and learned we gladly offer to you with the understanding that you use your discrimination. Accept those thoughts which ring true to you and leave the rest behind.

As you have given us permission to speak in any way we choose, we turn towards the heart of that which we came to share with your people. We come to encourage each who seeks the truth to open the doors of your attention, to behold the present moment. It is our opinion that the physical body which you now enjoy and the world which you now live in is a passing thing. In time it was created and in time it shall disappear, changed into that which was not. Yet there is that which was before the worlds were made and which shall be long after your sun has gone nova.

There are many words among your peoples to describe this basic inalterable reality from which all things spring. Among those words we choose love. The love of the one infinite Creator is a vibration, a logos, if you will, and that pure love has generated that which you call light in order to create a manifested world. You are made of light which has been regularized and built upon. Within your essence, unchanged and unchangeable, resides this vibration, this logos. This is your true self. That true self peeks up into the passing days like the tip of a great iceberg, barely clearing the water, yet being a mighty mass below the surface. Indeed, all that your people's tend to think of as their identity, all were created and will cease to be.

When we say open to the present moment, we speak of that present moment which is eternal. Within time the attempt to grasp the present moment is constantly doomed to failure for your mind—that is, your earthly intelligence—and the illusion itself were created so that things would occur in an order. In the eternal present moment, all things exist simultaneously. That which is, is, and in this fullness of being resides the peace that is so eagerly sought by those who weary of the passing scene.

How can one find this present moment? We suggest often the practice of regular contemplation or meditation, for within silence there is that key which

unlocks the doors of attention. And into that sanctum sanctorum of the open heart, silent and listening, there resides the Creator whose name is Love.

We encourage each to form the habit of silence on a regular basis, for that voice which speaks in silence is that which gives life and peace. We do not say that it gives wisdom. Rather, we suggest that it works little by little to open the heart and the awareness to the presence of love. There are other ways to find love. If you gaze into another's eyes, truly looking into those remarkable depths, you may see the Creator. Even if you look within the mirror at your own eyes and look *into* them, you shall see that which you do not know or recognize as personal, for you carry within you a consciousness which is love. It is a matter of uncovering and recognizing that which has always been there, that presence which is closer than your breathing, more intimate than your hands and your feet. It is that which abides. And if you may find that center for just a moment in each day, the passing scene changes in its appearance, for the heart has changed, and so the eyes change.

We are here within your inner planes at this time because there is a time of harvest approaching. Indeed, this harvest has begun. There is a time when entities may choose how to continue in fellowship with each other. Your creation is expanding and changing as your entire solar system moves into a new area of space and time. Your scientists have begun to study many new subatomic particles which are native to this new area of space. Within the instreamings of light into this particular portion of the infinite creation, the physical illusion which you enjoy as your life, your incarnation, will change. The physical vehicle will become lighter. The experience of dwelling in a physical reality will be quite a bit easier, for within these new vibrations there lies the opportunity for sharing of thoughts and experiences which is now, within your illusion, not possible.

Not all entities, however, will move into this new vibration because some there are who do not find themselves at all weary of the present world scene. Those who are pleased with this present world scene shall continue to work on the lessons of love that your illusion provides so generously. Those who wish to accelerate the process of their spiritual evolution will find that they wish to make a fundamental choice. This choice is the choice of

how to manifest that love. The two paths of manifesting love we have often called "service to others" and "service to self," for if one looks into another's eyes and sees the Creator, if one can gaze in the mirror and see the Creator, then to serve the self is to serve the Creator and to serve others is to serve the Creator. We are those who have chosen the service-to-others path. This is what we know and what we share.

We encourage each to spend some time contemplating the implications of service to others and service to self, for in one path there is the giving up of the energy of the self to others. In the other path there is the attracting and magnetic pulling of others' energies so that they may serve you. The ability to choose is the hallmark of the Creator. This Creator loves each spark that It has flung from Itself. You are loved in a way far deeper than you can imagine, and whatever path you chose, the Creator abides with you. There is no time limit upon this process of evolution, so we encourage you to rest and gain confidence and from the practicing of that centering presence, you may find at any moment the door opening to the present moment. And we are with you as you go.

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

(Jim channeling)

I am Q'uo, and greet each again in love and in light through this instrument. At this time it is our privilege to ask if there may be further queries to which we may speak. Is there a query at this time?

Carla: I'm going in the hospital in about a week and a half and I wondered if you could comment on anything I might do to prepare for that experience that would enhance it.

I am Q'uo, and am aware of your query, my sister. We can only recommend that you see yourself and those about you as the Creator that is experiencing Itself and enter into this work upon your wrist area with the quiet confidence that the plan of the One is being worked out well and that you shall again be available for service to those who request your assistance.

Is there a further query, my sister?

Carla: No, thank you, Q'uo.

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

Questioner: I have a question, Q'uo. I have noticed that my meditations have changed. I seem to be having reluctance to continue meditating the way I have been. I wonder if you could speak to the ebb and flow of finding the moment of silence. If you can generalize about how it works, I'd appreciate it.

I am Q'uo, and am aware of your query, my brother. Each seeker of truth will find that the path it travels is one which has those places which are wide and through which passage is easy and those places which are more narrow, making passage difficult. When you find your practice of seeking in the way of meditation beginning to flag, you may be aware that the faith and will, which are the rod and staff of each seeker, may need reinforcing, for there is much to distract an entity from completing the practices that it has set for itself, and these distractions are also a part of your journey. As you are able to see afield and redirect the changing energies of your own commitment, your own faith, and your will to persevere in the face of distractions and difficulties, you will be learning the kind of perseverance that will give you that peace which passes understanding at some point in your seeking, for if the journey were always easy then the pearl of great price would be much devalued and easily acquired by all.

The continuing beyond confusion, beyond distraction, beyond the difficulties, is much likened to the tempering of the metal in a tool that gives it strength, burnishing it that it might shine brightly and continue in its service with a renewed strength because of the difficulty, confusion and so forth. Thus, as you see the difficulty in motivating yourself to complete your meditations, this in itself is likened to a meditation where the focus falters and moves from the one point so that it must again be returned with patience and love to that one point. As you continue to accept the difficult portions of your journey and of your practices you will find that there is an underlying strength that you build. To persevere and persevere and persevere is perhaps the most common and at times difficult portion of any seeker's journey, yet to be aware that such is occurring within your own experience is an illustration of your own dedication upon another level. Thus, we can only recommend that you

continue as you are with faith, with forgiveness, with acceptance.

Is there a further query, my brother?

Questioner: No, thank you.

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

(Pause)

I am Q'uo, and as it appears that we have exhausted those queries which you have for us, we shall again take this opportunity to thank those present for inviting our presence in your circle of seeking this day. We are always overjoyed at the opportunity to blend our vibrations with yours and to walk but a few steps upon your journey with you. You are not alone, my friends, even when you may feel great isolation, for there are those such as ourselves and many, many others who walk with you and rejoice at your every step of seeking the light, the love, and the truth of the one Creator.

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

NOTES TO OUR READERS

Dr. Scott Mandelker, author of *From Elsewhere* and *Universal Vision*, is bringing his National Seminar Tour to Louisville on April 26-28. The theme is The Time of Global Shift, and the speakers include Dr. Mandelker, David Wilcock, John Major Jenkins, and Carla L. Rueckert. Contact information: <http://ascension2000.com/shift.htm>. Dr. Mandelker, tel. (415) 567-2190, fax (415) 567-2976.

Carla would like to begin a graded group within the next five years. Write her if you would like to be a part of it. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SPRING 2002, NUMBER 81

WHY WE GO TO WAR

November 18, 2001

Group question: The question today has to do with why human beings in the third density, especially here on Earth, seem to be so war-like. In this particular system we have had the experience of Mars, which was apparently so war-like that they destroyed their atmosphere. Maldek exploded its planet. Earth has had thousands of years of war. We are wondering what it is about the third density that seems to lend itself to entities in it moving in the direction of war-like actions. Is it the nature of our consciousness interacting in social groups? Is it our free will choice? Is it our opposable thumb? Our ability to make and use tools and, therefore, weapons? We would appreciate anything Q'uo could tell us about what it is that gives us this propensity for war and what it is we need to do as individuals, groups and nations to move in the direction of cooperation and working together instead of against each other?

(Carla channeling)

We are those known to you as the principle of the Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we come to you. We thank you for coming together to seek the truth and for joining in this circle of seeking. We thank you for calling for us, for we greatly appreciate the opportunity to share our thoughts with you. We ask only that you use your discrimination in listening to our words and set aside any words that trouble you, for we would not be a stumbling block but, rather, a resource for your seeking. We ask you

to trust your discrimination and no outside authority. For you know what is comfortable and what is good within for you, and you may trust that instinct within you.

The question that you ask this day is an interesting one, one in which there is indeed a great deal to say but not as concise and crystalline a pattern as in some matters. The causes of war within third density in one way are unified into one cause, and in another way there are threads of cause. It simply depends upon the level at which you wish to attack the question. We will start with the threads, we think, because perhaps that is more where each of your minds are at this time.

One thread, having to do with third density and war, is the nature of the physical vehicle which you as a species enjoy and which others upon other planets have somewhat closely approximated in the sense of the basic structure of the two arms, two legs, one head, one torso make up of the body. When you gaze at the instincts of the stock from which your species developed you may see that your instincts, those deep seated predilections for response in certain situations, are those of a territorial animal. Your great apes occupy a certain area in which they are upon their home territory for hunting food and protecting their source of water. The nature of this species is such that for the most part entities remain within various small groupings, each with its own territory, and with each territory being allowed its own way in what this instrument would call a *laissez faire* structure, each group being independent from each other group, no attempt being made to work together in larger groups.

This is the instinct basis which feeds into the mind's working, for a portion of the mind is involved with prioritizing messages from the body which have a tag which says, "Urgent." Therefore, even though these instincts are unthinking they represent a substantial bias that prejudices third-density entities in the direction of what is perceived as their territory or their possession. If you will gaze upon the tangle of reasons surrounding your bellicose actions you will find that territorial considerations almost always play a significant role. This is the energy of red ray, of survival, being expressed. When the territory is threatened the territory [must] be defended. When other territory is seen as necessary and it must be gotten, then aggression is considered reasonable. This remains a substantial portion of the reason for war in third density.

Another thread of this tapestry of third-density situations and areas of conflict is the nature of the third-density mind. This third-density mind, without the benefit of the consciousness that is you as an eternal being, is a choice-maker mind. It is designed to make one choice after another. It assumes, as a way of working, that there is always a right choice and, therefore, sees the process of living as a sequence of choices. Faced with a situation, the third-density mind will attempt to solve the situation—not necessarily to appreciate it, to understand it, to analyze it, or to plumb its subtleties. The first mental reflex is to solve it, to make it go away. The tendency to see black and white, yes and no, feeds into that ability to be belligerent which is indeed a hallmark of your density. The very nature of the mind is such that it tends to suggest to the most rational thinker that decisions must be made, that plans must be made, that all must be chosen and then whipped into order along the lines of choice.

Another thread that moves into the war-making ability of humankind and of third-density in general is as the one known as Jim suggested: the challenge of working with groups. The great question in any group is "What is the character of that group?" A group shows its character as it chooses its leaders. Those who attempt to be leaders within large groups tend to have personality structures in which the use of aggression seems fair; the use of influence, just; the use of all advantages, necessary. The tendency therefore is for leadership not to be as idealistic as the spoken ideal philosophy that is given respect in

polite company, while at the same time, as the one known as Jim pointed out, ignores those same ideals when it seems to be of some advantage.

All of these threads feed into the situation where entities, feeling threatened, respond to their insecurity by aggression. You may see the fight for territory; you may see the greed for advantage, influence and power. You may see the tendency to do something as opposed to resting and gathering for extended periods of time, that impatience of leadership, that impulsivity. And a final thread that we would mention is that tendency of the stronger to bully the weaker. And by this we mean to indicate not nations against nations but rather, as the one known as C pointed out, male against female, one kind of energy over against its dynamic opposite, instead of coming into cooperation with that dynamic opposite. We have found that in populations of third-density entities who have chosen to seek the face of the Creator in a feminine face, the values of the culture include far less impulsivity and far more kindness than in cultures dominated by a Creator who is seen as a powerful male figure. The tendency to find positions of power held by male entities, the tendency of the very workings of the law and certainly the traditional underpinnings of your cultures upon your Earth at this time favor the values of strength, power, and force—the virtues of a strong male figure.

The very roots of your thinking, shall we say, from childhood have been saturated with testosterone-rich heroic deeds. This entity has a fondness for reading, and we find in this entity's mind many, many a story which involves the waving of the sword, the brandishing of the firearm, the assumption that weaponry and armament are natural concomitants of policy. And indeed we do not disparage war in and of itself. It is part of the almost inevitable confusion of third density. We do not suggest strict ways of thinking about conflict, for a case can be made for war as a game, as an excellent game, rich in glory and honor. Like many other things which from a wider point of view seem insane, going to war is a part of the expression of third density as most third-density planets experience the density.

Beyond all these reasons, the heart of war and the heart of the reason for war in third density is the nature of love. All things that you experience come to you as distortions of love. There is no other

substance but love from which to draw life. So all of life, including murder, pillage, and rape is act after act of love: love distorted, love blocked, love asked to go where it would not go. Nevertheless, no matter how many times the stock seems to be hybridized and ruined, the basic root stock of all experience is love. Third density is a very focused, very intense density, the density of choice. The choice is not between love and hate. The choice is between two ways of seeking love: loving others as a way of choosing to love, or loving the self as a way of choosing to love.

Needless to say, the service-to-others path is not a war-like path. It is allegedly service-to-self entities that would move themselves into fighting against their own kind. And yet the struggle to see clearly the roots of love within the self is a tremendous one. As the one known as Jim has said, it is not that anyone knows not how to love. There are many examples of unconditional love. There are very simple words to indicate the qualities of forgiveness, compassion and love. However, all of these words are only within the mind until an energetic attempt begins to be made to translate these ideals into that which can be manifested in physical life. So the question becomes, "What is each seeker's response to the call of love?" And this is not a simple thing.

It is easy for us to ask each to go into meditation each day and seek the silence. The answers are there within the silence, not within our words. However, when it comes to attempting to step into your shoes as third-density entities we find that we are simply glad that each of you has the energy and the will for this great task of seeing the truth amidst the confusion. Love calls powerfully and pulls each entity forward. Third density is carefully designed to pull entities forward according to their desires and their thirst. The challenge of selfhood is to find out what you truly desire. What shall you desire? Truth? Love? Peace? Where is the substance to those words? Where is the reality beneath your feet? What is your understanding of your journey? If you understand that you are here to pursue spiritual evolution, that you are here to answer the call of love, then you will want to shape your questions to the infinite Creator in such a way that you are seeking your own essence and the essence of Love itself.

It is thought by some that if people would stop shooting at each other that we would have peace.

And yet we say to you that it is not as simple as that. For as the one known as C said, if one stops doing that, then what does one do instead? At least aggression against a certain and very specific nation-state or group of entities is a limited and achievable battle and at the end of it one can say such and such has been achieved, and now there is peace. And yet we say to you, like love itself, peace is beyond all condition. Peace does not originate within conditions. Peace is a quality that is waiting for each third-density entity to take it and claim it as his own, his very own, a wonderful, blessed possession. Yet how many entities truly seek the peace within their own hearts which comes from stopping the striving and encouraging the resting in what is? How many entities truly embrace peace if peace involves releasing many other things which are dear?

The one known as Jesus answered the man who said, "I follow all of the commandments. What else shall I do to enter the kingdom of heaven?" by suggesting that he sell all that he had and give the money that he received to the poor. And the young man went away very unhappy because he did not wish to do this, even if it meant entering the kingdom of heaven. Pride, vanity, the need to be better than someone else: all of these are energies within the human heart that are natural to the instinctual, second-density body and third-density brain. Yet you as a consciousness, as an eternal being, are resting within these biases for an incarnational experience in which you are attempting to follow the inexorable pressure of seeking for the truth, and your question each day to yourself is always the same. "Where in this moment is the love? Where in this moment is the Creator?"

So we do not suggest that it is an evil thing to go to war in and of itself. We do suggest that it is not a productive way to seek spiritually compared to the ways of peace. Yet in many ways your third density will express conflict because that is the basic nature of people who see themselves as separate from and over against others. This is a part of the catalyst of third density. It is a part of the hard lessons of love. And indeed it does move through not just third density but also to some extent, fourth density. For there are those within fourth density who choose to continue as children of light or as children of darkness and continue the clash of polarities. As fourth density wears on, this great love of being a warrior begins to evaporate, as love is better learned.

Each has had crystalline, shining moments in his life, when love has become real, not just a word, not just a concept, but amazingly, vividly, powerfully real. Think about those times and the gift that those times have given you. Allow the consciousness that filled you at those moments to come back to you, just to remember how it feels.

We encourage each to ponder deeply her own essence and the nature of her own heart. The heart of one entity and the heart of the world upon which you live are the microcosm and the macrocosm of the same thing. And actually each of you is of an higher order than the world itself. As you choose to seek, to think and to act, so shall the reflections manifest in the macrocosm that is your globe. Work with the essence of self to find ways to choose not to promote conflict, ways to express the truths that do not do damage to those who think differently. But above all, seek that Presence within that is as the ray of light that is a fuller light, a light that blesses the darkness, a light that is not afraid. Open the self to that gentle, lambent flame that is the presence of the infinite Creator. Let that light take up and enlarge its home within your heart. As you seek the ways of peace within yourself, as you find ways to solve conflict within yourself, you are learning a little bit more for the planetary mind.

There is a fairly quickly growing group of those who are attempting to speak peace upon your planet, not in ways of public policy, but in ways of working within to become beings of peace. We see this body of energy enlarging upon your planet, and we feel very hopeful that, against all of the apparent news to the contrary in your Earth world, the lessons of love are more and more being seen, sometimes for the first time. Entities are awakening and doing some of this inner choosing of essence that we suggest. As more individual lives are transformed, so, we believe, shall your planet be transformed.

We would encourage each not to take to heart the appearance of things. It is said in your holy works that there will be wars and rumors of wars. There will be this, and there will be that, but the time is not yet. And we say to you that we believe this to be true. The true war for each of you is the struggle that the one known as Jim called the *jihad*, the internal struggle of the pilgrim to discipline the earthly self in order to make of the earthly self a vessel for the spirit within. In this *jihad*, in this holy conflict, your

choices are not clear, and yet there is always a light that shines from within. And so we ask you simply to seek that light, to seek the face of love, and when you see that sun shine radiantly that is love, to learn from it and to offer yourself to it. For you, too, can be an agent of love within the confusion. You, too, can be a part of the eventual peace upon planet Earth. It begins with each individual seeker seeking the ideals within herself that she hopes to see in the world.

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

(Jim channeling)

I am Q'uo, and we greet each once again in the love and in the light of the one Creator. It is our privilege at this time to speak to any further queries. Is there another query at this time?

S: From our e-mail group one topic that came up: a fellow named B anchored frequencies like love to the Earth. I asked if there was anything that I could do to be of such help, and it was agreed that it was a matter of intention, but many seemed to have certain abilities, abilities that I am not aware that I have. Is there anything that you can enlighten me on as far as that type of service and how to be of service?

I am Q'uo, and am aware of your query, my brother. We can speak to those areas which any seeker has access to. It is not our function to discover for another that which is latently possible, for this learning is that which is most important to each seeker. However, any seeker may simply share the quality of being which each has as a basic vibration, as distinct as one's fingerprint or voiceprint. For each of you resonates and vibrates in a certain fashion according to the nature of how you seek, of what you seek. And as you are able to communicate that very basic quality of your efforts to another, you share from heart to heart that which is of most importance. Each of you vibrates in a certain fashion the harmonics of love, for from love was each made. If one is able, through the process of seeking, to discover this basic vibration of love, then there is no greater gift that one may share with another.

Clearly communicating that which is your intention and that which is your desire is another method of sharing that is available to all seekers. Clear

communication is a phrase which sounds simple, yet it is difficult for each to achieve within third density, for there is much confusion, not only among entities, but within entities. To take the time to seek the heart of self is a process which also enables one to reveal or to share clearly that heart of self with others.

To offer a service which is requested and which one feels able to offer is a third way in which any seeker may offer itself in service to others. This requires the seeker to look carefully into what the needs are from others with whom one is in contact. This looking also requires the seeker to listen, to listen to that which is requested, perhaps clearly requested, perhaps hinted at. Perhaps there is a means by which the seeker may elicit the needs of others through questions.

These are but a few ways in which any seeker may serve and yet though they are common to all, they are basic methods of being of service which are most valuable to any seeker. Is there another query, my brother?

S: Yes. We also discussed connecting the various meditation groups and circles of light and I suggested attempting to contact such groups in the Middle East or China or Africa and places other than just the western world to start seeds of a global consciousness. Could you share your thoughts on that topic?

I am Q'uo, and am aware of your query, my brother. To open the avenues of communication with those who are distant geographically and perhaps culturally as well is an effort which we encourage whole-heartedly, for there is far too little true sharing between such entities upon your planetary surface at this time. When people that are divergent in points of view, in backgrounds, in culture, religion, in socio-economic status are able to communicate with others, there is what we might call a commonality discovered between such entities which opens doors, shall we say, opens minds and opens hearts in a way which is not possible through any other means. To read about a culture, to hear about a culture is most informative to those who have little experience outside their own cultures. Thus this effort is one which could be most helpful at this time. And we encourage your efforts in this endeavor. Is there a further query, my brother?

S: Just one. When Atlantis disappeared under the waves what happened to the Maxim Stone, the spiritual center?

I am Q'uo, and am aware of your query, my brother. This is information which moves into the area of the infringing upon the free will of others which we do not wish to do. We apologize for our lack of information. Is there another query, my brother?

S: That's interesting. No more queries from me. Thanks.

And we thank you, my brother. Is there another query at this time?

(No further queries.)

I am Q'uo, and as it appears that we have exhausted the queries for this session of working we would take this opportunity to thank each once again for inviting us to join you this day. Please take those words which we have spoken and use them as you will, discarding any that do not ring of truth. It is our great honor to join you in these sessions, and we do not wish to be a stumbling block for any.

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

NOTES TO OUR READERS

For those of you who were considering joining us for this year's Homecoming, we are considering a mid-January gathering. Let us know if you are interested in attending, and we will send details when we get them together.

L/L now is offering ALL IS ONE T-shirts in two colors, light yellow and baby blue, black lettering, and sizes S to XXL. Please see our ad on our Order Form.

Carla thanks all for their prayers after her surgical repairs to hands and feet. ✨

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SUMMER 2002, NUMBER 82

SELF-DOUBT

February 4, 2002

Group question: The question today, Q'uo, deals with the concept of self-doubt in relation to change and to the increased vibrations that everybody seems to feel. More stress, more choices, more anxiety in the life pattern. We would like for you to give us an idea of how we can deal with self-doubt when stability in the way things are seems so much more comfortable? How can we deal with change in making choices on the spiritual path?

(Carla channeling)

We are those known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we come to you this day. We wish to thank you for forming a circle of seeking, for your desire to serve, and for your desire to know ever better and ever more purely. We can feel the gravity of the concerns which you bear this day. The experience of third density is ever poignant and pointed, full of emotion and challenge for the seeker. For truly the awakened seeker is caught between two worlds. Not necessarily stranded or snared but certainly aware of and needing to relate to worlds that seem very separate. Responding to the demands of physical incarnation, the need for supply, warmth, shelter, food, clothing, and all the considered necessities of the life is in itself not an easy or simple task.

The question of worth is always present. What is worth more, free time or more money? What is worth more, intensity of effort or material success from effort? Questions like this are not easily

answered and in the context of an everyday life it seems that these demands of supply and finding ways of meeting the challenge of each day create more than enough opportunity for new things, new experiments, new ways, and new directions. At the same time as this world of the horizontal takes up the three dimensions of your days, there is within you a vertical life that seeks always to reach higher and to go deeper, to find the springs of inspiration within the roots of consciousness and to find the guidance from up above. It comes through earnest desire and persistent asking. The one known as R spoke of sitting on the fence over decisions, and we find that this is often the skilful thing to do. There is, as far as we know, no indication spiritually speaking that it is better to move quickly than to move slowly.

Perhaps the direction that we would like to take this day is to talk about something that this instrument has been pondering at this time and that is the building of the road between the two worlds. The energies of this particular time and space for each of you have an unusually strong and generous quality at this time for the simple reason that your entire globe is in that area of time/space in which your Earth's fourth density is coming into birth. We cannot say how long this labor shall last, but while it is occurring there are great needs within your people and your planet, great pressures for change that are the product of this particular phase of planetary labor. These things are affecting not only each of you in subtle ways but also the nature of time and space and the nature of light. In other words, your world is changing around you. So is it any wonder that each of you senses that this is a time of change,

that there is some urgency to expressing the truth of the self and that in order to better express this truth, this and the succeeding time, shall we say, in this next decade is and shall be prime time for finding new ways more fully to express the self in its heart and in its soul? Not necessarily in grand or impressive ways but in those ways that create within the self the sense of completing patterns, serving more fully in expressing the self in an ever deeper level.

There are many things that fall away when change occurs. This instrument was attempting to fit her old desk's *accoutrements* into a new desk and was finding that many, many things do not fit. What shall she do with these bits and pieces of a workaday life, these small boxes and piles of physical items that no longer have a niche? So it is within the inner self when there is a change in the geographical location. The new home for the one known as S, the possibilities of new jobs for the ones known as Jim and R, and certainly all the possibilities that lie before this instrument at this time, are heady things, things that can become larger than the underlying principles that created them and gave them their substance. We would encourage each of you not to be distracted into thinking that the outer details and the shifts and changes necessary in the physical world are the most difficult parts of a change. For within the self there is the equivalent of many an old desk with many a niche that is filled with many a detail that is considered an important part, a significant part of the personality. What shall be packed up and taken with the self, and what shall be left behind? What still fits in the drawers of self, and what must be abandoned?

These are far more challenging questions than how to make arrangements for a new situation in the physical. And there is far less support within the network of relationships in the matrix of the culture for these inner changes than there is support for the outer changes that all people understand and have in common. Many, many sympathize and grasp the nature of change when it is the new job, the new house, the new vocation, the new relationship, the new tragedy or illness. All of these changes, good and bad in the outer sense, can be seen by most people to be challenging. Yet it is more difficult to find support when the changes are within. There is no true social pattern for inner change. The entities that are fortunate enough to find spiritually oriented

communities in which they can express their concern for others' needs are perhaps in the most favored position to express support and encouragement to those with whom they come into contact.

In the normal run of a life, sharing in the workplace and speaking on the surface of things, how very little true support and encouragement there is for the chewing over of details, the turning about of the situation, looking to find those elements of the puzzle that are the keys to fitting all the other pieces, all the colors and the newness into a new pattern. And how mazed and difficult it is sometimes to see a new pattern! Indeed, sometimes it is impossible for the best of humans in third density, and we would not encourage you to be harsh with yourself when you stumble. For the outer portions of change are difficult enough and then those unexplored corners of self that are being left behind in the new change are at a level of difficulty that is almost impossible to express. Yet each of those who hears can think back into his life and see again and again those times of loneliness and solitude when the outer life was tranquil and yet the inner life was full of tumult.

It is not that there is no balm for those heart-sore people who are moving through change, for there is. There is endless balm, endless compassion, endless assistance. The challenge is in becoming still enough to receive. For the self is used to the struggle, to breathe, to pump blood, to prepare the food, to keep things in order and move ahead. The third-density training is to do, to act, to meet and solve all incoming problems. So fear not those times of change but know that then is the time to turn to the silence with an especial understanding of the importance of this rest for your soul.

There is the need to make a full stop, a disengaging from the details, the morasses and tangles of effort, relationship and profit, from time to time in the day. How precious it is simply to be able to stop, to rest, and to knock at the door of your own heart hoping, waiting for the moment when the key turns because the mind is finally silent and that door springs open into that holy place wherein the Creator awaits. There is a timeless temple made of silence, arched with beauty, steeped with hope, founded on simple faith that all is well. It is a spacious, spacious room, this holy of holies within. It is a wonderful slice of heaven, a small place of Eden where there is nothing

rude, nothing imperfect, where there is never any change because all is truly one.

Perhaps one key that we would share with you in thinking about change is to refrain from thinking of it as a dialectic, for that simply perpetuates duality. Although yours is the density of choice, yet also is there a level wherein all is one. And each choice that is made is far better served by preparatory time spent in the unitary and unfettered silence of your own heart, practicing the presence of the infinite Creator and allowing the questions in your heart simply to be so that you and the Creator and the questions with which you come rest, all together, loved and loving, Creator known to created, created known to Creator. Each time that you come into this space, move into it with empty hands, for you know not what gifts the silence will bring you. You do not know what beasts, birds, winds and weathers may respond and come to bring you messages, giving eloquence to the silence and hints to the wise.

When you do not have the chance to practice silence in a formal manner we encourage you to seek the ways of nature and enter the creation of natural things whenever possible, for there in that world you are a harmonious and beloved part of all. There, in that universe, the light is trusted. Life and death are equally embraced and all blooms and blossoms bow to the wind, to the weather, and to the seasons. Such seasons there are also, in several layers, within the personality shell, within the life experienced by that personality shell within incarnation.

It is a helpful thing indeed to glance back and see the shape of former spirals of learning, for the past can inform you about yourself. Memory can tell you where your strengths and weaknesses have been in the past. Certainly that memory does not serve to create new solutions to the problems of the past or creative directions for those patterns of the past which are felt to be incorrect. It is difficult to separate the glamour of the way things seem from the simplicity that lies beneath detail, the pattern that lies beneath the chaos. The one known as Jim was saying that out of a couple of instances of complete chaos and dropping things and seemingly losing the pattern, some items that had been sought for some time had been found. The pattern was restored in spite of itself, almost. And often this strange and arbitrary sequence of events will produce

new gifts, new patterns, new beginnings, seemingly almost by accident or in spite of oneself.

We wish that we could reach from our position into your world and arrange the details of your incarnation so that the worries that are upon your mind would not be there. For we sympathize greatly with the sometimes formidable amount of difficulty which surrounds key decisions within the life pattern. Yet we have no way to enter into your pattern to smooth out the spirals of your learning and your growth. We can only say to you that the more you rest in trust and faith, the more room that you give coincidence to work for you. The stronger your belief that all is well, the more quickly patterns will smooth out and reveal that, indeed, all *is* well. And conversely, the more a fear is focused upon, the more that fear becomes real, to the point where, as each of you has seen in the past, this self-fulfilling prophecy does occur and that which is most feared comes to be because it has been the focus for energy within the self, and it has created its own vortex and started to splay out its talons into your life.

When you feel those contractions of fear that surround a proposed change, we ask you to honor those feelings, not to avoid them or replace them with affirmations, but to embrace them, to rest with them, to allow the process of balance to work itself out within you so that its strains run sweet and true and all of that which is catalyst for you is allowed to pass through the membranes, shall we say, of your desires and emotions and processes. Do not duck them or push them down below the level of consciousness but find time for them. Find time to sit with them as though they were your own children that were worried and concerned. Perhaps talking out loud to them may even be helpful. The one thing that is sure is that fears do not go away because of repression or because of consciously shoving a fear aside and shoving in a faith that is not felt from the inside out but is grasped from the outside in. There is faith within you. It is not something that you have to pretend. But that faith begins with honoring and respecting [one's own feelings of] doubt and unbelief.

The healing of doubt is in balancing, and that balance is sometimes slow in coming, so we ask you to be patient with yourself. Allow time to pass. Allow destiny to roll. Allow the crying of the wolf, the honking of the geese, the keening of the wind,

and the storming of the rain to bring those elements to you that only time can bring; to allow those energies to move through you with only time to accomplish the movement.

It is true that a new age has been born and your planet at this time is in labor with this new world. And so you too are in labor within yourself, birthing a new and hopefully more spiritually oriented entity, finding ways, as you make choices, to become more real. How do you forge a road between the everyday of earning a living and the fourth density of love unconditionally given and received? Each of you has part of the answer to that, for each of you is at work paving that road now with your thoughts, with your faith, and with your doubts.

As always, we are with you, we and many others are glad to join you in your meditations to strengthen them. It is our privilege and pleasure to find ways to bring you dreams and “stray thoughts” and coincidences, and this is not only our practice. Many of those within the inner planes of your planet who wish to help you will find ways to communicate concerning those things about which you are worried. Keep open the ears and the eyes and behold those small beauties and blessings that each day brings.

We would at this time ask if there are any questions that any present would like to ask, a follow-up on this question, or any other questions. Is there a question at this time?

(No questions.)

We find that when the one known as Jim stopped answering the questions for us the questions dried up.¹ We shall, therefore, wind up our speech through this instrument, our “cosmic sermonette,”² as this instrument would say, by saying what a privilege and what a blessing it is to speak with each of you, and, as always, by asking that each of you listen to what we have to say with a jaundiced eye, or ear, taking those things that seem good to you and leaving the rest behind.

How we wish that we could express to you the gemlike nature of the processes of suffering and change that you go through, how we see the tempering and annealing work that is being done within [each of you] through the excellent processes of catalyst and experience within your density. Truly, all is well and each of you is on course. May

you fare well. May you be bold. And may you be merry.

We leave you in the love and in the light of the one infinite Creator. Thank you for the privilege at this time of speaking. We are those known to you as the principle of the Q’uo. Adonai. Adonai vasu borragus.³

¹ **Carla:** Jim, a humble man, was concerned that his channeling was unworthy, and refrained from channeling Q and A on this day. After this comment from the Q’uo group, he decided that perhaps his channel, too, was needed! Thanks be to the Creator!

² A phrase from Brad Steiger’s book, *The Divine Fire*.

³ This salutation often draws questions from readers. I believe it is both a salutation and a farewell, and means, roughly, “Greetings in the Creator, dear brothers/sisters.” George Hunt Williamson was of the opinion that the language from which it comes was that of Maldek, called Solex Mal.

NOTES TO OUR READERS

L/L Research’s Homecoming for 2002 will be held January 31, 2003 to February 1, 2003, to accommodate Jim’s work schedule. We would love to see you there, too! We always have a great time, and I hope you can join us this year. Space is limited, so if you are interested, please let us know as soon as you can, for the weekend does fill up.

Take a look at the back of the enclosed L/L order blank to learn more about Marianne Weidlein. Carla recently worked with her, and wanted to share this marvelous woman’s particulars.

Carla is now offering counseling and personal channelings. For more information, check the L/L web site (www.llresearch.org). Thanks to those who have responded to the notice about a graded group. It is most encouraging.

Carla will be speaking on unconditional love and other things at the Time Of Global Shift conference in Huntsville, AL, on November 16. For full information, check out www.timeofglobalshift.com. We will also be going to Holland with the Time Of Global Shift team (from February 14 to 16, 2003).

With Christmas coming, we encourage you to think of our books and T-shirts when you are getting “a little something” for your buddies. ❀

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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corporation dedicated to
discovering and sharing
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humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL AND WINTER 2002-3, NUMBER 83 AND 84

EMOTIONS, PART I

November 12, 1989

Group question: What is the function of emotions in the life of the spiritual seeker, and what value is there to the seeker in attempting to uncover or develop or feel the full range of emotions, especially the caring for those about one, and feeling the vitality of life and being able to express the feelings that move through one?

(Carla channeling)

I am Q'uo. I greet this circle of souls in the love and in the light of the one infinite Creator. It is our privilege to be called to this group of light beings, and we bask in the glow of your seeking and your love.

In speaking about emotion there are semantic difficulties. Emotion has been systematically undervalued among your peoples for a great span of your experience, much to the detriment of the whole and unified self which seeks to manifest through third-density illusion the love and the light of the one infinite Creator. What passes for emotions among many are not so much feelings as basic instincts such as reproduction, companionship and practicality. The role of emotions, while idealized within your culture, is in fact a false role, in that emotions do not serve the function which they are capable of serving.

The most usual blockages of energy are two. One is the overactive emotional nature, that nature that wears, as this instrument would say, the heart upon the sleeve, one who reacts with a shallow and

instinctual feeling to each catalyst that it encounters. The hectic quality of these emotions is a disturbance and a confusion, rather than that which is the true function of emotion; that is, the further knowing of the self and the ennoblement of the expression of life within the consciousness of manifestation. How much we wish we could aid those who are caught in surface emotion! Yet it is always the free will choice of each to use its intellect and surface emotion, or to move in consciousness into a more helpful and useful focus of mind and heart so that one may discover the true, deep and abiding emotions that create a life in faith.

The other common blockage of emotions is also culturally produced. The young ones of your society are not cherished with deep and abiding emotion quite often. Instead there is the rigid rule, the constant request of parent to child for this or that behavior, which, in the course of the young years, causes many souls to become inured and numbed to emotion. The intellect observes the pain of expressing emotion to those who identify deep emotion with misbehavior and unacceptable sentimentality, and so it becomes unproductive, seemingly, and indeed hurtful, to continue experiencing the impact of the full emotional nature of the deep mind.

Almost everyone dwelling upon your sphere at this time in your culture tends toward one or the other bias, rather than appreciating emotion in its purified and deeper sense as the profoundest part of one's intelligence. The function of emotion in the spiritual life is the creating of the vitality, the passion and intensity which is not created out of thin air, but

discovered from within. In order to make use of these purified emotions which speak of deep intelligence, it is often necessary for an entity to be aided by inspiration, example, and most of all, desire: desire to remove the stumbling blocks which block energy from the heart. With the energy blocked by over-activity or numbness of emotion, the spiritual path is even more muddled, wearisome and confusing than it needs to be. This is because such blockages keep energy from entering the heart in full measure, and it is the heart energy which is lifted up and ennobled by work in consciousness.

Now, what is the definition of purified emotion? We search for vocabulary which is not religious, but rather philosophical, for it is all too easy to say, "Worship, adore, give thanksgiving, offer praise to the one infinite Creator." Instead, we would simply put it in another context. As one is able to experience the self more and more intelligently, consciously and fully, one is able to feel self-forgiven, worthy, hopeful, cheerful, peaceful and oriented toward a lively work on behalf of the one infinite Creator. Humankind is fueled, not by oil or coal so much as by inspiration, passion, sharing and caring. Thus, the more fully one is able to tap into the deep and plangent notes of purified emotion, the greater is one's ability to manifest the light of the infinite One to a darkened world, which rejoices in seeing beacons of light whether or not they know why the light is there, how the light has come to be there, and what is its function. The emotional nature of a deep and strengthening kind is the basis of intelligence which forms the bedrock of faith. We speak not of faith in this, or faith in that, for the Creator is infinite and mysterious, and any specific belief system neglects much of the whole repertoire of spiritual tools and resources. Therefore, in encouraging one's own deeper intelligence, that is, the deep emotions, one must seek within for that center about which the incarnational experience now [revolves].

It is impossible to create purified emotion by desire alone, for desire will bring you to the border of that emotion, but will make of it a mockery unless the deep self is touched, and felt; unless emotion may inform intellect. Those among your people who are small in years are perfect examples, for the most part, of entities which are in touch with deep emotion. The younger the entity, the closer that entity is to concepts of deep memory concerning the true self

and the purpose of the incarnational experience. However, immediately upon entering this illusion the process of enculturation begins and, little by little, young souls react to a lack of understanding either by moving on a sea of shallow emotions at all times or by rejecting emotion as painful, unnecessary and undesirable, as it does cause pain to one who does not have a fully energized heart energy center. Many of your peoples attempt to create within themselves deep emotion, that they may know the joy of deep and spiritual love. This is an exercise in futility. Also to be de-emphasized are those practices of your religions which encourage and even goad participants into an high emotional state which is fed not by deep emotions in most cases but by the enjoyable excitement of group joy. That is, when one worships in such a way as artificially to move the hearts of entities from without, so, to the extent that this is so, shall the emotion be that which rings false for deep work in consciousness.

Indeed, the intellect is often the master, even of the most devoted spiritual seeker. Burdened with the rational mind, the seeker often places too little emphasis on the freeing up of deep energies, of keeping open those passageways from spiritual self to mental, emotional and spiritual self. The creation is consciousness, and that consciousness is pure emotion, not pure intellect. Infinite intelligence expresses itself within incarnation as deep and abiding emotion. Thus, as one feels love pouring through one, one is fulfilling one's fundamental and major mission upon your Earth sphere, and that is to be a radiant being, a light to many, not by action, but by the vital energy, the sweetness of soul, and the expressions of love which move through the seeker who has opened the door to deep emotion.

To remove oneself from the coil of emotion that is shallow, or emotion that is numbed, one may sometimes find it helpful to seek a healer which works with the emotional dynamics and energies of entities. There is, in this type of healer, the energy which may be used, shall we say, as a jump start upon the clearing of emotional blockages. The energy of the teacher in this instance is critical, and those teachers which are not basically moving in joy need to turn within before teaching further, to find the absolute love which is the wisdom of the self for that greater Self which is Love. Love needs must answer love for the creation of each seeker to move into balance.

Perhaps the road to experiencing emotions more clearly and more deeply begins with the contemplation of the astounding, generous and infinite love of the one Creator. The Creator's nature Itself is love infinite. Each of you is likewise imperishable and infinite, but in terms of the experience you now enjoy, within the body you are finite, limited and fooled by the illusion which is to teach you. Therefore, we suggest a daily alignment of affirmation and closeness with the love within oneself which is infinite. Many negative emotions disturb the hearts of those who have not found pure emotion, and, instead of being uplifted by love, they feel judged, inadequate and unloving. This is because the surface healing emotions come from one rather than through one, [and] are easily exhausted or transformed into negative emotions of frustration, anger and guilt. Thus, one is seeking that which one cannot put into words, that which may fill the being, so that the being is rich and full and vital, and spilling over with love, love infinite. In this atmosphere each entity becomes a healer. Each entity becomes a channel. Each entity becomes that which one would call [the] Christ [principle] to those about one.

Purified emotion, whole and unblemished divine love, is the very axis upon which infinite intelligence built the myriad illusions which lead each imperishable soul along the path of inspiration, closeness to the one Creator, and an infinite capacity for compassion and service to others. Without emotion of a deep nature, the life experience lacks vividness, and it is more difficult for the seeker to make the choice of service to others or service to self with firmness of heart and intensity of passion. Sometimes it is a long road which the pilgrim must wend upon its way to the experiencing of untutored and unregulated emotional truth. This is as it should be, and we ask each not to be discouraged as one again and again fails to realize the potential within the self, by manifesting this worshipful, sanctified and perfect love. Such deep truths are difficult to find within your illusion. So it was designed that each, by one lesson upon another, by persistence, and by the leap of faith, may become that which one was not before, consciously; that is, a very creature of the Creator, a portion of infinite intelligence, an eternal, beautiful and perfect group of energies and expressions. For, as you well know, within your density all that you see, including your own body, is

illusory. That which you are indeed, in truth, is a complex of electromagnetic fields which hold within them the precious and infinite consciousness which, when purified, is one with the infinite Creator. Thus, each emotional blockage which may be found and dispelled leaves a space, an emptiness, which is absolutely necessary in order that one may move from the emotions of the surface and the involvements of the day to a keener awareness of the self as one with the Creator, a bearer of love, a messenger and channel of light to all whom you meet.

There is danger, as in any other pursuit, in working at the discovery of one's emotions. The nature of the deep self is subtle, and is not to be manipulated from without. Rather, it is a matter of seeking faithfully and persistently in meditation and in action, to begin to observe the resonances of deep emotion which lie between the lines of the pages of everyday life. Emotion wells up within, the gift of the nature of the one infinite Creator to its infinite family, its heirs of glory. We use the word, glory, most specifically and literally. There is within each seeking entity the dynamic of vitality and numbness, of joy and sorrow, of giving and receiving. It is those which harness the intellect as a dray horse for work upon the surface, and who move into meditation and deeper states of consciousness, which will find the emotions being released from within. A release of blocked emotion is greatly healing, and as one entity is healed and becomes more and more an intense and passionate creature of the light, one becomes less and less addicted to those everyday things which seem so important, and more and more tuned to the spontaneous actions of creative love. The glory of the universe of the infinite One is that each portion of it is full and instinct with profound and whole emotion, that is, the one great original Thought of love, which is the Creator as well as the creation.

There is further aid when one has touched the heart of self and felt the release of blocked energies, and that is that one's abilities to serve others in a compassionate manner are greatly aided, for entities of themselves within the third-density illusion cannot sustain an effort which is ideal. Ideals will always be overtaken by practicalities, adjustments, compromises. Better it is for one to retire from the human arena in a persistently regularized manner, seeking within, listening within, asking to know the deepest portions, the most intelligent portions of the

self, which move in emotion and archetype. The developing of genuine purified emotion is for most a long and toilsome task, where so much of the cultural conditioning is that which, in the case of some, encourages the bubbling of surface emotion, and in others the refusal to express feeling in any way. Such are the ways your culture deadens souls to their true purpose, which is to seek persistently, patiently and prayerfully, to know, and to be with the One. Once one realizes that within oneself lies holy ground, one knows and trusts far better the path of seeking within for, as we said, emotion that is artificially created is easy emotion, emotion which must be renewed as a library book must be renewed. It is not lasting and it requires constant nurturing and stimulation from without.

Each entity will, because of cultural conditioning, have to a greater or lesser extent some measure of blockage within those energy centers which feed the heart energy center. Thus, no one is alone in doubting and asking. Yet also no one who seeks to remedy this situation by meditation and contemplation shall be a complete failure. For it is sheer intent, intensity of desire, that moves one beyond the self in surrender to that other self which is the true nature of the ephemeral third-density self. The release of negative emotion such as guilt, anger, humiliation and resentment is an incredible healing which is only possible through the infinite love of the one Creator, and through one's identification with that love, and one's dedication to seeking in the deepest and most aesthetically beautiful way possible, to be truth incarnate, to express love divine, to allow oneself to be a channel of compassion and nonjudgmental aid. We encourage each to seek the holy ground within, to find praise and give thanks for the glory, for beauty, the infinite majesty of the one great original Thought. The heavens sing with His glory, the trees and mountains dance, and all stars and planets sing a song of passionate love for the Creator unmanifest, and for each of you, the Creator made manifest and given complete free will. We encourage you each to seek the deeper truths within, to allow negative emotions to be balanced and to fall away, as it is natural for them to do in the light of unconditional love. May each of you discover, within the inner room, the infinity within yourself, the purified emotion which in full strength is the Logos.

What is the function of emotion? It is intelligence which produces profound and fundamental transformation. Only the heart, when released from stricture, may be so. The approach of intellect, the approach from the outside in, the approach of believing this or that, is most frequently fruitless. It is the opening of oneself to free-floating and abstract faith, the faith that all is as it was planned to be, the faith that that which was planned is helpful and full of love, which moves the seeker onward most swiftly upon the path of spiritual evolution. Rejoice, each soul who finds release from numbness or surface addictions. We rejoice with you as you seek the heart of the self which is the greater Self. Respect deep emotion. Realize that the vital energies are based upon one's ability to have faith and to dwell in an emotional state of unconditional love. Daily meditation, daily contemplation, and what analysis the brain may perform, are suggested for all who seek, for you are seeking to change into the awareness of the self which is imperishable. Forgiveness is an emotion, not a mental process, and it is the key to the advancement of the self in polarization of service to the one infinite Creator. May you respect and encourage intense, loving emotion. May you find it acceptable to release numbness and surface emotion as meditation matures and strengthens the deeper self within.

We thank this instrument. We shall take our leave of this group, thanking each again for offering us the opportunity to offer our service at this time, and leaving you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

EMOTIONS, PART 2

November 26, 1989

(Carla channeling)

I am Q'uo. Greetings to you all in the love and in the light of the one infinite Creator, whom we serve in our humble way as do you in yours. We are most grateful to share these few steps of your path of seeking with you, and to explore with you concepts having to do with the nature of consciousness.

Previously, we had established that, in truth, although the intellect is highly regarded within your culture, it is, nonetheless, not as intelligent a portion of the mind as the deeper intuitions, what some

might call gut instinct, and others call the prompting of the still, small voice within, the higher self, guidance, or by whatever name an entity chooses to relate itself to a wider, wiser intelligence. This intelligence is emotion. We established that the surface emotions of life having to do with being caught in traffic, being late, having to wait, feeling negative emotions, feeling quick positive emotions with no depth, are the province of the mundane. We do not suggest that you follow each whim, each thought, each impulse. We suggest, rather, the trust in the process of seeking within for the truth which will set you free, though it may not set another free. Each of you is unique, and the emotions that are your deeper intelligence are unique to you, their balance is unique to you, and the fruit of that balance in service is unique to you. Thus, we have established a great respect for the intuition and emotion that are the essence of intelligence.

For emotion to be considered the deeper intelligence, a new concept must be created, a word which is not within your working language, to indicate not the emotion of the easy joys and the easy sorrows but those emotions which move deeply within the roots of mind, moved by the tides of many, many past experiences and choices made, moved by the guidance of whatever you wish to call that spirit that comforts and supports when all of humankind seems to have failed you. Why would we ask you to dive so deeply into yourself when there is a world of manifestation for you to enjoy? There is a reason, and we feel it is a worthy one, and it is from this point that we wish to go forward.

As entities are given physical vehicles at birth and move into the world, their first emotion is anger, their second, love. So begins the dynamic of a lifetime: anger at change, and love at being fed. The anger, that of change, that of moving from the safety and quiet of the womb to the harsh illusion of your world, is extremely traumatic and it creates in the entity, even so small a one, that desire to use emotion so as to control that which occurs. One cries if one feels hungry, and one is fed. One cries if one is uncomfortable, and one's diapers are changed. This is the beginning of each incarnation, the duality being present, from the beginning, of hatred of change and love of the ideal.

When we ask you to plunge deeply within yourself—and remember, this is only our opinion—

we are asking you to consult the only reliable source of information for yourself. Those such as we may speak words which inspire or aid or otherwise enable entities to know more and more of their true selves. This work is done internally and in the company of intimate friends, mates, children and other family. If you deal with your own life situation by the use of logic, intellect and cleverness, you shall fall short of your own desires, for the intellect is intended to be your servant, not your master. In the same way are your deeper feelings to be tools, resources and instruments for your spiritual evolution, not carrying complete authority, but substantially worthwhile to seek out and to hear and to feel.

Now let us examine the fabric of the universe, as we understand it to be. The one great original Thought is not a thought. It is a purified emotion. It is Love. You may call it the Logos, the Creative Word, but it is in essence a pouring through the channel of the self of the infinite love of the one Creator. To attempt to manipulate one's feelings is to attempt the masquerade ball. Yet the ball must end and the masks come off, and the finery, the feathers, the ribbons laid away.

And there you sit, all of the masks gone, all of those whom you were to impress having left you alone. And as you sit you ask yourself to take off your mask, and you take that mask off and you find another, and another, and another. The nature of the intellect is such that eventually you will find that the layers enclose a nothingness, for the intellect is a cold, logical biocomputer which is designed to make choices. It is not designed to be the vehicle for manifestation. The heart, that which this instrument would call gut feeling, these are those things which enable manifestation among each of those who serve the one infinite Creator in service to others. The primal Logos of all that is, is emotion, the deepest intelligence of all, infinite, without flaw, without distortion, the carrier wave of consciousness.

And so, if you wish to manifest that which you have found to be good, if you wish to manifest your desire to find that which is good, if you seek and hunger for the truth, there is work to be done, for the intellect, the past, the future and all considerations of humankind must needs be put in abeyance on a regular basis for the amount of time it takes to sit in silent waiting until one is able to feel the presence of the infinite One.

We ask each within this group at this time to pause and allow that experience of love poured into your waiting heart to manifest itself to you.

(Pause)

I am Q'uo. I am again with this instrument. Is that love not astounding? Is that love not impossible for humankind to sustain? Yet you are other than human. That of you which is human is that which must do the manifesting. That which creates the inspiration and desire to manifest love of the Creator and love of others comes from crossing the threshold to the unconscious with the care, persistence and devotion of the lover who is willing to wait and watch and seek from afar, content to sit at the edge of the crowd, listening to that faraway voice at the center of the crowd that speaks the truth. For you have many, many voices within you which are manifestations of biases. These biases need to be examined and, in this, intellect and logic play a great part. However, as you wish to be of service to the infinite One, and as you wish to love each other, know that the universe is, in essence, an emotion. It is consciousness. Consciousness does not necessarily think. Consciousness allows Itself to avail Itself of that infinite source of information within. It is in this way that you are attempting, through meditation and contemplation, through the balancing of the day's extreme emotions, to give to yourself that which cannot be done without some aid. There is, for instance, no possibility of an entity's being able to cogitate, ruminate, ideate and manifest love. Indeed, it is possible for such a person to manifest a universal and very real compassion, but love engages being, love sets on fire the desire to help, love causes soil of the heart to become fallow, that seeds may spring therein which flower out into the tree of manifestation of love with its many blossoms, its beautiful aroma and its faithful use.

Yes, my friends, more and more, as you realize, recognize and respect your own inner wisdom as a portion of the creation, as you continue to meditate faithfully, then you may be undisturbed, insofar as it is possible, by the painfulness of change. For you now seek the beginnings of the fourth density. Within third density the spotlight was on the self, the emerging consciousness, the discovery that that consciousness is one with all and one with the Creator. It is the chief lesson of this particular

density, to learn to love, and to learn to accept love, feeling both worthy to love and to be loved.

Much has been written about love. Within your holy works love is described by many phrases, "Love is patient," "Love is long-suffering," and so forth. May we say that love in the sense in which we understand it is in the impatience, is in the misunderstanding, is in every portion and every cell, every iota of creation. You cannot move yourself from the roots of your being. You are rooted in that which you may call the Kingdom of Heaven, and your roots are deep and imperishable, and down, down into the world of illusion do you grow your branches and produce the bloom that promises fruit.

Within your culture, as we have said, the intellect is valued almost to the exclusion of deep, quiet, confident, considered intuition. You are an impatient people, eager, and perhaps running faster with your feet than your heart and your mind can follow. Thus, the first priority may seem very selfish to one, and that is to learn to love the self, unequivocally, with complete self-forgiveness, with full knowledge of the various iniquities of one's own character. You must allow yourself to become aware that the Creator and the creation lie within you, each of you. It is not well to speak as though one were ever and always unworthy to be the vessel for divinity. All of clay and dust, bone and muscle is by definition unworthy to carry imperishable ideals into a world which you experience as that which is not ideal.

Now, you see the interplay of love and faith against the dynamic catalyst of a mundane and sometimes intensive nature. What shall you do in this situation? What shall be your decision in that situation? It is appropriate to use all of the resources at your command. If you have any ignorance of the subject as it is known by humankind, fill the mind with what was written. Use the intellect to discriminate upon the subject in which you are interested, then surrender control of the process, carefully and fastidiously, to the love within, the spark of the Creator within that makes us all one. Those who have not been able to love themselves are by definition unable to love the Creator, for each is the Creator's prodigal son or daughter, each is an heir of eternity. This is not said to puff you up with pride, but to say that each of you is a cell in the living body of the creation of love. Once you have learned to

come into some contact with the Creator on a daily basis, it is then time to gaze at that which lies before you, at the stones in the road, at the stragglers by the wayside, at the thirsty, at the hungry, at the homeless. The manifestation of the Logos that is within you, that of unconditional love, has never been needed more than at this juncture in the passing [of] your planet into fourth-density space and time.

It is often said, "Thou shalt not judge," not only within your holy works, but also by those whose sense of fairness and ethics makes it mandatory for them to yield to all the same benefit of doubt that one would hope would be yielded to the self in the same circumstances. The density in which you are is a density in which you choose not how to think, but how to love. If you love yourself, you will think in terms of manipulation and control, elitism, perquisites and power on a personal level. If your love is of the Creator and of those in whose eyes you see shining the light of the one infinite Creator, then you are one who may radiate to that person. Often no words are necessary. It is well to move with the deepest instincts, to give a hug, to give a kiss, to give verbal support, to leave alone, to treat as precious each entity, each imperishable light being that is about you.

What is the purpose of emotion? The purpose of emotion within third density is so to engage the mind, the heart, and the soul of the entity which seeks, so that it becomes more and more aware of the depth and breadth of each present moment and the possibilities for loving within each moment. Needless to say, we do not speak of the clinging, dependent [type of] love. We do not suggest that the surrender to the higher self be made before the self has been tuned so as to hear the true voice from within. Many are those who would whisper in the ear of one who seeks to be of service. Discrimination remains important always, and this includes those things which we say to you. Let us not be a stumbling block before you.

Now let us look at the way emotion is deepened. Each of you is aware of the system of chakras, or energy centers within the being. It is understood that each needs to be minimally clear and balanced for the full energy of the one infinite Creator, the life force, the prana, if you will, to move upwards within the body to meet that inspiration which comes from

the infinite One, from the comforter, from your guidance, from your inner self. Over and over again we suggest to you the daily meditation for the clearing of cobwebs from the mind and the heart, of picking up the old newspapers, the leftover takeout food, the banal junk of a banal society that is intent upon not listening to any voice within which might cause discomfort.

The universe itself is an emotion, it is consciousness, it is love. Each of you will go through many definitions of the word, love, as you experience various facets of conditional and unconditional love. Your goal, and it is a difficult one within this density, is so to use the deep wisdom of the intuition and choice-making nature of the intellect in harmony as to move in the direction that you and the Creator have set for yourself this day. And in that regard we would say that it is not well to create in the mind that which one desires, unless one is absolutely sure that one desires it and will never regret having it, for any desire that is unmet in third density must be met before the entity may move forward to the next level of classes, the next level of illumination, the next level of peace and joy.

How many times, my friends, have you seen a loved one, and found a way to touch that loved one, to strengthen it with your very being? How many times have you been the one to make peace among brothers and sisters? Do you not see the sweet hand of love moving through you in manifestation of the glorious love and light of the one infinite Creator? If you wish to manifest you must feel, deeply, sincerely and honestly. Not all entities can serve in this same way, as not all entities have been given the same gifts, and as we have said before, all services are equal when done for the love of the one infinite Creator. We would not mislead you. You cannot by any means whatsoever achieve a higher state of consciousness. No mental act, no deliberate series of choices, no action within the illusion shall bring you the paradise of peace that you seek. That which will bring you quietude and serenity is the finding of that deeper self within through meditation, and the surrendering of the minute power of the human intellect to infinite wisdom and compassion. You are the hands, you are the voice of the Creator, and as you love each other as you love yourself, so you love all that is the Creator. This is the function of purified emotion, to become a channel through which infinite love may flow so that you do not dry

up like a shallow well or a desert spring, but remain well watered, well fed, well inspired with food and drink for the soul. In that consciousness you become fallow, and in your purity of love you allow love to speak by surrendering to the Infinite within. This surrender is not one made without discrimination and care. Surrendering to those who say, "This and this and this you must believe, that and that and that you must do," is an acceptable choice for those who cannot use intellect and feeling, but merely have a generalized need to know what is right and what is wrong to do in life, so that one does not have to think, grow, change, expand and transform the self. For these people, and we do not put them down in insult, this is the way to progress, and progress they will, however slowly. But each of you wishes to move more quickly, to become true channels of light, to feel true peace in the heart, to feel genuine, authentic harmony and serenity, to meet one's companions with joy, trust, sharing and caring. Are these all not words of emotion? Can one reason oneself to this attitude? No, my friends, no. Why, then, are you in your shell, this thick, impenetrable shell of forgetting? We say to you [that] you are in this shell of forgetting so that you may make your choice unfettered by the knowledge of the answers to the test. Many are the students who simply write down what the teacher says, parroting it back to the teacher to make a good grade. In spiritual or metaphysical work this line of endeavor is of no virtue, for you are seeking authenticity of self, and only in the authenticity of the self-forgiven self can the Creator move from infinite intelligence through infinite energy into your heart, your spirit, your hands, and your eyes, that you may behold the glory of all that is about you, that you may feel anguish for those many, many things that are awry, and then to affirm that it is possible for this unfortunate condition to cease.

Allow your love to spring forward from within. It is not yours, it is not another's, it is the Creator's. Love one another, my friends, and you shall love the Creator, and this purified emotion of sacrificial love shall move you ever more quickly toward the homeland of peace.

We thank you for allowing us to finish our thoughts on this subject. There is more material in this area, but it would require further questioning. In this truth, love, light, peace and joy of the infinite Creator, we leave you, with blessings and ever

flowing love for those who are awake and seeking. We are those known to you as Q'uo. Adonai, my friends. Adonai vasu.

NOTES TO OUR READERS

Our Homecoming, January 31-February 2, 2003, is filled up at present, but if you wish to be put on a waiting list, you are most welcome to write us. We may well have a special conference later this year with David Wilcock.

We just got back from the Huntsville Time Of Global Shift gathering, and thoroughly enjoyed working with Scott Mandelker and David Wilcock, and others. Future possible Time of Global Shift conferences are now planned for February 14-26, in Amsterdam, and in May, in Los Angeles.

Carla is now offering counseling and personal channelings. For more information, check the L/L web site (www.llresearch.org).

We hope you all had a lovely and peaceful holiday season. In this time of national uncertainty and disruption, we invite you to join us when you can at 9:00 morning and evening, or whenever you can, in Gaia Meditations for peace and the healing of our planet, and to send light through ourselves and into the emerging fourth-density magnetic grid. ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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corporation dedicated to
discovering and sharing
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All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SPRING AND SUMMER 2003, NUMBER 85 AND 86

WAR AND THE LIGHT

March 16, 2003

Group question: The question today has to do with how light seems to respond to catastrophe. So many people are marching for peace, now that it seems war is so likely. The women in Rwanda have had a chance to bring the feminine principle and the nurturing [quality] of their being into [the governing of] their country now that most of the men have been killed. Would Q'uo talk to us about how the possibility of catastrophe and disaster can help to bring the light into being in our world today?

(Carla channeling)

We are those of the principle known to you as Q'uo and we greet you in the love and in the light of the one infinite Creator, in Whose service we are. As always, we thank this group for creating an opportunity for us to share our thoughts and we are most happy to do so on this occasion, with the request, as always, that each evaluate our thoughts on the basis of those thoughts alone and not on the basis of our authority. The resonances of personal truth have nothing to do with authority. We ask you to use your discrimination carefully, for there is much information and much of it is excellent but there is always that precise choice of that which is truly your own that is possible. The great challenge of the maturing spiritual entity is to move beneath the surface of things and to begin to see things not from an historical or political point of view but rather from a spiritual point of view, a stance or attitude which has its basis in those dynamics which truly are functioning within the heart of that

situation which is called "history" in its outer manifestations.

The dynamics of harvest for your particular planet at this particular juncture are not those which could loosely be described as a "normal" third-density harvest. This instrument has frequently made jokes concerning the status of Earth or Gaia as a planet for juvenile delinquents who have repeatedly flunked third grade at other schools and are finally sent to Earth when it is felt that they are incorrigible. The profoundly militaristic energies that your peoples experience at this time are, as has been discussed by the one known as J and the one known as Jim, the fruit of repetition over many civilizations, many wars and even many planets. Those upon your sphere have experienced misalignments of energies and misjudgments of polarity in honest but misguided efforts to attempt to serve and to grow. And the nature of the decisions which have capitulated previous societies into catastrophe, catastrophic war, the leveling of that which was wealthy and sophisticated to the so-called dark ages, is a pattern that has been repeated not once or twice but many times. Consequently, your present harvest has overtones and undertones from many previous expressions of the iterating mechanism which turns love into fear and fear into aggression. The energies that are present at this time are iterative energies, energies that have become mindless, that have, in a tremendously profound sense, become obsessed, obsessed to the level of the archetype, so that it is as though your harvest expresses the archetype of the Lightning-Struck Tower with an intensity that could be achieved only by mindless repetition past the point of self-knowledge and into a state of mind of

slavery, of which we see your peoples attempting with ever fresher energy to snap and break the control at this time, so that the human spirit might once again become liberated from this endless round of fear and hostility.

The reason that the so-called disaster is found to have a silver lining is simply that your peoples, beneath the veneer of those decisions made by the few which affect the culture or the experience of all, are as the rind of dead energy that is enclosing a very fresh fruit that has been growing from the inside out and is coming to a state of ripeness. Consequently, those who are in power at this time, being more of a service-to-self tribe, shall we say, create the apparent history, the apparent news, the apparent ongoing story of your peoples. Whereas the true story of your peoples is that story that moves from the heart that moves from the seed of the fruit that has ripened within the rind of militarized thinking that infects your planet at this time. The inner fruit is healthy. And in times of disaster the rind of militaristic thinking is chipped away and people suddenly become aware that they are alive and in considerable and substantial opposition in feeling and in mind to those militaristic actions which tend to be the agenda of the day for any group of those who hold power at any time.

We cannot say that it is impossible for entities to hold power without becoming service-to-self oriented. We can only say that it is catalyst for all entities to respect those moments when power is offered. Each of you has a power in this situation, each of you who are part of the healthy fruit of Earth, that fruit which is being harvested at this time. [Each] has the power, passion and energy of a growing, living, thriving being. That energy is of the One, connected to the root, to the womb, to the Earth, to the Mother. The goodness that springs forth in almost all entities' breasts is that goodness which is the truth of the human race, just as the militaristic shell of humanity's behavior is a truth. It is a part of a truth that attempts to take over the entire consciousness of what the human entity is. In assuming that such separating ideas as aggression have worth, the standpoint of those with power is continually biased more and more towards that attitude which accepts the power to change others for the better. This is the innocent beginning of that which can become a monstrous evil, as this instrument would call it.

What a flower does to praise the Creator is to blossom. And what each of you may do to praise the Creator is to allow yourself to blossom. Those elements of cultural thinking which have infected each mind to whom we speak will show themselves to you with their thorns, their warts, and their scars. And you will gaze upon them and they will not be fair. There will be thoughts of anger, jealousy and retribution. These will not be true thoughts, yet these are thoughts that are pressed upon you daily, and have been since your youth. There is no judgment in thinking these thoughts, and we would not ask you to judge yourself for finding yourself with the capacity to think them. But indeed, you have the capacity to be conscious of them, to evaluate them and, if you find them to be those thoughts which do not allow you to blossom, then you may, by choice, pluck those thoughts from ready memory and replace them with one that is more close to the heart of that which you truly feel to be the spiritual truth of the situation. Each shadow that you remove from your own flowering being is one less barrier betwixt you and the sun that gives you life, the Logos that sends the energy that creates each moment.

As the crisis period continues, you may find yourself in any number of situations in which there will be the choice of moving from the militaristic rind of thought that infects the planetary thought at this time at the level of those in power or choosing to think from a spiritual point of view in which all entities are seen as souls in the service of the one infinite Creator in various ways. As the one known as J has said, some entities must draw the short stick; some entities must accept being the bad example. Each entity which is perceived by the seeker to be a service-to-self entity bent on the destruction of the good is also a soul who is serving perfectly, in his own way, attempting to learn the same lessons, those lessons of love and how to love. Always, the choice of how to love. For those who are on the service-to-self path also have passion, but it is the passion for the self, to arrange the world in which the self is satisfied, safe and comfortable. It is easy to see a display of evil and good, dark and light, yet we ask you to move beyond this somewhat limiting image of the present harvest, for it not a battle betwixt good and evil. It is, rather, a battle for thought. It is a battle betwixt those who would wish to enhance and lift and enlighten in a great outpouring of radiated love and those who would control, contract

and shepherd the world as they would wish it to be controlled. Expansion or contraction? You are experiencing the contractions of fear of those who are in power and, yes indeed, because of these encroachments of aggression, upon the very citizens in whose name they are promulgated. This pressure has produced a kind of explosion of healthy, blossoming, passionately engaged human beings who have now experienced themselves as souls; who have a deep and passionate feeling about that which is the appropriate action for themselves, their families and their country.

It is indeed a precious moment and a promising time of rapidly awakening consciousness planet-wide and it has been pressed into being and encouraged by the seemingly disastrous policies of those who wish war among your peoples at this time. And we may say without expressing any unknown information, certainly, it is not one entity or a small group of entities which wishes the engagements of war and the reallocations of territory and power. There is pressure planet-wide, at the level of those who remember whole societal-wide, catastrophic scenarios and wish beyond all reason to reinvent them, that presses these entities onward.

Much of this harvest, then, expresses enormously deep archetypal energies that have been stuck for an unusually long period of time, repeating seemingly endless cycles of rising towards the light, rising towards union, rising towards an awareness of love in its unconditional and redeeming aspect, only to fall back to the level of the great apes and their tribal loyalties and the protection of the family group. It is a great ascent that the human attempts in third density, to move from beast to angel, from a mute and unspeaking love to a supernal, wordless expression of love. In between those two lies the third density and in that density you have the forgetting that allows your voice to be uncertain; that allows your mind not to know; that allows your heart to make foolish choices and then to experience change because of them.

Each of you is a wonderful flower that blossoms daily, that opens to the light, that has your own unique aroma and habit and form. Each of you is a tremendous blessing to this planet by your being. You are as those who have fought alongside each other for many, many years. This is another time, another opportunity to stand together and to fight for the light, not [to be] against anything, but to do

the inner battle that wins through to the armor of light, to face the self in every day in the morning light that shows all flaws clearly. This is your *geste*, to gaze in that mirror and see the flaws and see also the one infinite Creator, to gaze into the world as it is and see past the rind of militaristic thinking, see past this deadening infection that has blotted the surface of your thoughts with a kind of mildew. Remove yourself from the surface; remove yourself from that which is not truly your own thinking. Come back into the heart of your flowering being and feel the strength, the passion, the love that resides and rests there, just as it has always rested over the deep before any form was. That is the peace that lies within your heart. It is a sweet peace; it is a true peace; it is the original peace. And it is a piece of you, that which can never be separated from you. Nothing can separate you from the love of the infinite Creator. Nothing can separate you from the truth of your being. Nothing can separate you from yourself.

We wish to express thanks to the outer expressions of this group in the context of your political situation, for those who light a candle for peace express a beautiful thought and it is very appropriate, we feel, that such lighting of candles about the globe may be seen from your satellites, so that all the world has become, in its own way, a rock concert. We enjoy that image of all of those lighting the flame and this time not for the love of a good song and a good time, but for the love of the world.

We thank each for this offering of love and for the invitation to join your group. As always, we are most privileged to be able to do so. We are known to you as those of Q'uo. At this time we shall take our leave of this instrument and of this group. We leave each, as always, in the love and in the ineffable light of the one infinite Creator.

Adonai, my friends.

WAR AND INNER PEACE

April 6, 2003

Group question: The question today, Q'uo, has to do with what it seems like a lot of people are feeling these days because the United States is engaged in a very destructive war with Iraq. And it just seems at times that they're full of stress. That there is more to do than there is time to do. That a lot of people are feeling sadness, anger, frustration and doubt and that these things just seem to come bubbling out.

We're wondering if there is a way of maintaining one's harmony in such times. If there is a way of dealing with these difficulties that will bring us back to harmony. We appreciate anything that you might have to say about how we can deal with the difficult times that are within us and without us.

(Carla channeling)

We are those known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We wish to thank you for the great blessing of your company and the beauty of your vibrations as you sit in this circle of seeking. We thank you especially for taking the time out of that life which, by your question, is represented as being most busy and somewhat difficult. Yet you have found the time and the place to come together simply to seek the truth. For this we thank you, for it is a great blessing to us to be able to share our thoughts with you and to be called to your meeting.

We share these thoughts with you with the request that in listening to them each be very discriminating as to those thoughts which you accept and use as resources. We would not ask that you look upon us as authorities but rather as those with an opinion which we are glad to share on the basis of our being friends and neighbors with you, not simply in terms of time and space but in terms of the nature of our beings and the journey which we share. If you are able to use your discrimination in listening to our thoughts then that will free us to be able to express them without fear that we would be infringing upon any entity's free will.

You ask us this day concerning the peace and harmony that is so beloved and so dearly sought among your peoples and yet are seemingly quite elusive at times for many of your peoples. The description of the times as being troubled and the self as being troubled seem to be that truth which lies upon the surface of the minds of many of those present. And certainly it echoes those thoughts which are upon the minds of your people in general, for upon a global basis the great cry of your planet and its people is for harmony and peace.

This instrument wished to use the term "grass roots," and we stopped this instrument from using that term to describe that energy which is bubbling up. For in "grass roots" we would not make the pun without intending to! And indeed we do wish to say

that the energy of harmony and peace is indeed bubbling up out of the grass roots themselves, out of every seed and every living thing that takes its life from the soil and turns towards the sun in your second density. The energies which turn towards harmony and peace are those energies which you possess in each cell of your vehicle upon the physical level and in your finer bodies within the inner levels as well.

There is an instinct within each spark of the Creator's light for the balancing of the energy to a default setting of peace and joy. The impulse and energy which nurtures this into manifestation, however, is the impulse not towards joy or towards peace but that instinct that lies in the direction of single-mindedness or, as the one known as V has said, the discipline of the personality. So we would take some time to discuss this concept of the default setting of joy and peace.

It is our bias, as we look upon this circle of entities with their beautiful energy vehicles shimmering, that we see that view which lies the deepest, most easily, and that portion of you which lies upon the surface, least easily. Whereas within the physical incarnation such as you now enjoy, unless the vehicle in which you enjoy living has been born blind or there are other perceptual difficulties of a substantial nature, that which comes easiest to your senses and to your observational powers is that which is seen, heard, smelled, tasted and felt. The priorities of your earthly experience, then, focus upon those things about you as an entity which are the least authentic or real. And yet, it is at the level of these inauthentic and illusory structures, which this instrument calls consensus reality, in which you spend your days and your working hours. And we do grasp that there is every temptation and every logical reason for each of you to wander far from the concept of the self as one whose mind is on only one thing and that is the love of the one infinite Creator. We gaze within this instrument's mind to find description of this paradox and find her experience of long and busy and well-crafted days of toil in which many chores of varying kinds are approached, organized and removed from the list of things to do. This, within this instrument, we find to be the source of almost no stress, and this is remarkable, for among your people there is the tendency not only to have too much to do but also to find oneself being concerned about the fact that one has too much to do, this kind

of energy then snowballing upon itself and creating an ever greater sensitivity to one's lacks and failures to achieve that which has been expected of one, either by the self or by others. Within this instrument's mind we also find constant efforts towards the re-tuning of the mind and it is in this direction that we would like to go in discussing ways to work with the situation which you now enjoy, which is, basically, a very good environment to observe, analyze and alter the priorities of thinking which cause your particular mind and attention to focus upon one thing rather than another of the details of those things which are occurring at any particular moment.

At any particular moment an entity may be experiencing a multitude of catalysts. There are catalysts that come to the ears, the trains that pass, the telephones that ring. There is catalyst for the eye in the passing view and catalysts for all the senses in that which is occurring. There is catalyst for the mind in those thoughts which are sparked by the sense impressions of the moment. And there are those thoughts involved with the reactions to the original thoughts that have been thought by the self.

In all of this arrangement, there has been no thought described which has not been caused by the outer environment impressing itself upon the being. The one known as C was expressing her desire to move beyond the thoughts of that level, to move into those thoughts which are authentic, original and her own thoughts, moving from the inside out and not from the outside in. So that there is a feeling of being, shall we say, as the flower that blooms to meet the wind, rather than as the scrap of tattered rag which the wind blows any way that it wishes to, for there is no root in the tatter but only material that has been beaten and torn. Each of you feels, at times, as a tattered rag, as a thing for the wind to make sport of and play with and indeed it often feels as if the wind of spirit has picked you up and put you down someplace where you would rather not have been placed. To the mind that is focused upon the love of the one infinite Creator, the view of all that comes through the senses, the thoughts concerning those sense impressions, and the thoughts judging those thoughts about sense impressions, are all seen as the bits of froth upon the surface of the waters of life that they are. If the one single thought that the mind is stayed upon is the love of the infinite One, then it is that the being within has the opportunity

to choose to maintain that focus, not only in those moments of silence but also moments in the noise of culture, of warfare, of crowded conditions, of distressing amounts of inequality, in a world which yearns and hungers and demands absolute equality.

In your prophetic literature, in your myths and in your sagas, there is much concern for the transformational times. Within ancient Roman literature there is Ovid gazing at the metamorphoses of nature and of humankind. Dry-as-dust historians have gazed at the rise and fall of empires. The energies of spiritual leaders such as Jesus the Christ have focused upon the transformation of that which is material into that which is spiritual. And this instrument has followed a long line of studies of various religions and mythologies and philosophical systems in which this matter of how one helps oneself to transform from the lesser into the more noble aspects of self has been quite [extensively explored]. The stuff of transformation is the stuff of waking from a sleep. Fortunately we have that very humble and accessible example of the kind of change that you all face at this time.

It is a time of transformation, perhaps most importantly, for your planet. The very Earth which has bred you and nurtured you is itself now being born, and this effort and labor go well. Yet there is difficulty. The difficulty is critical in that if the delivery continues to go poorly there will need to be the equivalent of the Cesarean [birth], the removing of portions of the skin of the Earth [mother] that the new configuration of the energy-body of the Earth [child] may have room to be born in its appropriate shape and arrangement of energy nexi.

It is more for the planet than for the people that many of you have chosen to be in incarnation upon the planet at this time. It was your hope that you would be able, by awakening within the dream of physical life, to become a magical person, a person able to act as a crystal entity, receiving energy, transmuting energy, and sending energy out into the fourth-density web of planet Earth.

That which distracts is always a detail; that which calls you back to remembrance is always discipline. Very seldom does nature so configure experience that it is impossible to miss the spiritual signals. Most usually, the hints and clues of spirituality are so configured as to be completely able to be missed, able to be glanced over, able to be prioritized below

the threshold of awareness by the affairs and details and chores of the day. Each is aware of the spiritual figures who have indicated through history that when they are busy then is the time to rise earlier so that they may pray longer, for it is in the praying that the work gets done rather than in those long daylight hours of toil. This is a great key for those who have ears to hear. We are not suggesting that entities must get up early and meditate before they begin the day in order to prepare, but we are suggesting that the mind of an entity is that which is in an extreme state of vulnerability to the mental conditioning. The power of suggestion is great. Each entity has seen many examples of such suggestion, the most common perhaps being that when one entity yawns, those about that entity will quite often catch the yawn and find themselves expressing similarly.

So it is too with the mass media, the television and the newspapers, those agents of consciousness of which J was speaking, that attempt to create cookies of the right shape out of the dough of entities' thoughts, so that entities bear a remarkable similarity in their opinions upon certain subjects. They have been listening to one source and in that source lies a structure which seems to explain or justify actions and in the details of these actions there is no end to the shades of gray, the ethical questions, the causes for sorrow or anger or concern of one kind or another. Yet the simplicity of the solution is funny. For the solution to the awareness of trouble is in the turning of the consciousness to the love of the infinite Creator.

We do not intend this as a greatly abstract concept. We intend this in another way and we would ask you to open yourselves to the concept that you are the peace and harmony that you seek, for you are a spark of the one great original Thought of the infinite Creator. Say that the Creator, in Its infinity, in Its impossibility of being described, is a vibration. You have that original vibration, which is unconditional love, as the basis of every cell of your being. Without that Thought of love nothing has been made that is made. It is not something you possess, it is your very nature, and it goes far deeper than the marrow of your bones. It is far closer to you than your breathing. It is far more real than the impressions of sense. For it is that impulse and spark without which you could not take thought, take breath, or enjoy existence or consciousness. This

nature of the principle of Deity is the heart of you, is the truth of you. You are as the stone within which the perfect sculpture hides. Each detail, each chore, each duty, each disturbance, each warfare chips away, pounds away, hammers away, rattles away, and aggravates away bits and pieces of detritus of those things that are not you, gradually beginning to shape that faceted gem that lies within the details of a busy earthly existence.

How blunt are the instruments of catalyst! And yet how effective. When one begins to become aware of this process of catalyst and experience, learning and transformation, one begins to be able to pick up some tools to use that are not as blunt as the blunt instruments of outer experience, things learned the hard way. And once again, the key in making use of these finer instruments, of removing and distilling from the self those impurities which one targets and wishes to see fall away, is the will. And each time the will is used to lift the self from that archipelago of small confusions to a place of spiritual attitude and consciousness where these details are seen as details like any other, a burden is lifted off of the attention. It is as though blinders are released from the eyes and for the first time, by asking of yourself this discipline of attention, you may begin to experience the unreasoning feelings of joy and peace of which this instrument was speaking earlier. For it is our opinion that it is this instrument's long years of attempting to be disciplined about returning the mind to the silence from the details that has gradually enabled this instrument to find a measure of peace that does indeed pass understanding.

The Creator within you, the truth of yourself, is happy to live your life. You have sufficient spiritual impulses within you to move through your incarnation in a state of true peace and undiluted joy. Yet it is something for which permission must be given from the self to the Self. One must give oneself permission to be content and happy and blessed, for these are not things which are in the training which your culture offers its people. It is not taught among your peoples that happiness is a natural state, but rather that struggling and competition are the natural state. And each is aware of many ways in which the culture itself offers these lessons to those who are growing and learning. Always it is the spiritual sense alone that is able to release the conflicts, the struggles with those things which are the truth of the illusion, in order to turn

once again to the stunning mystery of Oneness, to the love that is all that you see, to the light that has created all that is, without blinking at those things which seem good and which seem evil. The life that is lived is a work of great subtlety. There is an unlimited potential for transformation within the physical illusion and the limits are released, one by one, by that entity who is willing to ask of the self, "Yes, but who am I beneath that detail? Yes, but who am I beneath that action? Who am I? Whose am I? Why am I here?"

When faced with disharmony it may be a resource for you to think to yourself this thought: "Who am I? In terms of that situation that is 'out there,' what's the situation [within] me? If I am a creature of love then what am I doing in this situation?" To look at the situation as you see it and to react from the outside-in is often less than helpful. To gaze at a situation from the inside-out is to find the love within that particular structure and then to be the defender, the protector, and the expresser, if need be, of that love. Whatever it is that you gaze upon, whoever is reaching out to you that asks for a reaction from you, attempt if you can to leave that situation, that relationship, that moment in a little better order than you found it, with a little more love, a little more understanding, a little more of the Creator's freedom in the atmosphere.

In almost any situation it is easy to lose the tuning of mind which is that tuning of yourself that holds remembrance that the "I" of you is an "I" that is far more than the personality shell and that self which lives the surface life. Who is truly living your life? Infinite Consciousness would like to live your life. It is a matter of getting out of Its way.

Those who remain silent may be those who have the most wisdom. Those voices that speak the loudest in your society may well be those voices which offer the deepest confusion. Consequently, we encourage your appetite for the silence. We encourage plunging into that muscular silence that is the speech of the one infinite Creator and going as deep as you can, for as long as you can, whenever you can. If you only have thirty seconds or two minutes, or five, you may visit the gateway to intelligent infinity. Take the time whenever you can to release your energy body from its varied strictures to refresh it, open it up, and when you find yourself in the open heart, we greatly encourage your sitting there for a while with that one great original Thought that is love itself. Rest in

the love that lies within the heart and know that it is the truth of you, it is your deepest self. And then go forward in your armor of light, knowing that those things which are of Earthly origin will express as they must and that all things that live shall die and all that passes from illusion shall once again come into being. Rest in those cycles that lie beyond sense. Rest in that mystery that lies beyond mind.

In order for personal learning to occur and in order for you to do your service we are always happy to join you in your meditation in order to deepen that state of meditation that you may enjoy. And there are many entities in the unseen worlds which are alert to those who seek in various directions. Consequently, it is a matter of knowing that which you are and that which you believe and then asking for help from those structures within which you feel comfortable asking. This instrument would call the help angelic. Others would describe various entities of various levels of the inner planes by various technically more accurate names. Our point is simply that there is tremendous energetic help for those who have [become] clear as to what it is they seek, who it is that they are, and why it is that they have chosen life at this time. Move into a feeling of as full an awareness of the self as can be had. Ask for the help that is there. And then find that courage which releases the self in a state of complete vulnerability to face the next moment without preconception.

I am Q'uo. We would once again thank each present for inviting us to join you in your circle of seeking. We are always overjoyed to be able to join this group and we look forward, as you would say, to these gatherings, though forward is perhaps a misnomer, for we live as one being, at one time, at all times. The illusion which you now inhabit is one which plays a trick, shall we say, in order that you may do a certain dance, make a certain choice, give of yourself in love and move one step further in your union with the All.

At this time we shall take our leave of this instrument and this group. We leave each, 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, my friends.

NOTES TO OUR READERS

L/L Research will be switching over to an on-line-only newsletter format with this issue. Consequently, Light/Lines #84-85, the issue which you are reading now, is the final hard-copy issue to be mailed out from L/L Research!

We will be posting future issues of Light/Lines on our website, www.llresearch.org. To find the latest issue, click on "Newsletter" in the green menu strip on the left.

If you would appreciate the service of having the issue e-mailed to you when it becomes available on the web site, please write in to us and register a request to be put on the list of those wishing to receive issues on-line. We will handle this through our new L/L Research activist site, www.bring4th.org, which is currently being constructed.

If you have subscribed for hard-copy issues lately and are not satisfied to have them available on-line, please send us a SASE and let us know how much we owe you.

L/L Research welcomes its newest member, Gary L. Bean. Gary moved from Ohio to Louisville recently to join us. We have put Gary to work and welcome him with much thanksgiving, for his loving energy is truly sunshine for all of us. David Wilcock and Vara Lyngklip have weathered the first three months of apprenticeship here in the Magic Kingdom with commendable panache, and we know Gary shall be

doing the same. It is a time of much change here, as the physical plant of our home gets taken apart and restocked with all our treasures. We gather to serve. Our first effort together, other than the Global Shift conferences, is this bring4th web site, and we hope to announce its opening soon. We envision it as more of a personal site for the incarnate, living L/L Researchers and fellow travelers, with regular journals and periodic articles written by members of L/L Research, a reader's forum (b4um), with Gary Bean moderating a roundtable discussion group, intended to create the feeling of an on-line ashram. We're looking into doing a weekly live chat, as well as other ways of sharing open hearts with our spiritual community. If you are interested, or would like to help, please write to www.llresearch.org and register to be included in mailings about the new site.

All announcements of upcoming lectures or workshops will be made on all three web sites, www.Ascension2000.com, www.llresearch.org and www.bring4th.org.

We are currently on summer break at L/L. Public meetings begin again the first Sunday in September 2003, at 4:00 PM. Please visit our site if you wish to contact, order from or visit us. Please contact us first if you would like to plan to visit, and if so, please plan to spend your nights at a nearby inn, as we have a full house here at the Magic Kingdom these days!

We wish you a glorious summer full of love and light! ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 2003, NUMBER 87

THE VOYAGER

October 5, 2003

Group question: We are going to take potluck this evening and hope that Q'uo will speak to the group energy. We've gone around the circle today and we've shared a lot of very intense, interesting, involved and complex information dealing with personal lives, opening the heart, and new directions, and we would like Q'uo to take a look at these energies, look at our hearts and speak to the concerns that are foremost in our own spiritual journeys.

(Carla channeling)

We are those of the principle known to you as Q'uo and we greet you in the love and in the light of the one infinite Creator, in Whose service we are and in Whose service we delight. We thank you with all of our hearts for calling us to your circle of seeking this day and are glad to share our humble thoughts with you as long as each is able to agree to listen carefully for those thoughts that appeal and those that do not, keeping the first and leaving behind the second. We appreciate this, as it gives us the freedom to speak our minds and share our opinions without feeling that we are attempting to infringe upon your free will or to speak as authorities since we honestly feel that we are not authorities but friends. We offer our thoughts with a hope that they may help, that they may be of service, and that they may be useful in your process.

But, my friends, that is that which our thoughts are made of: process—ours, yours and the Creator's. It is unknown to us, just as it is unknown to this

instrument, what we shall say at any particular session of working. When we are given the opportunity to speak according to the energy in the circle, it is a marvelously freeing thing in that it enables us to lift from the logical association of subjects into a more feeling and sense-oriented way of attempting to work with those things which lie beneath the words, which can be used to describe situations, reaching down into the feelings and the structures of those feelings that have existed for some time and that have shaped those ears and those eyes that each of you brings to new catalyst, so that the person that experiences the momentary catalyst is experiencing that catalyst through the eyes of a lifetime of coloration. Many times the skill involved in processing experiences involves not accepting the first structures as being the whole truth of the situation, either its surface appearance or its deeper meaning. We thank you for lifting up from the iron grip of logical ratiocination¹ and intellectual processes. For when an entity is dealing with a new and unknown situation, as the one known as S has said, there is the desire to make progress. And in that desire to make progress, the ruthlessly literal third-density biocomputer/mind, as opposed to the consciousness of each entity, wishes to apply logic to those things which defy logic because of their novelty. When one is wishing to begin a new structure, certainly one may go into the work having some idea as to what that new structure will be. For instance, this channel had spoken earlier concerning the way a new structure of a spiritual circle or a communal spiritual group might be organized,

¹ ratiocination: the act or process of reasoning or of deducing consequences from premises.

pointed and motivated. Yet, because of the fact that this is a structure that has yet to be built and because of the fact that it can only be built by those involved in the new structure during the catalyst and the process of so building that structure day by day, the grasping mind of the instrument has nothing immediate upon which to take hold.

Similarly with each within this circle who is beginning a new pattern, it is as that entity who is moving into a new abode, a new structure within which to live the entire gamut of third-density incarnative life from the smallest, simplest and most nitty-gritty of chores and activities having to do with the natural functions of the human body and fulfilling the needs of the human body for sustenance and warmth, all the way to the most abstruse imaginings of one who truly desires to make of the life a gift to the Creator in so many ways, small and large. Each within this group gazes now at a life that is completely new. In many ways this is beginning to become the standard situation among your peoples at this time. For, as many in the group have noted in the conversation preceding this meditation, the world is moving ever more swiftly and ever more intensely in its great rush towards the culmination of what this instrument has often called third-density life. We are not saying that there will come a great catastrophe and all will be finished. However, we are saying that the energies that are moving into place in order to birth the fourth density of your planet Earth move in ever-decreasing circles of attraction to that moment when fourth density shall be the officer of the day, shall we say, rather than third density. There shall be a time in your not-too-distant future when those efforts that you have made to become aware of what it is to open the heart will have culminated in that which can be done within incarnation in third density at this time upon your planet as you know it. Beyond that point there well may be years and years of service and learning for those within this circle. However, the nature of that learning and the nature of the service will no longer carry the burden of the attempt to graduate from third to fourth density. For indeed, those who are able to live in an open-hearted way to a sufficient extent during this time of transition will be able to live within the fourth-density atmosphere.

However, those who are not able so to begin to open their hearts will find that the difference between the

vibratory level within the consciousness and the vibratory level within the environment shall be great enough that the discomfort of living within the fourth-density Earth energy shall be too much for the physical vehicles to enjoy without significant distortion, which shall in many cases shorten lives that would otherwise have been far longer and more open to many options involved in structures of those with open hearts. In this atmosphere it becomes more and more obvious that, in the face of new structures, there is only one directive that we may offer that you may trust completely. That directive is to open the heart. This instrument said earlier, speaking for herself, that she found it impossible to keep the heart open for a prolonged length of time; that there was the natural cycle of ego and so forth that would call to any seeking soul those temptations that would take love and replace it with fear. And such temptations are many and varied. Some are obvious, some are subtle. The true nature of such temptations becomes clear usually only when one is in the middle of having closed the heart and then having discovered the closing of the heart and beginning to work backwards from that place of being stuck, or being over-stimulated, or being blocked, so that the uses of hindsight may help the seeker discover the genesis of the conflict that has caused the previously open heart to move once again from love to fear.

We give this instrument the picture of a moonlit ocean. The water is black, sparkling with that infinitely subtle pattern of white that comes from starlight and wave motion. The roar of the ocean, being so familiar, becomes silence and the pounding of the deep becomes stillness. And the soul, in its frail barque, is as the Indian braving the ocean in his canoe. How dare such a feeble and easily extinguished light set off into the darkness! There is the guidance of stars and the song that is not heard but felt, of the ocean speaking to itself, of that great power and magic of water hoarding its information, rolling with the movement of the stars, responding to each and every cosmic energy. And these subtle but very real energies strengthen and focus the attention of the Indian in the boat in this tiny bark canoe. Does this entity, this representative of the seeking soul, choose to have fear of the deep? Does this entity choose to share itself with the deep? Where is this entity going?

The stars do not concern themselves with the movement of the canoe. They smile their cheerful smile, coming from out of the past and into the future with their light and their information. The energies of fire gently wrap themselves about this figure as he allows his craft to move with the waves or attempts to direct it with his paddle.

Each spirit moves across a great and infinitely deep ocean of energies and structures and these entities and the structures, in their shadow form, have form. In their less shadowy reality, which is still illusion, they have no form, but only the shapes of the feelings that have been experienced while working with the moment and its structure and its past, its present, and future. We might suggest to each the growing familiarity with each thought, especially those thoughts that repeat and reappear in the mind. It is well known, in many different ways, that what one says to oneself is heard. And we would take this opportunity to say once again that each of you is a powerful and magical person. Each has words of power and each has been speaking these words of power to the self for many years. In many cases those things which have become habitually said to the self have to do with structures that existed far into the incarnational past of the seeking soul and voices that originally were outer voices—the voices of parents, teachers, authority figures and friends—are allowed to become those voices that have been internalized and validated by the self, not to the self's advantage but indeed, to the self's detriment.

Some examples are quite obvious. If this instrument says to itself each time that it forgets something that it is a fool, it will not only be forgetful but it will feel unworthy². Take this example and apply it to those things which each says to herself. They may be true in a literal or surface way and yet, as you note those particular truths, is there a positive advantage to prioritizing this information? What is it? If there is a positive way to absorb this information, has the voice within you found that positive way or has it allowed laziness and carelessness to blunt the great power of choice for you? Choose carefully that which you communicate to yourself about yourself and, if you find yourself moving into patterns that create feelings of unworthiness, stop; not to correct what may be a true set of facts, but rather to gaze at

that little node wherein lie the nerve endings from the past, the circumstances of the present, and the ideals and hopes of your future.

What can sitting with this node of activity and process yield for the honest and, in a way, ruthless seeker of inner balance? In each case where there is a perceived node of feelings and process, there is pay dirt. There is treasure to be found. And it is worth the time that it takes to rest within that pattern, in terms of being able to become more and more skillful in knowing the self and in seeing those habits and triggers from yesteryear, shall we say, that have crept into the present mechanism of the way the mind works, hears and sees; all of which are choices very much up for grabs many times. It is not that we wish to cause self-doubt or to invalidate the thoughts that you have and the feelings that you feel. Rather, we ask you to stay with them, to experience through intensity and time, allowing energy to move as it will and as it must, neither hurrying it nor resisting but rather embracing it with as much love as you can and thanking it for the opportunities, be they challenging or pleasant or elating, as they come up and as it is time to deal with them.

Keep in mind that no matter what it feels like you are never running in circles. You are always on a spiral. You cannot stay in the same place. In terms of physical things, certainly, an entity can choose to stay in one place and end up pushing up the daisies not ten feet from where he last went to sleep. These things are possible for the physical body. However, your spirit, that consciousness which is part of the Godhead principle, cannot stay still. It can move forward in a direction that seems fair or it can move forward in a direction that seems de-structuring and debilitating. The one thing that the spirit can not do is stay in one place. Like the water upon which this barque of being flows within incarnation and out of it, there is no staying still. Even when one is moored, one tends to go to the ends of the mooring rope, as the influences in the water move that spirit evermore, not resting, not stopping but moving with the gentle patience of eternity.

Let the sun be away when it seems to be night and let the moon be that witness that says to you that the sun is a reality that shall cycle into the awareness once again, in its time. Allow the roll of the pain that you are experiencing to continue so that the night hours are spent in an engaged and embracing way that enables one to be grateful for the

² The instrument has a lifelong absentmindedness in her personality makeup.

sleeplessness of the dark night of the soul. Know, by the moonlight, that there is a sun that is still reflected into your node of catalyst. And let that reflection, dim though it may be, be that witness for the light and love of the infinite Creator and the rightness of the plan of the Creator for you. Then you are able to release the fear of the night and the fear of the water and the fear of being at the mercy of an ocean that seems, at least on the surface, to be a dangerous place to be. This instrument would say, "life is hardball." There are no soft pitches for the school of love on planet Earth.

The tangles will come. This is why you jumped into Earthly incarnation. You were not unaware of the difficulties of living within an illusion and being cut off from that embedded knowledge of rightness and goodness and identity that you have lost in entering the Earth plane. These things are now unprovable, unknowable and only trusted by faith. We speak of a mystery. It is a mystery that necessarily involves both suffering and joy, both the deeps of night and the brightest noonday. The contrasts are amazing and as this instrument said earlier, it is a very bright experience within the Earth plane in these days of great light, both for service to self and for service to others. Entities all about you, and you, yourself, are attempting to deal with a great bounty. That bounty is an opportunity to move profoundly within a short time both in learning and in service, beginning to move from [being] one who does not use the paddle to one who decides upon a course and indeed starts applying the paddle with great diligence and passion.

As each of you becomes more and more familiar with the way the new structures of being and living feel, each will have many opportunities to get to know the self better, to become more self-supporting, to fall in love with the self, as this instrument would say. May you find the self that you are to be half as beautiful as we find you to be. As you begin to see more and more clearly into yourself, you shall indeed see things in yourself of which you shall not be fond. We ask you not be discouraged. Each of you has all things within. To expect never to encounter the shadow part of self is to expect far too much from the very dynamic energies of any human existence within illusion. The creation is designed to bring you out of yourself and into empty rooms where there is as yet no structure. Let those times be your friends, for they are part of a greatly beneficial and satisfying process.

We would at this time open the meeting to further queries if there are any. Is there a question at this time?

G: Q'uo, if it's possible could you describe to me what I faced within myself two nights ago during an hour and half bout of tears and if an experience like that is something that should be sought or should be allowed to happen as it comes on its own?

We are those of Q'uo, and are aware of your query, my brother. We may say about your experience that certainly it includes those things of which you are letting go, those shifts within your own definition of yourself that require the loss of structures that were in place and that are no longer appropriate. We may also say that it is extremely positive to move through such times and we see, in the way that you shepherded yourself through this time, that love of self that opens the heart and teaches it how to love others as well.

The time of such movement cannot be planned. It is only necessary to set the mind towards service and love and the heart towards living, open and vulnerable to the catalyst that arises in a moment. The natural rhythms of experience shall bring to you those moments as they are appropriate.

May we answer you further, my brother?

G: No, that was excellent. Thank you, Q'uo.

We thank you, my brother.

G: I am full of questions! Q'uo, if an entity's power is not "over" another, or even over oneself, then what is truly the power of a positively-polarizing entity?

We are those of Q'uo, and are aware of your query, my brother. The power of a service-to-others entity is that power to love without reservation. The way of love is simple in the extreme in its effect. However, as the one known as S noted, in the energy system of a physically incarnate entity, there are many ways to become hindered or blocked, in which one becomes the one who cuts off the power for oneself. There are many ways to choose to diminish the forces of love within the self. It is a challenge indeed to find those ways in which love has been too tightly held or too dearly given, given as a miser or a pinch-penny, or given without thought when thought might create a better gift.

The province of power is the province of essence. The basic source of power is that knowledge of self that enables one to stand on one firm place and say, "This is who I am." Once that becomes a joyful and amalgamated, integrated sense, there is within the self a metaphysical center to which an entity may return by taking thought. What is the use or the goal of power? For service-to-others entities it is the power to help others. For a service-to-self entity it is the power to manipulate the environment for the benefit of the self. In both cases there is an environment to be manipulated. For the positive entity, that which is to be manipulated is not physical but rather is the stuff of consciousness itself. Therefore, an entity seeking power in the service-to-others polarity shall be seeking to know in order to serve and to create changes in consciousness rather than changes in status or other aspects of a physical environment.

May we answer you further, my brother?

G: Before I ask again, I'd like to open the questions to anybody else that may have one.

(Pause)

G: Okay, Q'uo, assuming that the work of power is the work of higher energy centers, I know that green ray is the great resource of all spiritual work and that the blue and indigo-ray activities await only the will of the seeker once green ray has been activated. My question is, the moment that love is felt, can an entity "move up," so to speak, and immediately do blue and/or indigo-ray work in that moment, if only for what I would call a short period of time? Or does the state of the open heart need to be reliable and consistent for work to proceed into the higher rays?

We are those of Q'uo, and are aware of your query, my brother. The ability to do work in consciousness is momentary and there can be times of brilliance and clarity for any soul who is able even momentarily to enter the heart. It is to be noted, however, that the more work that is done in the first three energy centers, and that on a daily basis, the more opportunity that a soul may have to rest within the open heart.

The stumbling blocks to living open-heartedly are only partially "out there," only partially the effect of catalyst that is incoming to the consciousness of the seeker. Again, the places where energy is held in the energy body often have to do with the past and those

things that are, to all intents and purposes, dead. Yet, somehow, the function of memory has enabled them to have a spurious and untrue life within an entity, which has for the most part moved from those stumbling-block areas of misperception concerning the self.

When the evening of the day comes we have recommended before through this instrument that it is well to examine, as one may, the points which hooked one during the previous day's experience, either for happiness or for woe. Gaze into the way the mind works when it is triggered. Find those triggers. Name them. Get to know them. Begin accepting yourself for having them. Begin attempting to create for the self a safe place where these things can be looked at ...

(Side one of tape ends.)

(Carla channeling)

... for however long they need to stay. In reality, much of getting to know the self is not pushing the self around as much as it is gently sitting around the campfire with all of these different parts of self and allowing each to tell its story. For there is good in many different points of view within, all of which may come together in ways that are not helpful. Yet each item within the mix is helpful to consider, helpful to gaze at, perhaps over time. It is a subtle thing to become more familiar with the self without judging the self, and this is the goal of one who is attempting to free up those stuck places within. Once one is relatively balanced within the energy body from red, orange and yellow then the heart is able to get full energy and that full blast of unconditional love that the Creator puts out in infinite quantity and quality at all times. Energy is finally able to move through into the heart in a powerful way.

Many who attempt to do work in consciousness are working on that green ray, working to get the heart to open, without taking the tedious and often unrewarding time to enter into the self in an ever deeper way, making the connections that explain patterns that are long-standing and gradually finding ways to remove the triggers that are hidden within everyday experiences and processes.

We find that this instrument's energy begins to wane and so we will leave this group at this time, thanking this instrument for its service and thanking each

within the circle for the crystalline beauty of their beings. Your colors and energy are beautiful to us in ways we cannot ever express and our love for you is great. We thank you for your love of seeking the truth. As you seek, every door shall open.

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, my friends, adonai.

NOTES TO OUR READERS

We are excited to offer our first issue of *Light/Lines* since we moved to an on-line format. If you are receiving this by e-mail, it is because you have written in to ask us to put you on our auto-send list. If you are reading this on-line at www.llresearch.org's site, we encourage you to download and forward the letter if you wish to do so. It is free, and since each issue is a PDF file, the looks of the newsletter will remain just the same, except for the crinkles one sometimes sees from imperfect mail delivery! We hope you will enjoy the letter. Its beginnings, 20 years ago now, are far in the past, and we continue to look ahead, embracing this new technology that allows us to communicate directly through the e-waves rather than by snail mail. The only exception to that is a group of prisoners who do not have computer access by virtue of the nature of their incarceration. As these people have written in to let us know of their dilemma, we have formed a special data base of their names, and will print out and send the issues through the mail to them when we offer a new one.

November 8, 2003, has astrological importance, according to esoteric astrologists, as a point of completion of a "Star of David" pattern that creates a moment of harmonic concordance. We have been asked to have a special meditation that day to help unite many synergistic energies on behalf of this converging pattern. Please join us in mind at 4:00 that day for our special time together, and may we link in a great upwelling of love for the planet, its peoples, and the plan.

We are happy to announce the second printing of *A Wanderer's Handbook*. It feels great to see the book being well received and used.

Having moved through the first two-thirds of L/L Research's house renewal project, with the first and second floor repairs complete at last, this now-six-

months-old crew is heading to the basement to create better rooms for Gary Bean and Roman Vodacek. Send us good thoughts as we hammer, nail, ceil and clean, clean, clean. Hopefully, by Christmas the crew will be on to less physical and more metaphysical service to others!

In that vein, we note with joy the beginnings of Mr. Bean's editing stint, checking footnotes for the gargantuan, unabridged *A Wanderer's Handbook*. As you may know, we had always intended to put the full version of that work up on our site, but the creative work ground to a halt with the events of the last six months! My last work was to end Chapter Three, which leaves Chapters 4-16 for Gary to check, and for me to go through for final copy additions. Lend us both your prayers for speedy hands and eyes and gifts of energy and time! We shall move as quickly as we can.

We are going to make a T-shirt order soon, so if you are an L/L Research T shirt fan and are hoping to see shirts in a color we do not have, please let us know and we will add your requests to the order.

News on the new web site is slim, since the crew has wisely accepted the fact that they cannot turn full energy to this new project till our internal system gets "on-line." So please keep sending us requests and ideas for our "activist" web site, www.bring4th.org, and let us know if you would like to be part of the expansion and maintenance of that site. We hope to announce its full activation in our next newsletter.

For those who have been thinking about being part of a group designed to create more Confederation channels, we still hope to start that in late 2004 or early 2005. Our list of names includes four people so far, which is most of what we can accommodate. Please let us know if you would like to be considered as part of that group, realizing that there would be substantial effort involved, and cost as well, unless you were able to live in the Louisville area, as we will be meeting at least four times a year for a period of several days.

We would like to introduce you to our newest L/L member, Lone Bear, known also as Bruce Peret. He is joining us at the beginning of November. Bruce hails from Wyoming, where he has lived for the last year in a cabin he dug out of the plains. Moving from his cave home to our shack on the wilderness farm of Avalon, L/L Research's retreat property, he

will bring with him equipment to improve the farm and its very rugged, half-mile access road, which winds down a ravine's side at a steep grade. He will be keeping warm this winter with good work and an ample supply of firewood and kerosene! Bruce's career specialty is technical work, like so many engineers, physicists and other scientists who seek to earn their way. His heart, however, is full of Larsonian physics, and he took time off last year to write a book about his work with the "reciprocal system" of physics that the Ra group called the most close to accuracy available on earth in describing the make-up of our universe. Lone Bear is a shaman, a Harley Dude and a member of the Elder Race, which means that his goals are one with Wanderers everywhere. His love with and contact with Gaia is profound. Please check out his most interesting essay on the Elder Race on the bring4th site. ❁

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 2003, NUMBER 88

THE RICHES OF THE SHADOW SIDE

December 21, 2003

Group question: Today we are taking pot luck, so, Q'uo, we would be glad to hear anything you'd like to share with us.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you today. We thank you for the great privilege of calling us to your group by your desire to seek the truth. It is always a pleasure to be called to this group. We would ask only one thing of you and that is, as always, that you listen to those things which we have to say with a jaundiced and careful ear, being quick to discard and toss away any idea or thought that does not suit you and keeping only those things which seem to you to have resonance and a personal meaning that speaks to you specifically. We feel that we are no authority figures but rather those companions who walk with you upon the road of the seeker. If you will guard your own thought processes, we shall feel free to share our thoughts with you without being concerned that we infringe upon your free will.

We find that this group does not have any opening question for us and that gives us the opportunity to move into those energies that are unspoken and that may perhaps be addressed in a less than specific and direct way by those things that we might share. We are aware that the energy of the time you call Christmas is very much within this group and within your culture at this time. And it is interesting

to observe the lack of joy with which many entities approach the dark times of winter solstice, for indeed that is the energy of this particular season of the year, that energy of the dark and the sleep of hibernation and winter. It is a time when it is very easy for those entities who are close to passing from the incarnation to have a more than usual opportunity to greet the dark, with its invitation to all to come and be a part of that darkness. It is a seduction that brings many to that passage betwixt incarnation through what is called death to the next stage of consciousness for that entity. The inner planes having received all entities who pass through the gateway of death, it is then the opportunity of each entity, having made that passage, to discover, for himself and herself, what the next step is. Is it a step of healing, a step of review and examination of the life just passed? Or is it, in some cases, that entities who pass through the gates of death are quite conscious of the opportunity being offered to work within the inner planes and so are most eager to move on into new work, new projects, and new service?

For those who are at all drawn to the dark, this is that time during the season of the year when that invitation will seem more seductive than usual. It is, paradoxically, a time when the deepest impulses of entities are to lighten the darkness, to energize that darkness with gaiety and noise and movement, as if such hectic pleasures might distract the souls dwelling within from their preoccupation with the gathering darkness. That invitation, that seduction of the dark, is often [set] very deeply within the gaiety of your celebrations. It is as though the energies of humankind, not knowing how to

cooperate with the darkness, find it necessary to throw up defenses against the darkness and deny the reality of the darkness. For darkness is not simply a physical thing. It is not simply the absence of a sun body within your atmosphere. Certainly that physical darkness is a huge part of the way darkness feels, that experience of the lack of light. Yet, the energies of this season are more than, and other than, physical. In part, the darkness that is physical darkness is complemented or paired with the shadow of self, the darkness of self, that with which entities such as this instrument would always prefer not to deal, because it is, while undeniably a part of the personality, not considered a desirable part of the personality. We feel that perhaps this might deserve a good look, this attempt to make all things bright, to lift everything up to the light, and to have a merry and a happy season.

Certainly each within the circle has experienced the hectic nature of this particular season in, as the one known as T said, the cycle of Christmas and Christmas doings. The one known as T was saying that it would seem obvious that entities could wish each other good and send thoughts to each other without the necessity for purchasing items, without the necessity for getting certain items and yet, year upon year, and century upon century, entities faced with the shortest of the days and the longest of the nights of the year turn hungrily towards the festivities that make a brave show in the face of all of that darkness and shadow.

Let us look at the story of Christmas, in that it is a story with darkness within it. The biblical story that this instrument knows from its Sunday school has a beauty to it, the beauty of innocent birth and angelic visitors and wise men of the Earth who also come to honor a tiny child. Yet, it is perhaps not emphasized, but certainly part of the story, that the mother of this entity, the one known as Jesus, was brought to childbed without the convenience or the respect of having been married first. Further, this entity was then asked to marry an older gentlemen who was not particularly amused by the pregnancy that presumably happened by spirit's hand alone. And further, in the very last extremities of pregnancy, this odd couple was forced to travel in the middle of winter, in inclement weather, to a place where there was no bed waiting for them at the other end, so that when the one known as Mary gave birth, it was in a stable and the infant Jesus slept in a manger that

was full of hay. These details speak of the physical and the metaphysical darkness of the season, the inconvenience of spirit, the demands of the spiritual life, the demand of this infant to be born—not waiting for marriage, not waiting for propriety, but insisting upon being born, in the darkness, in the cold, in the stable—without convenience, or planning, or foresight. Simply, “It is time, and now I shall appear.”

Such is the nature of your own spirit. It is nurtured in the darkness of the season and you are brought to childbed with it as the timing of your own process pulls you into new birth; the birth of your own spiritual self, within incarnation. For that is one of the great values of being in incarnation. You are able, when you become conscious of the situation of incarnation and its advantages, to determine within incarnation to awaken that sleeping soul within that has been brought along into incarnation within you but certainly hidden, sometimes fairly deeply, within the stuff of personality, culture and conditioning.

In the darkness within the self lie both the riches of the soul and the less appreciated of the riches of the shadow side of that soul. As you bring this infant that is you as a soul into conscious awareness and begin to nurture that part of yourself as if it were an infant that needed love and tending, you begin to pull that structure within you that is the witness to all that you undergo in incarnation into more clarity. It is that witness that can release thoughts of the darkness and thoughts of the gaiety and simply continue witnessing as that child within begins to express itself, to reach towards the light that it sees, to begin to have the energy and vitality to move upon its own and to begin to grow within incarnation. As you go about nurturing this beautiful portion of the inner self, we would ask you also to look very carefully to find the wolf that bites, to find the murderer, the thief, the adulterer; to find that entity within the self that truly does partake of the darkness of self-good, that part of selfhood that is self-involved, that has the impulse to think first of the self. This is a good time of year to focus into that neglected portion of the self and to invite it into the warm and gently lighted circle of your own heart's hearth.

It is as though there are parts of the self that have been denied because they are too dark; they are too seemingly selfish or evil or harsh or rough. And yet that whole entity which you are cannot function

without all, both the light and the dark, of its nature. Many times entities who polarize towards beauty and truth and purity feel that they must deny and leave behind those shadow portions of self. And yet we would ask you not to leave behind one iota of that 360 degrees of self that you do possess. For all of the voices within you, all of the 180 degrees of “good” and 180 degrees of that which you label “not good,” are necessary to integrate into one peaceful kingdom within.

Many are the times that this instrument has asked the question, “What is peace?” For she meditates on behalf of peace each night³. And one of the keys to understanding peace, the concept of peace as a living thing and not as a dead idea, is to realize that peace is the complete and harmonious integration of light and dark, so that all is in balance within the whole entity and all of that entity’s faculties are brought to bear on a situation; not simply those faculties towards the good but those faculties that might be considered towards the negative. For the thief, the coveter, the lazy one, all of those dark voices within, can be charmed into becoming the bedrock of will that puts grit into the expression of love that the “light” part of self has no trouble expressing. Yet when the going becomes rough, it is that dark side of self that is able to take hold in difficult situations and endure. That same darkness that could be the wolf that bites, then, has become the best support possible for the light. And this is the hoped-for result of an incarnation full of both the light and the dark as the seasons revolve and as the seasons of inner life revolve as well.

So we take this opportunity to praise the dark as well as the light and to ask each of you to work on embracing all parts of the self, loving, honoring and respecting each and finding ways each day to come into more conscious harmony of being. As you are able to find your kingdom within becoming peaceable, just to that extent shall you be able to be a force for peace to those about you. No matter how you strive, if you do not embrace the dark side of self, you shall ever be less of a messenger for peace and more of a voice that has not the force and directness to project into the Earth plane with all of its inner planes of energy.

³ These meditations are held each night at 9 PM, Eastern time. People from all over the globe join us, and you can, also. For more information about the daily peace/Gaia meditations, please see the Gaia Meditations section of our website.

This instrument’s head is full of angels at this time of year, the angels of heaven, praising God and saying, “Glory to God in the highest and peace to men of good will.” We wish you those angels, we wish you the truth of this precious dark time. May each of you move into that time with quietness and confidence, allowing the great washes of emotion and memory to move through your thoughts and your feelings, washing you and leaving you golden and rested and truly at peace.

We would ask if there are any queries at this time before we leave this instrument.

J: Yeah, Q’uo, I’ve got a question. The veil is very thin at this time and I was wondering what your impression is? I know it’s always a good time to meditate. Are there any suggestions that you could make? Is there a way to connect with the thinness of the veil, right now, today, tomorrow? Is there anything that we can do to share in that thinness?

We are aware of your query, my sister. Certainly there is truth to your concept. It is indeed a time when the energies of the Earth and its inner planes are very transparent to the outer world. The idea of meditation is certainly a good one. (We have difficulty imagining a situation in which we would say anything else than that about meditation!) However, one item that is possible in order to connect with the energy of this time would be that which this instrument would call a solstice declaration. At the solstice, it is a very efficacious time to express those things which you wish to give to the dark: the greed, the world hunger, the illnesses of the world and so forth, all of those things which you may consider to be less than optimal. These can be named and given to the dark and the health of this action is in releasing those energies from the consciousness within your self. It is as though this is a good time to connect with the energies that this instrument knows of as Shiva the Destroyer⁴, to hand those things to the Mother, as it were, that you wish to release from your self. “World hunger, I give

⁴ From the website, www.courses.rochester.edu/muller-ortega/rel249/siva/Shivahome.html: Shiva is the great Yoga ascetic, the Lord of the Dance. He is the universal teacher, the omnipresent and all-knowing. Shiva assumes all forms. Originally known in the Vedas as Rudra, Shiva is also identified with the god of fire, Agni. As the Vedic Rudra, Shiva appears to be a terrible god—the Destroyer—who always needs to be pacified. When worshipped, however, Shiva/Rudra becomes a beneficent deity.

it to the dark! War and the bestiality of war, I give it to the dark!” It is well to create more of a festive party atmosphere to this energy, so that those who take part in it may feel the joy of the release of these impressions.

May we answer you further, my sister?

J: No thank you, Q’uo, and happy winter solstice to you.

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

As we seem to have exhausted the queries of this group, we shall take our leave of you, thanking each of you for taking precious time to sit in a circle of seeking and ask. We are with you, whenever you would ask us to be, to help you with your meditation or to be a presence that makes you feel safer. You have only to ask mentally and we shall be with you.

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

NOTES TO OUR READERS

Carla and Jim have safely returned from a trip to, among other places, Hartsfield, Sussex, in England, where we shared meditation and offered a special (and unrecorded, sorry!) channeling for the meditation circle in that dear and lovely hometown of A. A. Milne’s, creator of Winnie The Pooh. Since Carla’s on-line nickname is “wol” (pronounced “owl” and taken from one of his characters), it seemed vastly appropriate that they visit Ashdown Forest, and watch the spring waters freshen on Pooh Bridge, although they did not play Pooh Sticks! They also visited Findhorn, where they talked with Eileen Caddy, co-founder of that now-venerable spiritual community.

It was particularly apt to have a conversation with Eileen, since in the last year L/L Research has expanded with all the force of a natural process from two long-time workers, Carla and Jim, to a crew of six, and soon to be seven. Clearly, L/L Research has become a spiritual community. They sought advice from Eileen on how to go on with this “grow-like-Topsy” start. Eileen’s message (to Carla, as channel and guide) was delightfully simple: “Center, listen to your guidance and follow it through, and BE your

work rather than talk-talk-talking! People will catch unconditional love from you with no need for words.” It was a heart-opening experience to be there, where, 41 years ago, she and her husband, Peter Caddy, started with one “caravan,” or trailer, in an inhospitable, sandy piece of land near the North Sea, and created what has become one of the most famous and beautifully developed and organized spiritual community and organic farm ever. Looking at Avalon, with its rich soil and its springs and creeks, they could see the incredible promise of this present moment!

It was a joy to be there, and all the places visited in England, Scotland and France, and the time away was a true tonic. They offer apologies to all who may have been frustrated trying to reach them while they were away.

Our new web site, www.bring4th.org, is coming along. Carla has been struggling to learn how best to use the help of all who have offered and the site is very much in a learning-and-growing mode. Her modest ability with computers has buffalooed her many a time, so if you, too, are hoping to help and are puzzled as to how, please just keep in touch with Carla (carla.l.rueckert@llresearch.org) as we get more organized by the day. Take a look at the site, by all means, to see what’s new—several more journalists have joined us, and we’re hoping to plan some new things, like organized live chats.

As well, please take a look at our resource site, www.llresearch.org. Our web guy has continued to edit and post archive channelings from ever earlier days. Ian is currently editing sessions from the year 1976—only a few more channelings, and two years, to go, and our site will contain almost every recorded channeling session of which Carla has been part since forming L/L Research. It is an amazing feat for our Canadian web guy, considering the hundreds of sessions and the 30 years that L/L sessions span so far.

We are happy to announce that we do have black T-shirts that have the L/L Research logo, and “ALL IS ONE” on the back, as well as the yellow and blue ones, now. Buying one of those is a good, quick way to help us. If you have bought all our books already but would like to send us a bit of a donation. They look quite cool. And many thanks to those who have simply sent contributions. We are most grateful to those who have helped L/L continue printing its

books and tapes and saving up to print new items we have ready to go. Three separate projects are in final stages of editing and checking, so future issues of this little newsletter will keep you all apprised of progress and when they are ready to publish. In all three cases, the actual work has been done, and now the text and so forth is being checked for accuracy. More news soon—watch this spot!

In “Magic Kingdom” news, the crew is working hard in the house basement, having finished one room there, and moved on to another. The flooring in this second of three areas targeted for improvement is now laid, the ceiling is going up and soon, we’ll be moving on to the very last of the re-do for the house. Next: the delightful, challenging project of repairing and improving our garage into a garage/guest house, for we need more beds for those who would volunteer to help us, and then, our attention is eager to turn to Avalon.

The Avalon project is still in the planning. We at L/L intend to spend time this spring questing on that 93-acre land, communing with it, asking it how we can best be stewards for it, and starting the careful process of evaluating soil and water to see what needs doing before we embark on organic farming there. Our eventual goal is to have a spiritual community at Avalon which operates our organic farming co-op. Both Bruce Peret and Vara Lyngklip have committed to preliminary work there, either late this summer or early in the spring of 2005. Working with these natural shamans, the teach/learning opportunities will be many, so we offer great riches! This effort, to be successful, will take years of work by all of us here and we will be looking for more people who want to work very hard for no money during the start-up. Let us know if this combination of hard work and spiritual teach/learning appeals to you. We’ve already had some interest. If we receive enough confirmations from people who feel they might fit there, we will organize a workshop at the Magic Kingdom to gather as a group and become more familiar with each other. We sense this situation may appeal very much to younger folks who have no career to leave in mid-stride, but who are in seeking mode. Please direct inquiries to vara@llresearch.org.

Writing this on Valentine’s Day (late for this issue, but then we registered as an “irregular” publication some 21 years ago), we wish you each and every one an open and loving heart, and those around you to

reflect the love you so generously and unconditionally give with your every breath. Thanks for all your heartfelt service to Earth and her people, and many blessings as the light waxes and the spring flowers begin to come forth. Join us whenever you can for the nightly “Peace and Gaia” meditations! ✨

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SPRING 2004, NUMBER 89

WHERE THE SELF MEETS THE PROCESS

May 18, 2003

Group question: Our question this week has to do with how we can maintain our spiritual centers in our desire to seek in a spiritual sense, when there are so many things in the world around us to which it seems to be necessary for us to pay attention in a very focused fashion, whether it is the children that we are raising, the family to which we are relating, the job that we are working, or the friends with whom we wish to interact. We would like any information Q'uo could give us about how to maintain this balance between the worldly things that seem to take so much of our time and attention and the spiritual things that we have to work so hard to make time for.

(Carla channeling)

We are those known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we are. May we say what a great privilege and pleasure it is for us to be able to share in your circle of seeking and to be asked to share, as well, our opinions concerning the balancing of the busy life between the two worlds of doing and being. In order for us to speak freely we would ask one thing of you and that is that you exercise the most stringent discrimination in listening to those thoughts that we share. We are not those of authority but rather those who are your neighbors, your friends, your brothers, and your sisters. We have perhaps walked, in your way of thinking, more miles along the road of spiritual evolution, yet we are not those who have infallible

opinions, but rather those who are like you: pilgrims upon the road, those who seek the truth. Therefore, in order for our reassurance that we are not infringing upon the free will of any, we would greatly appreciate your using the utmost discrimination in judging whether or not the thoughts we share may have some use for you. If they do not, please leave them behind.

We gaze within this instrument's mind for the flavor of the experience about which you question in this session and see that this instrument, as all of those within this room and indeed within your culture, has a marked tendency to find herself physically running out of time, not just from time to time but in each and every day, before the list of things that were hoped-for-being-done within that day is finished. And indeed, often in this instrument's mind, we see the rueful assurance that a hard working and productive day can go by completely full of hard work yet without even beginning to cross an item off the list of those things that the instrument thought that she was going to do that day. Indeed, the illusion is quite efficient in creating ever more confusion and ever more catalyst for growth, learning and service. As the one known as V has said, the universe is doing its job.

It is our feeling that each creates, before incarnation, a plan for those themes of choice within the incarnation to come being set as default, repeating markers within the life experience. Whatever the lesson of service is, whatever the lesson of learning is, these things are provided as if they were food. Sometimes the food is black and bitter fruit, or so it would seem within the physical life. And yet this

fruit is that which is prized in terms of its effectiveness in placing the essence-within-the-entity in situations in which the themes of the incarnation may be explored, and that which M called the processes of spiritual evolution may take place upon whatever level.

Certainly, most of the solid, serious work of spiritual evolution is done with conscious intention. But for the most part, in terms of the content and the substance of the work done, that work is done below the level of consciousness, fed by the intention as if the root or source of the stream were within the mental/emotional/spiritual worlds, shall we say, but springing forth into the life in terms of experience, intuition, dream content and so forth. Consequently there seem to be fountains of events of a certain type that periodically or perhaps constantly just keep coming, keep springing forth. And together with those sprays of the water of catalyst come sprays of the minerals within that water which are emotions connected with the events that are occurring, so that as you, as a soul, are flowering, these rains of catalyst and emotion come to feed the fertile soil of your learning. You have every opportunity to grow that crop of knowing, that crop of realization, what this instrument would call "grokking," that these themes that spiral again and again into the life experience help one to explore.

Let us take a step back now from this query and look at the entity that each of you is and how that entity experiences, or experiences not, what it sees, and stores in memory. Neither the present nor the past is in the kind of sharp focus that they seem to be within the physical illusion. The one known as D has pointed out that we do not see with our eyes nor do we hear with our ears. Rather, there is a kind of composite that is made up largely of pre-assumed vision, which fills in the background of most entity's organs of awareness⁵. But one is not seeing it clearly, indeed one may not notice a great deal of what one is gazing at because of the way the mind receives data and forms it into a picture.

⁵ This refers to the fact that we "see" through a digital process within our biocomputer minds which assumes, from general details of the sight presented to the eyes, the background to be of a certain place, and places that in our sight only vaguely, zeroing in only on details such as the identity of people in the eyesight range, what they are wearing or holding, and whether there is danger in the scene.

The structure of memory, similarly, is such that the true memory is being harvested to the soul quality essence or higher self of each entity and only the shadow of the experience, or shall we say a copy of the data, remains within the biocomputer of the mind. Consequently, much that floods the awareness is the result of poor or actually incorrect information. Therefore, the task of untangling one's organs of awareness from pre-assumption is a difficult one, a lifelong one, and one that cannot be done without help.

We encourage each in this wise, then, to pursue those resources that will aid in allowing the mind to reassess each pre-assumption that can be found within the mind, assessing it anew for its accuracy, its place within the value system which you enjoy and so forth, giving the self the chance to look anew at all of those things which you are quite sure you have gazed at already and concerning which, [you have] come to a settled opinion. Always, there is new truth for you in situations which are puzzling you. Always, there is a great deal of fertile growth which may occur rather quickly in understanding a certain structure which is puzzling, such as the challenge of the childrearing about which the one known as M was speaking.

The instinct is to assume, since one is within a physical body and it seems quite obvious that one is a limited entity and must take care for the self as a frail and limited entity, that one must be strong, one must be sturdy, one must be upon one's guard at all times. Upon one level this is completely and absolutely true. Within the illusion, in terms of extra pairs of hands, when there is one parent in a house with children, those hands need physically to be looking out for those children, doing what needs to be done for those children, and so forth.

However, your query concerns the state of mind within which these duties which are so dear to the heart may be done. It is not the chores themselves, as we gaze around this circle, that seem to be troubling the mind of any within this circle. Each entity within this sitting group seems to have a strong yellow ray, or physical/environmental presence. That energy is flowing well. There is not the begrudging of the working time, or the dislike of that which one is doing, to be stumbling block to enjoying that time of labor to which each has committed the self. Rather, it is the experience of each that the physical doing that consumes the time within the day also

seems to consume that space within the mind, the heart, and the being which is spacious and has that feeling of comfort and emotional security which gives one that point of view which is full of joy, cheerful and simply having a good time, having what this instrument would call fun with whatever one is doing. Once an entity has moved through those reexaminations of the default settings of the mind, shall we say, one is then perhaps more in touch with where the self meets the process of spiritual evolution today, at this time, at this instant.

Then the soul may begin to become conscious about its choice of points of view. The choice is not what it seems, for it is not the choice between one mental view and another. It is not a choice that can be pinned down to thinking one way or disciplining oneself to behave in one certain way. Rather, it is a growing awareness that the self is magical and the environment of the self is also magical. In the realization of the profundity and the depth of that magical self there comes a realization that much of the most important part of you, as you view yourself and your gifts, is impersonal, that you are living a personal life with perhaps 20% of your energy and living an imperishable, impersonal life with by far the majority of the life energy that is invested within the personality shell which entities relate to as each of you.

You are so much more than you seem. And so much of what each seems to be is only the shadow of the essence of the gifts that are burgeoning forth from that fountain of catalyst and emotion. Each gives so many gifts that each is unaware of through each day. Within the confusion and the turmoil of the rat-race, the crowded schedule, the endless chores, there is no end to the interaction which each has with all the inner sub-densities of this particular experience which you enjoy at this time. At the level where the resource of intent is most effective, intent may be set in such a way as to call in help which is unseen and which is the other side of the story of that physical persona which is flesh and blood and has only two hands and must be responsible. This help has no hands, has no feet, and for the most part it has no voice. This help is unique in its pattern, its structure, and its way of communicating to you. For each of you is a very special and eccentric kind of "energy ball" that draws to it, because of its beauty, entities from the inner planes which this instrument would call angelic, which wish to help. They wish to help

with gifts of spiritual presence, inspiration, laughter, healing, and any number of invisible yet very real sub-rays of that sun of love, that Logos of unconditional and infinite love. They will not aid in doing more chores more quickly, but rather the help, when remembered, is as that blessing which pours like rain upon the thirsty soul, smoothing and washing away the corrosive acid of catalyst and offering the healing balm, the inner touch of that company which touches the heart, enters the heart, and settles there, spreading like the balm of Gilead the feeling that all is well; in the midst of this chaos, all is well.

This instrument at one time had a motto that hung on her wall and it said, "Bless this mess." And we find that the energies involved in this sentiment have a good deal of the energy of which we are speaking: that feeling that it may look as though I am alone, and yet I am not; this may look like a mess and yet it is a blessing; this may look like confusion, yet all is well. The key to this expanded kind of awareness is remembrance. It is very helpful, as the one known as T said, to place within the consciousness little helpers that bring the mind back to the vital questions, "Who am I and what am I doing here?" Quite often, "Who am I?" is a very provocative question and very pointed. "Am I the mother? Am I the seeker? Who am I? What am I doing here?" Usually when that question is asked it is in the context of a relationship. And we may say that a shortcut to the second question's answer is to know that love is always the reason that each entity is in a given situation at a given time. Consequently, the question becomes, "Where is the love in this moment and how may I witness to it?" When that realization comes, the ensuing action carries with it the energy of soul growth. For in dealing with the practicalities of the small significant life, the fundamental bases⁶ for that life have been invoked and, consequently, the energy body is balanced within the awareness of identity and purpose.

We realize that it is most easy to lose sight of this identity and this purpose as being fundamentally spiritual and, consequently, if there are the heard signals within the day, such as this instrument's memory of noon whistles and bells to mark the beginning and end of classroom periods [or] the tones of the clock as it marks off an hour, this kind

⁶ Plural of "basis."

of sound is a good trigger to place within oneself, so that when one hears that noon whistle, one has a moment of memory and remembrance of who you are and why you are here. It is tremendously centering to have those moments of recollection and truly they need be no longer than a second or two, for to the soul who is eager the possibility of returning to that place of remembrance brings forth a quick and eager response.

Within each entity there is a link between that which is measurable and that which is not. Within the measurable world, within the daylight world of consciousness, entities have the opportunity to choose what they wish to intend. It is a choice which then may be held in remembrance, in intent. If, for instance, one goes into the sleeping state with intention to remember the dreams and explore them, that intention begins to have strength as the new resource is used. If one goes to bed and places a glass of water by the bed and then, holding that glass, one places the intention within that water that asks what this instrument would call the inner alchemist to supply those things that are needed for the next day, and then one takes the time simply to drink that water in thanksgiving and praise and in gratitude for the gifts that have been given, that intention sets into motion powerful energies which use the crystalline nature of the water to magnetize intention. Any opportunity that you as an entity have to remember such intentions are important to you. [As you] simply think upon them, each thinking drives the intention deeper into the subconscious processes that are powerful to prevail in the ways of developing spiritual clarity within one's life

Remember that the deeper self is seeing a different kind of light. The inner self is already dwelling within that state of knowing which exists within all densities but your own. The plants, the animals, dwell in a state of complete knowing that all is one, that all is in harmony, that all is working out as it should. Those within the angelic realms of your planet are also full of this consciousness. It within the physical illusion, that is made with the light of photons, atoms, molecules and much, much of what you call space creating this vast illusion that you now enjoy, that power is limited within the physical body. Within the mind, it is operating as the second density, as the fourth density, in a state of unity and awareness of infinite consciousness. In that light

there is no space. In that light, there is more peace. In that light which is that shown by unconditional love by the open heart, the stresses that wind one up like a spring are released gently and repeatedly as the moments of remembrance circle around and a deep breath may be taken in and out, pulling in the oxygen to the mind, pulling in remembrance to the intention. There is no physical action that is proof against the consciousness that is hungry to remember the vibration of unconditional love. In the seeking for that one great original Thought of love, the seeking itself develops its own answer within you so that as you seek, already the answer lies within the open heart.

We would at this time rest this instrument, for we feel that we have perhaps said enough on this subject to generate other queries and, consequently, we would at this time leave this instrument and transfer the contact to the one known as Jim. We thank this instrument and leave it in love and in light. We are those known to you as Q'uo.

(Jim channeling)

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

J: May I ask about something that came up in the channeling? It seems you can prepare yourself [for the] next day by thinking about what you're going to do before you go to sleep at night. In other words, let it work out through your dreams. Is there anything else that can be said about that, about the dreaming function and how you can best focus your attention on it to use it to work and serve and grow. If there are no other questions I'd be interested in hearing more about that.

I am Q'uo, and am aware of your query, my sister. It is well, if one wishes to work with the dreams, that one indeed prepare the self to do so. For in working with the dreams, one is working with the deeper portion of one's own conscious and subconscious mind. At this level of awareness there is a perception of experience as a whole. There is the unification of that which seems broken to the conscious mind that resides within the deeper portions of the mind. And as you are able to work with this portion of your own mind, you develop a pattern or relationship

which can be built upon, expanded and relied upon in all future endeavors. It is well therefore to, shall we say, convince the subconscious mind that you do indeed wish to seek that treasure which it has to offer. This may be accomplished by simple things that are repeated; that is, [make] the suggestion to the conscious mind, to yourself, as it would seem, that as you retire for the night and enter that state called sleep, you wish to remember those dreams which follow and that you have indeed prepared yourself to work with these dreams by placing, next to your sleeping position, the necessary writing utensil and paper or pad upon which you may record the dream upon waking. Perhaps, as you are more adept at this work, one or two or more times during the night you will be able to write the dream upon the pad, so that when you awaken in the morning, there is a written record that will, shall we say, jog your memory and allow you to access further information as you begin to ponder the dream, to think upon the dream and to record the dream. Record all impressions that come to you at this time and when you have more time later in your daily round of activities, perhaps you will be able to meditate upon the dream, its imagery, its message, [and] its importance. If you are able to make this time in your daily round of activities for this process, then you will find that the subconscious mind gives more and more symbology, more information, that you may use to unlock, shall we say, other doors within your mind which also have information which is pertinent to your query.

At this time we shall take our leave of this instrument and this group. We are those of Q'uo. We leave each in the love and the ineffable light of the one infinite Creator. Adonai, my friends, Adonai.

NOTES TO OUR READERS

(This is Carla writing.) Kentucky is so lovely in the springtime, with its flowering trees, balmy breezes and all the riot of spring bulbs up to join the wood poppies and honeysuckle! I wish you could be with us at this moment to take it all in and rejoice with me! Our little band of seven is celebrating the finishing of the house project, making the Magic Kingdom able to sleep seven instead of two and to support our common work. It has been over a year of constant, hard work, and we as a team have learned much about ourselves and how to work as a

group, in addition to knowing a lot more than before about construction processes. I was so fascinated to see a whole room come together from scratch, with framing, insulating, wiring, dry wall, mudding and sanding, ceiling, painting, and the fixtures placed. It seems so simple once it is all done, but there is a mountain of work in the summing of the whole. and it is done! We do give great thanks! Many bumps, bruises and trips to the chiropractor after ceiling work later, we have a home that is designed just for us. It feels wonderful to me!

Now we set our sights on two things: the garden to be made (and learned from) this summer here in town, and the future plans at Avalon. Certainly the construction there will begin by next spring, and in the meanwhile there is much to envision and plan. People are beginning to write in with an interest in being part of the hard work of our little group in opening up the project, working with the water and the soil to cherish the spirit of the land and get it ready to receive plantings. We would like to make a good organic farm there, using heirloom seeds and trying to create really delicious vegetables and herbs for the local wholesale and retail trade. We are assured of customers if we are able to produce good growth. However, we are not yet ready to plant, and the journey from here to there should be another wild ride of hard work and incomparable satisfaction.

Where does fourth density begin, except in our hearts and in the sacred places we make together with such love that fourth-density qualities may live and thrive? That is the inner intention we have for Avalon. Please check on www.bring4th.org for various members' views on this exciting project. To those who have contributed, with contributions and prayers, we thank you with full hearts.

We have welcomed Roman Vodacek home from the Peace Corps, and as I write, he is moving into his brand new room! He is engaged in the joys of looking for employment at the present, and settling in and establishing a schedule for his new life here. We are most happy and thankful for his presence here. It rounds out our very varied group to have his computer and engineering skills handy, and he is at present our only pilot, which might come in handy sometime! Romi has attended the meditation meetings and enjoyed the channeling of this group for more than a decade, and initially moved to the Louisville area in 1992 in order to work more closely

with us. It is his sure hand that has kept our growing computer network functioning through the years, and his devotion to the spiritual process is remarkable. Welcome to Romi!

Blessings to all of you. If you hope to order from us and wonder where our order form is, we no longer include them with each issue as there are forms available on line. There is one at www.llresearch.org which requires you to print out and mail or fax an order form, and at ascension2000.com/orderform-b.htm, there is an order blank for L/L Research publications that will allow you to use PayPal. If you do not have the use of a computer, just write us at P.O. Box 5195, Louisville, KY 40255-0195 to request a catalogue, or call us at 502-245-6495 if you know what you want to order. That is also our fax number, and we welcome fax orders, too. ✨

L/L

Carla for the whole group

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SUMMER 2004, NUMBER 90

WORKING WITH EMOTIONS

May 7, 2000

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

(Carla channeling)

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

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

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

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

This would seem to be a recipe for discouragement, heavy heartedness, and feelings of hopelessness. And yet the actual intent is the opposite. You see as the spirit awakens, this process of spiritual and mental evolution begins to accelerate. Whereas before awakening you were content to skate upon the

surface of life as though it were a pond, once you have awakened you are aware of and drawn to the depths of each present moment. The profundities, implications, resonances and overtones of each present moment are infinite. The learning in each present moment is potentially infinite. The gateway to intelligent infinity lies within each present moment. As the spirit awakens it becomes gradually more able to hear the far more complex symphony of messages that are coming in within each present moment.

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

There is another way to look at this process of learning from experience, and that is, shall we say, the way of the open heart, or the way of love. The religion which is known to this group as Christianity is a system of study, learning and worship which moves along this path of love or the path of the open heart. And it encourages the utilization of emotion. Now, let us look at why this might be. What are emotions exactly?

If you can gaze at the panoply⁷ and scope of your life experience, you can see a definite progression and coherent trail of emotions that are difficult and emotions that are wonderful. Both kinds of emotions have cropped up within the life experience in response to the difficulties and challenges of the incarnation and in response to the gifts and joys that are spontaneously given to the heart, whether it be the song of a bird, the smile of a child, a thought that is read in a favorite book or any other thing which has enlarged joy and encouraged faith within you as a spiritual seeker. For the most part it may well seem that the difficult emotions—anger, guilt, remorse, fear, grief, jealousy, pride, alienation—are very much in the majority, and that the joyful emotions are given out with the miser's hand. And, indeed, this seems unfair. What is the justification for the surfeit of suffering that each awakening spiritual seeker seems to face?

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

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

⁷ A panoply is a complete and dazzling array.

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

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

Each has felt those moments when a tiny thing triggered a massive flood of emotion. And when this occurs it is an excellent signal from the self to the self that here is a gift that is imperfectly seen, perhaps, but that is real. This moves into the experience as a done thing, as something that is felt, not created.

Emotions are messages from the unconscious or deeper self to the conscious self.

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

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

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

Consequently, it is simply more efficient to choose the way of the heart, in our opinion, and to see the goal, when working with difficulty, [to lie] not in

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

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

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

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

with these challenging and difficult feelings, to allow and even to encourage their movement through the energy system.

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

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

(Jim channeling)

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

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

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

Is there another query, my brother?

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

I am Q'uo, and am aware of your query, my brother. The purified emotion is closely related to that which we spoke of in your first query, and this is the untangling process which each of you goes through as you utilize the catalyst which is given to you in your daily round of activities. As you are able to see where catalyst originates, to see its effect upon you, to see your response to it, to see those responses which you have made previously—this ability to see the nature of your experience is also the process of untangling those emotions which are fused together, perhaps in a confusing fashion, so that you are able to separate anger from jealousy, from disappointment, from doubt, from hilarity, from rage, from all the various sources which may be a portion of your experience, so that when you have discovered the sources of your feelings you will have found the various threads that together form the fabric or tapestry of your lives. You will see what part each emotion plays. A purified emotion is an emotion that stands alone, that is itself pure, that has one source and one effect in your being. It is not blended with any other emotion. It is not confused with any other emotion. It is, itself, a thing in itself.⁸

Is there another query, my brother?

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

I am Q'uo, and am aware of your query, my brother. We may further confuse you by suggesting that [in coming to experience] the love and the light that each so values as fundamental portions of this experience that each shares, the purified emotion occurs as that kind of feeling that is so basic within one that one is able to see the ramifications of this feeling, its source, its object, its effect, its continued presences within one. And there is a kind of satisfaction that comes from so seeing an emotion that will, indeed, reflect to you increased amounts of love and light. However, the purified emotion is,

shall we say, a joy in that there is no confusion any longer as to its nature.

Is there a further query, my brother?

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

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

Is there another query at this time?

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

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

Is there another query, my sister?

Carla: Yes. His second question: "I would also like to ask what might be the effect of the May 5th

⁸ In philosophy, a "thing in itself" has meaning, and a fancy name, "Ding an sicht." A ding an sicht, or thing in itself, is an entity apart from any dependence on context.

planetary alignment and whether that might affect one's emotions?"

I am Q'uo, and am aware of your query, my brother. Again, we would recommend the same process be used for this event as well, for each of us creates the fabric of our experience by the expectations that we hold for certain kinds of events, of experiences, and of people. There are within each of us preconceived notions, shall we say, that we attach to certain events. Those of the astronomical and astrological and metaphysical moving together blend many powerful energies that only we can describe for ourselves. Thus, we recommend that this entity utilize the same procedure for discovering the value of this event which has now passed.

Is there a further query, my sister?

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

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

opposite emotion to arise within the meditative state so that you begin to feel another way about a certain situation, person or event. Then allow this polar opposite emotion to get as large and as powerful as it can. When this has completed its growth and presentation to you, then accept yourself for having both of these means by which the Creator may know Itself in you, in your experience. Thus, you have taught to the Creator that which you have learned within the situation and you have seen a fuller expression of natural emotion within your being as a means by which you know the Creator in you. Thus, you, working with every emotion that leaves its imprint upon you, are able to see the full range of your beingness, the appropriateness of each facet of emotion, the direction that each emotion points towards the heart of being, so that eventually there is but one emotion for [every] event, that being compassion, love, forgiveness, mercy, understanding—all of those qualities of unconditional love.

Is there a further query, my sister?

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

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

Is there a further query, my sister?

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

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

(No further queries.)

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

We are known to you as those of Q'uo. Adonai, my friends. Adonai.

NOTES TO OUR READERS

Greetings and blessings from the crew at L/L Research! The rain in Kentucky has drowned half of the crops at the Magic Kingdom, but our tomatoes look promising. The public meetings are suspended, as is usual, until the first Sunday in September, and except for personal channeling sessions, Carla is not channeling.

David continues to appear on shows like *Coast to Coast*, on which he joined Wynn Free last night to discuss the book he and Wynn together wrote, *The Reincarnation of Edgar Cayce*. David has been able to offer a much wider audience information about the Law of One as he makes appearances connected with the book. He also recently published a four-part series with Richard Hoagland on interplanetary climate changes and their significance, a series which has enjoyed wide circulation on Hoagland's site, enterprisemission.com. Much information about the Law of One has been seeded in this series as well.

Vara Lyngklip has been covering herself with glory in her quiet way, and to see the fruits of her fascinating work, click on www.bring4th.org, L/L Research's activist website, and take a good look at the Celtic knots that indicate each journalist on the site. Now each of these designs was original to her. Moreover, each design was executed by a pen which never leaves the paper, so that the whole design is made with only one "thread." Yet the finished designs are complex, intricate and quite beautiful. I love my own, which has a cross shape enlivened with hearts, and is colored just to my liking. What a treat to have these magical glyphs! And the magic is unique to L/L Research, rather than being borrowed!

The site has recently received from Carla's teacher, Papa, a series of letters created to discuss the way of the world seen from the point of view of the Law of One. It is material that is both quite wide in its scope and deep in its focus and content, and we hope you will take a look at his work. He is a special man, in the end years of a life wholly dedicated to service, and his thoughts are definitely worth a read. You may well disagree with things he says. Chances are that you will find much with which to agree also, and new things to think about.

As we encourage artists like Hanasura and Gerald McBean to place their images, songs and poetry on the bring4th site, we are beginning to be able to offer a site which has that feeling of embracing and sheltering love for which we hoped when we began. And with Jeremy Weiland now working as moderator for the forums, we will see much improvement there. We hope you will check the site out and participate as well.

On the llresearch.org site, our web guy, Ian, has been busy at work and quite a few newly transcribed sessions have been added to the site as our Transcription Project continues. If you would like to participate, please write to carla.l.rueckert@llresearch and request tapes to transcribe. Be sure to send your snail mail address in order that we may send you the tapes that need typing out. We still have about 50 tapes to transcribe, and could use your help!

The Avalon project has been put on hold while our members are working elsewhere, and will pick up again in the fall. It sleeps quietly in the summer sun and the soft, sultry breezes of Kentucky knobland, anticipating our energy returning there, and waiting for our stewardship. How we look forward to improving the water and soil of Avalon, learning more about biodynamic farming and walking with Joy, Beauty, Peace and Wisdom on its green and welcoming acres. The Garden of Eden has long been buried in history and myth, but at Avalon, the Garden archetype rises anew, a fourth-density enclave where spirits speak, devas dance and all is magic! This spirit has been awakened in Avalon as members have walked the land and talked with it. We hope to have work crews up at Avalon this fall, so if you would like to participate, please start the process of corresponding and getting to know each other. That does take a little time, and we look forward to deepening relationships with those who wish to be a part of this *beau geste*.

Have a wonderful summer! Much L/L from all of us.
✿

Jim, Carla, David, Vara, Gary, Bruce and Romi
L/L Research

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 2004, NUMBER 91

LEARNING TO DANCE WITH GAIA

September 5, 2004

Group question: We've talked a lot today about change: physical changes in our circumstances, moving to new residences emotional changes, finding out a lot more about our deeper selves, spiritual changes, and learning to experience the world around us in new ways on new levels. We know that the Earth is going through a lot of change, also, and as beings on a path of service, we would like to know how best we can serve Earth as she's going through her change.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in whose service we come to you this day. It is a great privilege to be called to your circle and we thank you so much for this privilege, and for the beauty of your souls as they sit in meditation. Truly you create a beautiful tabernacle made of your light, your seeking and your hope for the truth. We are so happy to share our service with you, which is to share our thoughts. It is for this reason that we are in contact with instruments such as this one and we do hope to be able to offer opinions that may have some benefit in your own process. But in order for us to have the freedom to share these opinions we would ask that you carefully guard the gateway of your own perception and do not allow any of our thoughts to enter those gates. They need to pass the most careful discrimination of your own senses. Listen for resonance. When you feel that resonance in those

thoughts that we share, then we welcome your working with those thoughts as may please you. Please, if there is no resonance there, if it has no feeling of being a personal memory that has somehow been reawakened, then please pass by those things that we say, for they are not yours and miss their mark and need to be left behind without a second thought. If you will all agree to do this mentally, then we will be free to speak with you without infringing upon your free will and your right to work as you need for your own acceleration of the process of spiritual evolution. For that is indeed what you are about this day.

Are you choosing to move a little bit faster along that infinite line that moves from the Creator to the Creator; from the Alpha of the beginning of this octave of creation to its end? All comes from that great potential that is the infinite Creator at rest. It all moves eventually back into the rest and the joy of ultimate unity. In between there are worlds and worlds to explore and the self is the Creator in all of those distorted ways of viewing the segmented or fractured creation. One falls through illusion, after illusion, after illusion to come to this precious moment, this illusion, this time together, this learning crux. As the one known as T.S. Eliot says, this "still point, where the dance is."⁹

You ask this day concerning how each of you may be of service to the Earth as it moves through its own changes, its own transformation, its own new life. For indeed there is a birth occurring in the world, in

⁹ From Eliot's "Four Quartets":

Except for the point, the still point,
There would be no dance, and there is only the dance.

the Earth, and in each soul that walks this Earth at this time. The very life that you live is a transformation. It is nothing more nor less than that, whether or not you choose to cooperate with this transformative process that shall occur, for it is the very warp and woof of the tapestry of your life. It is your reason for being here. You came to learn as well as to serve or perhaps we should put it the other way around, you came to serve but also to learn. It is impossible to look at one without looking at the other. They are like the x-axis and the y-axis of the grid upon which your tapestry is sewn. Stitch by stitch, color by color, and texture by texture, this is your life and you do have the power to create that life.

This is at the heart of your question, for it is what the Earth itself is doing. It is creating new life. It is creating from its womb, from that womb of space and time and process, that inevitable transformation that comes when one cycle ends and another begins. This is an appropriate and a just process. It is going remarkably well considering the difficulties with which your planet has been dealing in terms of the harmony of its peoples and what that is doing to the harmony of this process of birthing through which your Earth is going. Quickly examine the conversation, as it went about your circle this day, [for] the kind of challenges and new events that are occurring in the lives of each within this circle. These are not simple changes, nor are they all on one level. There are multiple levels and great subtleties and complexities in each of these patterns, as you are exploring [and] as this instrument is very fond of asking, who you are and why you are here.

These two questions are questions that she has asked several people recently in working through mutually discussed issues. Certainly it is a double question that she prays about in her own process each and every day, asking for focus, asking for the guidance of spirit on who she is and why she is here. For these things do not occur in a sequential process and then become finished. These are not questions you can finish answering within the confines of your present incarnation. The changes, the transformations, will continue. Certainly not relentlessly, moment by moment, but cyclically, so that there will be seasons of starting new seeds, seasons of fertilizing them and growing them, seasons of enjoying the abundance of full summer and watching the blooming and amazing growth and then seasons of reaping,

harvesting and separating the wheat from the chaff. There are also those very difficult seasons of emotional, inner winter, when waiting and patience are the watchwords and where the pattern is not yet clear. And all these seasons are those that will occur not in any tidy order but certainly in cycles that vary depending upon how open each entity is to change and how skilled each entity is in discerning pattern from noise and organization from chaos.

Much of the seeming richness of detail in most change is not pattern but noise. It often does not add to the process to enumerate, detail by detail by detail, the outward appearance of a process of change through which one is moving. Often it is a more skillful approach to rest and sit with the apparent chaos of a new situation, not asking at all for order but being willing to sit in that winter's patience with that which has not yet manifested, with those patterns which have not yet come clear. There is no rush. There is no hurry. There is plenty of time, for change can happen in an instant, in a heartbeat, in a moment's time, but it is waiting for that moment that takes the skill and the patience. Those moments will burst upon you and realization will occur. Suddenly you will begin to see into the kingdom of the present moment in a way that you were not previously able to do. It cannot be coaxed forward. It cannot be produced on demand. It only comes when there is a surrender to that process, a surrender that says, "I don't care how long this process takes. In for a penny, in for a pound. I am here. I feel this is the right place for me to be and I am content to sit here with this for the rest of my life, if that is what it takes for this pattern to resolve." There is tremendous love and faith in that surrender and there is courage in the ability to persevere, in the waiting, in the asking, and in the knowing, by faith alone, that meanwhile, despite all apparent difficulties, all truly is well.

Your Earth, left to itself, would be fine. It would be going through this process with ease and rhythm. And indeed, the heart of the Earth is healthy and is attempting to do so, to follow its nature, to follow the signals of time and space and its own process. It is having difficulties because of generation upon generation and empire upon empire which holds the value of fear, possession, aggression, conquering and the willingness to pursue ends regardless of the means for the sake of result. These disharmonies have produced a tremendous burden among the

peoples of the Earth who have experienced fear and anger and all of the harvest of a warlike and predatory culture.

From the beginnings of your recorded history, millennium upon millennium, your peoples have seemingly deepened their bias towards hasty and aggressive solutions to the differences of opinion betwixt those who were created as brothers and sisters of one flesh, one blood, one family. This has translated itself into the Earth itself as an increasing imbalance that generates a good deal of subterranean heat in the planet and creates an increasingly unbalanced energy situation which results in extreme violences of nature such as the hurricanes that you now are experiencing and the volcanoes which are erupting on your planet's surface at this time. As long as there is pain inflicted, [such as that inflicted] upon innocent school children, as has happened recently in your Chechnya, these energies will keep driving themselves deeper into the Earth and tending to constrict and make difficult the labor pains of Gaia, Mother Earth.

When groups such as nations and terrorists groups are in the news and washing through the media-driven culture of a great portion of the global surface, it may seem relatively improbable that individuals or small groups of people could make a difference in this picture. And yet we assure you that groups such as your own have long made a difference in this developing picture. It is not a new thing for groups to come together in order to generate unconditional love. The history of religions is rife with examples of groups who have been inspired so to get together and yet in many, many cases these groups have been co-opted by less than the highest and best interests of those groups of people. The energies of elitism and exclusion and divisions have crept into the unconditional love and compromised the light coming from these groups. Yet, somehow, in spite of all the resistance of an increasingly unloving surface culture, from the very heart and soul of each human there stems its divine nature.

The very nature of each of you is love. You are made of it. When there is a lack of that on the surface, you crave it, you hunger for it, you yearn for it and you know, somehow, that it is there. In the darkest prison, in the darkest night, in the deepest dark night of the soul, the spark of hope cannot be stamped out because your very heart is a lighthouse

and it will relight if you allow it the slightest bit of silence, the tiniest room to be who it is. How much time have you spent today simply allowing yourself to be? Do you realize that this bare allowance of the self to be is that food which the mother of your flesh needs from you? It is being, it cannot help wearing its heart on its sleeve. That heart of nature has been abused but it beats strongly. And it must be itself. It has no choice. It exists without illusion and though it is deeply wounded and greatly and increasingly suspicious of that human energy which wishes to help; nevertheless, it cannot help reacting to, responding to, authentic being.

It sees you as you really are, not as a collection of bones and flesh and muscle and gristle; not as a collection of words and poses and attitudes, but as that texture and color and form, that sense in which you are a living flower or a work of art, an essence, an aroma in the nose of the Creator. You do not know how sweet you are, how beautifully your odor mingles with the truth of the odors of each other entity within this room to create a bouquet that we cannot describe in its beauty. Each of you shines like the gem that you are.

How can you know this when you are in the midst of the illusion in which you cannot see the gems of your soul or your heart but can only see the vainglory of flesh, the markers of eyes and nose and mouth and form. That which you see about you is, quite specifically, that which is the least real. That which you cannot grasp, cannot know, that which is lost in mystery, is the realest thing about you. What a backwards world it is for one who wishes to pin everything down! And yet your incarnation here is not about pinning things down. Your incarnation here is about learning to dance, learning to sing, learning to move in the rhythms that have no words but that move in harmony with every living thing in your world, starting with the air, the earth, the fire, and the water, moving through every created plant and animal, through yourselves and through those beings that exist without form that are those within the inner planes that are also part of the creation.

It is one great dance and one great song. You have heard of the music of the spheres. This is not a myth. This is the way things are in the world of what this instrument would call time/space, which coexists with and interpenetrates the consensus-reality illusion that you now enjoy. For each thing that you see, there are a million things that are

interpenetrating that illusion that have more and more metaphysical substance. And you are not without the ability to begin to swim in and know these waters of spirit. You have within you great depths of ability to penetrate illusion and to begin to pick up the essence and the heart of the unseen mysteries that you seek. For you are an embodiment of these mysteries. You carry within you, as in a hologram, the one infinite Creator.

Certainly, that essence is well protected. There are gates through which one must pass in order to become more deeply and truly aware of the essence of self and of the increasing revelation of the Creator within. And there are lions that guard the gates to the temple that is your inner self. And occasionally you will be challenged. This is part of the process of transformation. It is a necessity for entities who are moving through transformation to have markers for these changes. And so when there is an initiation, so called, these initiations will have a certain form and symbols will come to you such as the hawks and the eagles of which you were speaking earlier. The symbols may be beast or bird or plant or words, street signs or chance-heard snatches of conversation that simply connect into your process synchronistically. It is impossible to know ahead of time what these markers of transformation will be. But when they come to you, note them and realize that you are on the right track. These processes are moving forward and no matter how dislocated you may feel in these movements that some times are swift, yet your feet are on the right track and you are moving well, and with honor and dignity.

When you come to those moments in which you are being yourself, those moments when you are tabernacling within your own sacred space, know that each moment you spend there is a direct and immediate help to the planet which is your mother in terms of your flesh and bone. The more that you can dwell in this awareness, the more your very being will be of service to Gaia. More than that, when you rise from your contemplation, meditation, or whatever form of silence you have chosen as your own frame for being, we encourage you to lean into carrying that light with you as you go about the work of the day, whatever that may be.

This instrument was talking earlier about how she is able to feel Earth energy and has been aware of the Earth from her earliest memory. Becoming more and more aware of how Earth energy feels is a very

helpful thing for the Earth as well as for you. That Earth energy is, mechanically speaking, that medium through which the love and the light of the one infinite Creator moves through the soles of your feet up into your body. It rushes up from the soles of the feet right into the red ray and directly from there, sequentially, through each chakra of the energy body. And when you are functioning well as an energy body, your chakras are balanced and opened. Full energy is moving through into the heart, and that heart is staying open no matter what hits it, so that the output, no matter how difficult your catalyst may be, is an output of love, joy and peace.

This is the energy that is coming into your physical vehicle and into your emotional and mental and spiritual vehicles as well. You can shape the way that you receive the catalyst that comes to you by how you choose to work with the energy body in responding to that catalyst. It is the most sensible and understandable thing in the world to react to incoming perceptions of anger and insult and difficulty by constricting and contracting the energy of the self in defensive and protective ways. Oftentimes, habits of defense and protection begin very early in one's incarnation as a response to the disharmonious experiences within the birth family. That birth family may well have been chosen partially because of the disharmony within its system, for this sets up the arena for a lesson of incarnational level, whether it be patience, the learning to love without expectation of return, or any of the other incarnational lessons with which each of you may be working this time around, shall we say.

As habits begun early are repeated, the shell around them may harden so that it is seemingly at first very difficult to interrupt the habitual contraction around fear. There is no way to eliminate fear, for the incoming catalyst of any entity, no matter how well protected by wealth, circumstance or privilege, will contain those situations which produce fear. Fear is inevitable. The occasion for fear, shall we say, is inevitable. However, those who have spoken words of inspiration throughout the ages have shown over and over again that the reaction to conditions which would suggest fear need not be fearful. Such reactions can be loving under the most brutal circumstances, whether they be Holocaust, imprisonment, or any other oppressiveness or adversity. Prison cannot bind the free spirit. Prison is

only a place. The spirit is a citizen of eternity and it can call from its larger self that knowledge of freedom and light and rightness that the world cannot know.

This willingness to explore the letting go of fear is a tremendous key in this process of transformation. What the Earth is going through is precisely what each of you is going through on a much smaller scale. For the Earth, a process taking approximately 76,000 of your years is coming to an end. The cosmic clock, shall we say, is striking the hour. And indeed a new hour has begun upon your planet at this time. It is having difficulty establishing itself. The labor is long and difficult. But it is going much better than expected because, at what this instrument would call the “grass roots” level, person by person, household by household, community by community, a choice is being made to embrace love and to practice a life that shines that love forth as best as those people, families and groups can muster the wisdom and the strength to allow.

Indeed, it is more a matter of allowing the self to cooperate with the energies about it than to frame this process as reaching for new things. The new things are here, the new things are a program all about you. It is a matter of allowing those new things to sift in through the cracks and crannies of the outer, still very strong, consensus reality of your old Earth, that which this instrument tends to call the “third-density Earth.” The fourth-density Earth is at least as real, in the unseen or inner planes, as third density and it is getting stronger all the time. Entities have talked a good deal about the increasing movements, the literal movements of household and so forth, and it is understandable that every single thing in one’s life would come up at this time to be questioned and perhaps to be changed. For it is, in microcosm, that which is occurring to the Earth.

And you are a part of that system, much more inextricably and organically than you realize. You are a crop that the Earth has produced, as much as the roses, the elms, the birds or the animals. Your process of spiritual evolution is a crop that you have at this time the chance to fertilize and encourage and, most of all, to allow. When you can open your heart and let go of the mental noise that is surrounding the details of your life, you are allowing the sunshine and the rain to come in and help your growth. When you can shut down, for a bit of time, the endless conversations that take place between the

cast of thousands that live within that kingdom between your ears and just rest in the kingdom of the creation instead of that spiky, back-and-forth energy of what this instrument would call the monkey mind, there comes into being that wonderful kingdom that is the creation. And it is a land of harmony that is in infinite movement, swaying and dancing and singing its song. The more authentically you can sing your song, the more freely you can feel your energies dancing with the energies of all those about you and the Earth itself, the closer that you are to being that being that you came to be. You did not come here to find answers, you came here to participate in the dance, to be yourself, and as you dance and sing, to find ever more balanced ways to serve and to learn.

We thank you for asking this question and wish to say that our hearts are full of gratitude for the courage that you have as entities gazing upon a world that seemingly makes little sense at this time. Thank you for seeking ways to love and to serve the one infinite Creator, that wonderful entity which you call the Earth or Gaia, and each other as souls who have embarked together upon this journey around the sun in the spaceship of Earth, shall we say. It is well done of you to come to this moment and to ask for truth. Know that day by day, and realization by realization, you shall express more truth than you can ever know. For it shall come through you as light and beauty and love. Let those things roll through and bless them as they go, knowing that you shall make many mistakes but that you can never make a mistake if you are attempting to allow the love and the light of the one infinite Creator to flow through you unhindered by fear and blessed by your intention.

We are with you in attempting to share our love and our light and you give us great joy as we are able to offer our service to you, which is to share our very humble and imperfect thoughts. We would ask at this point if there are any queries that come out of this initial discussion or any queries at all. Is there a query at this time?

J: Hi Q’uo. I know how we’ve talked about wants and desires as opposed to authentic need, I felt like I had all these wants and desires, and I got to experience that¹⁰ and two weeks later I kind of feel

¹⁰ J had attended a workshop whose purpose was to free the female orgasm.

empty. I guess I'd just like for you to speak about the difference. Is desire an empty hole that just can't be filled, compared to authentic need?

We are those of Q'uo, and are aware of your query, my sister. We say hello to you, the one known as J, for it is our great pleasure to touch into your energy.

The query that you ask is a subtle one and there is not a simple answer, for desire is not a fixed value. Desire is a custom-designed value. A desire can come from many different levels of being. There are natural desires that stem from the kind of physical vehicle which you now enjoy. The instincts of the physical body are perfectly natural and perfectly understandable. The desire for the life itself, the desire for survival, the desire for sexual expression: these things are at the very heart of the driving power of incarnation. Consequently it cannot be said in any way that those instinctual desires, including the sexual desires, are lesser than any other level of desire. And yet certainly the instinctual desires are not the ending of desire at all but the beginning, that which allows the light to proceed and sets the stage for much more subtle and complex forms of desire to arise. In a way, there is no moment without desire. It cannot be gotten rid of because the very physical vehicle that you enjoy has a constant desire to survive and every breath that you take is as the result of a desire for a continuation of that existence. Every pulse of the heart is an affirmative vote for desire to live. It is impossible, in this body that you enjoy, that pulses and breathes and has many cycles of natural need, to avoid desire. The mind of your body, not even looking into that spiritual organ which is the consciousness, is in a constant state of desire. It is in a constant state of looking for the next thing and thinking about the last thing. It is in constant motion. The spiritual vehicle, as well, while not restless and desiring in that way, is resting in a steady heartbeat of creative and, what this instrument would call, godly, sacred desire to progress in its journey back towards its source and the ceasing of motion. You dwell in a sea which can be described as desire. It is the choice of what you desire and the level at which you desire that crafts the difference between empty and fulfilling, spiritually healthy, creative desire.

If one looks, for instance, at the tangle of discussion that you have shared with the one known as C concerning various aspects of this question, it can be seen that, in looking at freeing the red-ray energy

and freeing that fundamental, healthy flow of the creative energy into the energy body, there is certainly a place for opening up those areas of that energy which were restricted by past abuse and difficulty with sexual expression. And yet, if it stops at the opening of that energy without moving into questions of where this opened energy might go, how it might be furthered, where it goes next in the energy body and how that works, then it shall be empty. For repetition of sheer red-ray desire and satisfaction of that desire are indeed an endless dropping of energy into a hole. Because that energy is a natural function and needs to be expressed again and again, it cannot be expressed once and then put to rest, although entities have found it helpful to do so under specialized conditions, where they were using the restraint from an open expression of sexuality as a marker for cleansing, purifying, and enhancing the spiritual growth of the whole organism that is your mind, body, and spirit.

When the energy stops at body work then the mind and the spirit have not yet been reckoned with. And the mind and the spirit also have great hopes and desires for being themselves. The more you work with moving through the chakra system, the more you see that this open red-ray energy moves into the opening of the orange-ray energy, which then moves into the opening of the yellow-ray energy, so that the energy moving up into the heart is whole and has not been hindered by fear at any of these three lower places. When energy is able to move up into the heart in full strength, then the whole world of higher chakra work begins to open up. It is very wise of the one known as J and the one known as T to investigate the opening up of red-ray sexuality, because it is the foundation for so much more sacred work. Yet the hunger remains for an expression that is sacred, an expression that has deeper meaning and higher purpose. There is that opening of the heart and that realization that each entity whom one meets is the Creator. There is then the opening of the heart to serving the Creator in each entity and most of all in one's mate. So that it comes full circle back to the sacredness of red ray, seen in the fullness of a system of living out that sacredness that is felt within the heart.

When desire has been disciplined and focused, it is the most powerful force in creation. It is that energy that moves the mountain. It is that energy that creates miracles, and it becomes more and more

closely allied with those mysterious words of “faith” and “will.” A great deal of time has been spent, in each of your incarnations, on trying to determine what it is that you seek, who it is that you are, what it is that you truly desire. These are wonderful energies; these are defining energies for you; these are key questions. And we greatly encourage this whole line of discussion and exploration. May we answer you further, my sister?

J: Wow, that was amazing. Thank you Q’uo. It’s good to have you back.

My sister, it is good to have you back, also. Is there a further query at this time?

J: Not from me.

T1: I have a question, Q’uo. This is T1. I think I might have got it, about some things you just said, and I guess, as far as the week that I had in California, where I was a little hung up is, they taught that not one person can sustain you sexually, therefore, monogamy was not of importance. And I have issue with that, I don’t know if that’s right or wrong.

We are those of Q’uo, and are aware of your query, my sister. We shall attempt to answer, but his particular query lies very close to the surface of your own process and so there is a limit to that which we can say without breaking the trust that you give us not to infringe upon your own free will.

We give this instrument the image of a necklace of many jewels. Such is the experience of one who opens herself to many lovers. Each gem is lovely and beautiful of its own kind and the variety is dazzling and certainly most invigorating when one has been constricted by the moral fear and torpor of an unthinking, unquestioning and blind obedience to some moral code. These restraints and constraints that are placed from without have no value to the spiritual growth of an individual.

Consider, then, the beauty of a single, perfect stone that is hung upon a beautiful golden chain. It is not a blend of colors. It does not have that variety. It has been chosen because, out of all of the jewels that are possible to be had, this one gem has touched the heart, enlivened the soul, opened the heart to the possibilities of devotion, fidelity, and the value of leaving behind the world of manyness and exploring the world of absolute value.

How dangerous it may seem to commit the self to one shining gem. It may indeed be a costly choice. It may well be that that one gem does not touch all of the possible ramifications of beauty that are possible to be recorded and appreciated by that incredibly sensitive instrument that is you as a person, as a mind/body/spirit complex, as the one known as C tends to call it. And yet, that choice opens the door to a higher way, a way which can be endlessly refined. It is difficult to be of service to a whole necklace full of entities, for each has its beauty, its flaws, its ways of relating, and its ways of resisting. Each is a conundrum, a mystery, with which one can only offer one’s own conundrum, one’s own mystery. Each, in that varied and beautiful necklace, could take up all of your attention and you would not be bored, nor would you stop learning. Yet, you have not the time to investigate deeply the many gems of this wonderful necklace. And so you look at the beautiful colors and you see the variety. And you enjoy this particular piece of jewelry that you have chosen as a way in which you honor and love the one infinite Creator. Yet there is a restlessness there, because there is not the ability to dive deep into the waters of another human soul. There is not the possibility of exploring how one may be devoted to the soul and the heart of another, not to the appearance, or the surface behavior. Those things will often challenge and puzzle any entity attempting to love. But they are those things that allow one to do deep work and to take the time to move more and more deeply into that house of mirrors that is the relationship between the self and the other self.

It is a question of moving horizontally and learning a little bit about a lot or moving vertically, going high, going deep, and learning in a different way about the self and about how to serve. Neither way is incorrect. Both ways are full of learning. It is a choice as to how you wish to express your own being and to direct your own considerable energies.

T1: Thank you.

Is there another query at this time?

T2: Q’uo, it’s wonderful to hear your voice again. I’d just like to ask if there are any suggestions or advice that you can offer me in terms of how I can enhance my meditations, my connection and communication with my higher self, and improve inspiration in daily life?

We are those of Q'uo, and are aware of your query, my brother. Again, we do not wish to interfere with the learn/teaching process of the one known as T2 but we believe that we may suggest just one thing and that would be that, as the one known as T2 has such great sensitivity to sound and more specifically, to the many sounds of water, that this entity find ways to link times of silence and the sensual experience of listening to water and experiencing water, whether that would be a walk along the water, a seat beside a splashing pond, or simply the soundtrack of the water that the one known as T2 might choose to use in times of silence. This particular element is very helpful to the one known as T2, as we are only confirming to one who has already created music in the key of water!¹¹ Consequently, we simply encourage the one known as TM to continue in linking himself with that wonderful element and the naiads that dance about any expression of that magical substance which is water.

May we answer you further?

T2: No, thank you very much, Q'uo

Oh, we thank you too, my brother. We are those of Q'uo and would ask for a final query at this time if there is one?

TM: Since no one else has a question, is there any comment or information you might suggest for the one known as F?

We are those of Q'uo, and are aware of your query, my brother. And we find that there is little that we may say to the one known as F at this time except that all is well. It is sometimes, as this instrument was saying earlier in an email to a friend, seemingly silly to say that all is well, to say that it's okay, or it's all right. This, this instrument was saying, is what people say and yet, how intelligent is it to look at something that is causing difficulty and say, "It's okay." And we would say that patterns often do not look okay for periods of time and yet energies are in motion that shall become a good pattern, a helpful pattern, and a pattern in which the one known as F may thrive. And we simply would offer her this comfort if it will create within the one known as F any feeling of rest and peace.

¹¹ TM recently produced a CD of original music entitled "Crystal Waters; Compositions Inspired by the Motion of Water."

We thank this instrument and this group for this opportunity and the beauty of these moments together. We leave each of 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.

NOTES TO OUR READERS

Another "school year" has begun and, with it, our own public meetings have returned. The channeling featured in this newsletter is from our first session of the year. We have weekly sessions, each Sunday at 4:00 PM, and the sessions on first and third Sundays are channeling meditations, with silent meditations on the second and fourth Sundays. It was most enjoyable to come together once again after a delicious summer's time off. We welcomed old and new faces, and will continue to see visitors who choose to come and join us for Sunday sessions.

The summer time was incredibly busy for co-founder, Jim McCarty, as his lawn business is in high spate during the hot and grass-growing weather. But Sunday afternoons, on Avalon Farm or treating ourselves to home-shown DVDs here in Louisville, made a lovely break for us. Meanwhile, Carla has been working to re-organize the office for seating two people well and continuing to work on her manuscripts. She is currently working to edit her retrospective collection of writings on Christian prayer, taking selections from her Prayer Group's newsletter, which she has written since 1983. When this is done, she will finalize editing for the *Book of Days* channelings. We hope to publish that slim volume ourselves, and have already received funding for one-half of the total printing cost. At this time, our trusty web guy, Ian, is preparing this manuscript for viewing on our site, so that prospective donors may view the material. We shall be sure to let you know when this is possible.

Work on Avalon has preceded, thanks to M.T., our caretaker, who has been on Avalon, working hard this summer to improve the road, take soil and water samples and get things going there in general. She will shortly be joined by B.P., and his powerful back hoe, which will make it a lot easier to work on Avalon's access road, which at this time is in less than complete repair, especially for a working farm, which we hope Avalon shall be one day soon. We have enjoyed visits from D.C. and M.H., both of whom have expressed interest in working with L/L Research in the future. Since the work ahead calls for

more people who are willing to share in the work, we expect more people who are called to explore the possibilities of joining us to be contacting us, and we welcome your interest.

On our new web site, www.bring4th.org, work has begun in re-organizing and revamping that site. Take a look when you can, and see how we are doing. Our hope there is to create a place where people can feel comfortable stopping by to seek truth in many different ways and areas. On www.lresearch.org, our archive site, you will find more and more older transcripts which the many volunteers in our transcription project have pulled from old tapes newly discovered last year. We still have about two dozen tapes yet to transcribe, and we welcome any new volunteers.

We hope each of you has a wonderful autumn, full of transformation and new growth. Blessings and L/L! ❀

Jim, Carla, David, Vara, Gary, Bruce and Romi

L/L Research

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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corporation dedicated to
discovering and sharing
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the spiritual evolution of
humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 2004, NUMBER 92

LOVE, FEAR AND CREATION

November 28, 2004

Group question: The question today has to do with the relationship between love and fear. We are told that there is a relationship and that if we can learn how to [find the] balance in this relationship, that we can help love to overcome fear. Could Q'uo tell us the relationship between love and fear?

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a privilege and a blessing for us to be called to your circle of seeking to offer our thoughts on the relationship between love and fear. We thank you for this privilege and would ask of you that you use your discrimination in listening to our thoughts, being sure not to take up any thought of ours with which you do not completely resonate. For not all of our thoughts will hit the mark. We ask you to be very careful to leave behind any thoughts that you do not particularly care for. This will enable us to share our thoughts freely without being concerned that we are infringing on your free will or disturbing the rhythm and rightness of your own process. We thank you for this consideration.

The query that you ask this day is at the heart of the movement from your present third-density world and experience to the fourth-density world of love. You dwell at this time in a density that is attempting to learn what it is to love unconditionally. In the next density, the density of love and understanding, the atmosphere is one of unconditional love. It may

seem to be paradise, standing in third density and thinking about living in unconditional love. And certainly, relatively speaking, it is paradise to dwell consciously in the atmosphere of total acceptance. However, the interplay betwixt love and fear continues in fourth density as the shadows, those shadows that you now experience in third density, are penetrated. That dynamic continues because, as light is brought into the darkness, it reveals more subtle patterns of shadow and light, so that the dynamic continues and deepens. As you move forward in the process of spiritual evolution, you will find yourself continuing to uncover areas that were previously unknown to you within the very complex pattern of your total personality. So this is not a question that will go away as you learn more. It is a question that will deepen and intensify, for there is no end to the mystery of this dynamic between love and fear.

In the world of ideas, qualities like love and fear are entities. To put a face and a body to love is perhaps to imagine a feminine figure, loving and maternal, with open arms and an open heart and a willingness to embrace. To put a face and a body to fear is perhaps to imagine a male figure clad in an enveloping cloak in which are gathered all of the treasures that this figure is attempting to hold tightly to himself. We describe them in this way for two reasons: firstly we wish to spark your own imagination, for it is instructive to think upon what love looks like to you and what fear looks like. But also we describe them in this fashion because there is a natural dynamic betwixt the feminine and the male principles and in the yin, or feminine, aspect, there is the expansiveness, the generosity, and that quality

of unconditional love that is personified, say, in the image of Mother Mary, the Madonna, or Quan Yin, or Mother Earth, or mother nature. In the yang or male aspect of creation as a whole, there is the flexing of muscle and the contracting around ideals and ideas and those ideologies that give rise to action. We have said before that your culture, as a whole, is overbalanced towards the male principle and has, as this instrument would put it, gotten stuck in a repetitive cycle of male energy that is aggressive and, in many ways, based upon fear and the determination to respond to that fear by acquiring and controlling resources and power. Those who are in power within your various nation-states have many good reasons for these aggressions, these acquisitions, and this use of power, saying that is for the benefit of all. And yet, if one examines the heart of such concepts, the energy is wrapped up in fear and in contraction. So the surface of your culture is caught in that contracted state where there is a constant concern for safety and security and a constant quest for having sufficient resources to meet the future.

(The telephone answering machine is heard.)

(Carla channeling)

We are those of Q'uo, and are again with this instrument. We apologize for this delay; however, this instrument was distracted by the telephone message.

The ways of fear are insidious and they have become established within your culture to the point that the natural responses of most entities to the needs of the individual or the society are almost instinctively contracted and fear-based. There is little or no precedent within your leaders or within your role models for gazing at a situation in terms of trust, faith or love but rather an almost inevitable bias towards gazing at a situation from the standpoint of concern, worry, projection into the future, and contraction around these concerns and worries and projections. It is a time for your peoples which expresses the energy of that stuck, male domination. And we do not mean this in terms of sexuality, for many are the men among your peoples who are very able to express feminine energy in their thinking and their actions and many are the female entities at this time who are experiencing their incarnations from the standpoint of fear and contraction. We speak instead of the dynamic betwixt yin and yang. The

question then becomes how to free both men and women from the strictures and the limitations of the masculine viewpoint.

When you think about how it feels to be fearful, perhaps you may see that, involved in most experiences of fear-based thought, there is the habit of projection into the future. The one known as T2 and the one known as Jim were both speaking earlier of thinking ahead to jobs that need to be done or conversations that need to be held or situations that may arise. And the one known as Jim was speaking of the difference between positive projecting and negative projecting. In the sense of positive projection into the future, there is no projecting beyond what could be called architectural or structural projection. And we would offer the example that the one known as Jim has often given of how this entity would prepare for a pole vault during the field games of his school days by imagining and visualizing, with great integrity of detail, every step of running with the pole to the point where the pole was planted and the body weight was levered and lifted and the pole was allowed to lift the body up over the bar and then the rotation would be imagined and the successful dismount. And this entity would repeat this visualization, say, before going to bed and upon awakening, those times when he was most able to be in a very magical and focused frame of mind, so that by the time the one known as Jim came to the actual games and was ready to make his pole vault, he was relaxed and confident, having done this pole vault many times in his imagination. This is positive projection.

Negative projection, on the other hand, is far easier to describe because each of those in this circle of seeking has had the conversations in the mind that will be difficult or are expected to be difficult, and has experienced that repetition of thought where one begins to think, "Well, what if something happens, then what shall I say?" And then [one continues] thinking in a circular way again, "Well, what if this happens, then what shall I do?" simply riding that cycle around a circular course, again and again. In truth, such imaginings do not improve the way that such a conversation will actually go, because there is not simply the self involved in the equation but also the other self. And no matter how many imaginings one has done about what people will say, in the actual conversation, there is always a new and

unique twist to how things turn out. And all of the vain imaginings fall away before the actual person and the actual conversation. Perhaps the most tragic outcome of such vain, circular imaginings would be that one renders oneself incapable of hearing the actual conversation because one has been deafened by one's expectations.

We would not discourage entities from looking into the future when it seems appropriate. What we would encourage, however, is the choice of positive projection, of imaging the graceful and efficient way to do something that needs to be done, imagining only your own actions and seeing them as completely successful. This is an excellent way to create positive expectation and a sense of confidence within yourself. The one known as Carla, who is the instrument at this session, was speaking earlier of how she could not see a way to complete her tasks in the situation in which she finds herself. This is because she is not able to use positive visualization, since she does not know what she can expect from herself. When there is a vacuum in a positive situation, it is very tempting to substitute negative projection and simply worry and be concerned about how the future will pan out.

We would simply suggest that, unless the concern is turned from worry into a dispassionate and calm review of possibilities for solutions, innovations that may improve the picture and so forth, there is no positive or constructive use for the worry. It is difficult simply to take one's worry and concern and lay it down. Yet, indeed, that would be our suggestion. Realize that fear has come to visit and has offered you a gift. Whether it is wrapped up in a plain brown paper bag or whether it is gift-wrapped and has a pretty ribbon, as concern sometimes has, it is, nevertheless, a package of fear. Such packages do not need to be opened. They can be laid aside and neglected while you, having rejected the fear, simply move onto other thoughts and concerns.

The one known as R was saying earlier that it is difficult to see how love and fear are two sides of the same coin. We began speaking of love and fear as entities, qualities in the Platonic sense, the world of ideas.¹² And this is a very valid and real world where

¹² Plato, a Greek philosopher writing about 400 BCE, suggested that there is a world of ideas which exists as a reality apart from our "shadow world" of consensus reality, and from which our consensus reality depends, though imperfectly realized.

love and fear do indeed have infinite and ever-ongoing lives, as long as they are reflected in the hearts and the minds of those moving through the illusion of incarnation. However, it is easier to see the relationship between love and fear if we move from contemplating love and fear as pure entities and look at them as applied in the lives of each of you, so that they are not entities upon their own but they are rather a dynamic of choices between which you may choose as you encounter catalyst and find yourself making a choice. When you come to a cusp and are looking at an issue that is yours to look at, whether it is the right use of time, the right use of resources such as money, or any other issue, you come to the issue in some state of imbalance or bias. This instrument was speaking of her own fears earlier when she said that she had, consciously, to choose to substitute faith for fear. She had, consciously, to realize that all is well and perfect and when she did that, she made a new reality in which fear had no part.

The coin itself, with love on one side and fear on the other, is you yourself and what you think is important. You are the treasure here. You are the coin of the realm, shall we say. You are a thing of infinite value and when you have a concern, if you reach, with hope and trust and faith, you are reaching into the qualities of love. If instead you approach your issue by contracting into worry and projection, then your choice is fear. Shall you expand around an issue or shall you contract around an issue? That is your choice. Note that the energies of expansion are locked into the present moment. They do not drift into projections of the future or memories of the past. In the world of love, one begins with the knowledge that all is well. And this pulls one into focus in the center of the present moment. In truth, as we said earlier, it almost seems negligent or criminal within the society in which you find yourself to approach issues from a standpoint of love. It does not seem to be prudent or sensible to stay in the present moment and yet anything but the present moment is an illusion of mind. All that is truly yours to do with, to exert control over, or to make choices within is this present moment.

So if you take that image of the self in the present moment as the coin and look to see what the heads and tails of that coin are, archetypically speaking it is very clear and shining in its simplicity. On one side is love, on the other side is fear. On the one side is

expansion into an infinite present with infinite possibilities; on the other side is contraction into a knot and the determination that stems from that contraction to control, to be aggressive, and to make things safe. And this involves one in endless projections into the future and endless projections into the past in order to justify the projections into the future.

When one visits in a hospital, one may well be able to sense the presence of a kind of dark energy that seems somehow to be a part of the atmosphere of this place of supposed healing. This is because there are unseen entities from your inner planes that are negative in nature and that feed upon fear and pain. In any place where there is suffering, these entities will cluster and eat that energy that is coming off of the people that are suffering. When you yourself enter into the contraction around fear concerning an issue, you are, yourself, producing food that is very tasty for these unseen entities. And if your habit solidifies and deepens, so that you are constantly running fear-based thoughts and dwelling in the lands of worry and projection into an unsightly and worrisome future, you are solidifying a habit that will increasingly limit your ability to relax and enjoy the present moment.

To move away from these habits of contraction is to move from shadow into sunlight. We do not say that this journey from shadow to sunlight is going to be an easy one. It flies in the face of your cultural training to rely on trust and faith. There are many, many times in each day when you have the opportunity to move into worry. We can only encourage you to do as the known as T2 said, to remain somewhat centered and focused, more so than your everyday state; to be somewhat in a meditative state as you move through the moments of your day. For it is just in these tiny moments that the opportunities to make the choice between love and fear appear. The challenge is to be aware, when those moments arrive, so that you can stop yourself from being triggered into fear and the contraction around fear.

We are not encouraging you to lose all fear in dangerous situations. We are not encouraging you to stop steering your car away from an oncoming vehicle simply because you are not afraid. We would encourage you to avoid the oncoming vehicle, certainly. It is at the level of being concerned the next time you get in your vehicle that this will

happen again, that we encourage you to choose to trust the moment and not to project into an uncertain future. At this moment all is well and if you must look into the future then look with hope. Think to yourself, I might be surprised at how well this will go. Visualize positively, if you must go into the future and whenever possible we encourage you to remain at peace and at rest and very alert and watchful for the universe is speaking to you.

One concept we would share with you in this regard is wrapped up in a phrase that this instrument knows from her study of the Holy Bible. It is a quote, "Be not afraid, for help is near." Help is always very near. The spirit is with you at all times and in all places, nearer to you than your breathing, closer to you than your eyes or your hands.¹³ You are truly cherished and loved ...

(Side one of tape ends.)

(Carla channeling)

... not because you have done something good, but because you are you and you are precious to the Creator.

Agents of spirit are in your heart and speaking within your mind but, more than that, all of creation is abuzz with awareness of you and your needs. Watch and see what images come to you; what animals, birds and tiny creatures cross your path that may have meaning to you and may have a message for you. Begin asking the creation around you for hints and clues. Begin expecting them and the creation will speak to you in ever-increasing ways.

This instrument is informing us that we must leave this topic and ask for other queries at this time and we shall leave you with just one more thought on this subject. The answer to this question is a part of your nature. The answer to what love is lies within you, now. For your nature is love. Love created you and you are a spark of that infinite love. In many ways, spiritual evolution is a process of allowing the real you to come out of all the wrappings and cultural training and old habit. How you have been beaten down by what others have told you, how others have seen you, and so forth! Casting aside assumed wisdom is sometimes a very difficult and

¹³ Credit for this image may well be given to Joel Goldsmith, who used it many times, and with whose work the instrument is deeply familiar.

lengthy process. But the truth is speaking within you now; love is powerful within you now. So turn your ears inward to the silence of that heart within and listen for the footsteps of the One Who comes in love.

At this time we would open this meeting to further queries, if there are any. Is there a further question at this time?

T1: I have a question. May I speak?

We are those of Q'uo, and we encourage you to speak, my brother.

T1: We know that Q'uo is composed of three entities in the Confederation and I would like to know if there is a major speaker, speaking. Thank you.

We are those of Q'uo, and are aware of your query, my brother. We are composed, as you said, of three groups, one of fourth density, one of fifth density, and one of sixth density, in this instrument's and our way of describing our relative position and experience. This particular principle was created because this particular instrument has a certain way of tuning and preparing for contact with the Confederation entities. She prays for contact with the highest and best contact that she may handle in a stable and conscious manner. It is a very precise request. The entity whom she tended to receive upon making this prayer, prior to her contact with those of the Ra group, was the Latwii group and she had received those of Latwii fairly consistently for several years before experiencing the trance contact with those of the Ra group.

As each within this circle is aware, the contact with those of Ra was a very narrow-band contact which was only possible during that window of opportunity when the ones known as Don, Jim and Carla were all in the circle and when the one known as Don passed from this third-density experience, the possibility of further contact with this particular entity was ended. However, this instrument continued to tune and pray in the same manner and those of Latwii and others within the Confederation, including those of Hatonn and those of Ra, felt that perhaps the creation of a principle would best respond to this instrument's very real desire for the highest and best contact of which she was capable. Since those of Ra could not speak with this instrument in a conscious and stable manner, there

was no possibility for that social memory complex being the speaker. However, both those of Hatonn and those of Latwii had previously enjoyed sharing the thoughts of those of Ra in a teach/learning circle and the three groups decided that they would blend into one principle, with the ones known as Hatonn being responsible simply for projecting a vibration of love, of which I feel sure that each of you is aware as we speak. The ones known as Latwii took the responsibility for speaking to this instrument and the ones known as Ra were part of the process of defining just how to respond to the question that was presented to the principle of Q'uo. So, as those of Q'uo speak, it is those of Latwii who are creating the concepts which this instrument receives and translates into words.

May we answer you further, my brother?

T1: Thank you. A very detailed answer.

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

T2: Yes, I had a question. Just before the other question I had again started to think as to this evening, dealing with folks that I have to deal with this evening, and immediately it popped into my head, "Please, don't focus on negative, fearful aspects of anything involved with this situation. Strictly attempt to think of the other people and what I can do to make them more comfortable with the situation." And I think my question to you is, does this thought come from you at that moment or is this a thought of my all-mind or is it some combination of both?

We are those of Q'uo, and are aware of your query, my brother. We see no difficulty or infringement in stating that the impulse of that thought came from your personal guidance but was enabled and assisted by your very recent interaction with us in that you truly entered into that which we were offering and were truly working with these ideas so that you softened the ground and enabled your ears to hear your own guidance.

May we answer you further, my brother?

T2: No, thank you very much.

We thank you, my brother. May we ask if there is a final query at this time?

T1: May I speak?

Yes.

T1: In the *Law of One* books I remember Ra told us that there is a complete transition into the fourth density in 2012. When I think of the current, chaotic war situation I wonder if this stage is delayed. I know you cannot give us the detailed dates but could you focus a little about the current situation? Thank you.

We are those of Q'uo, and we thank you, my brother, and are glad to attempt to speak to your query.

Firstly, the dating of the transition into full fourth-density energy for your planet is fixed. It is a matter of your time moving forward. Just as summer gives way to fall and fall gives way to winter, so one age gives way to another and one period of time is succeeded by another. For your particular planet and your particular solar system, there is a turning of energy, a rotation into new space/time as well as new time/space. That is inevitable and is as the ticking of the clock. This will have been accomplished just as it has been foreseen by many at the approximate date of late in the twelfth month of 2011.

So, roughly speaking, 2012 shall see the full realization, in terms of the inner planes of your planet and the time/space aspects of your planet. Fourth density, in 2012, will be your system of energy. Now, my brother, as you can well imagine, there is much energy upon your planet at this time embodied in the persons of the individuals living upon it and the societal groups and structures and governments that these people have created that will be quite inappropriately geared for welcoming fourth-density energy. As we have said, there is a habit of contraction and fear and attempt to control among your people which may well end in entities doing great damage to each other and to the planet because, faced with energies they cannot control, they may well contract themselves into the Armageddon that they so fear. We are very hopeful, however, that this will not occur. There is a growing groundswell among your peoples at the soul level of honest and deep revulsion and distaste for the energies of control and destruction.

There is a true hope among your peoples that is growing daily for the energies of love and trust and peace to come swelling up like buds opening into flowers in spring. When each of you chooses love over fear, you start something happening in the

unseen worlds. You create an energy that is compatible with fourth density. Each time you choose to trust, to love, to have forbearance and compassion, to see the other person's point of view and truly walk in his shoes instead of your own, you are expanding the kingdom of fourth density right where you are. And the more people that begin consciously to do this, the faster this kingdom will expand. We say to you plainly, fourth density is all but complete. As you walk about in third density, the fourth density energy is stronger every day upon your planet. The Earth itself is vibrating largely in fourth density now. That is why so many entities are sensing the need to become closer in contact to the Earth itself, touching the ground, working with the Earth, working with plants and animals and those things that abide in the creation of the Father and have nothing to do with the world of the mind of man.

Health is abundant in the Earth itself. Its labor is ongoing but the birth is going well. Perhaps you have noticed many significant catastrophes occurring upon the Earth plane. This is the labor of Earth. It is attempting to move into fourth density without having to express, all at once, the incompatibility between third-density thought, as it exists upon the Earth at this time, and the fourth-density vibration that has been coming. It is attempting to vent the fear and the anger and the narrow-mindedness of humankind in little bits, in a volcano erupting but not so as to split the Earth, or a tsunami or a hurricane that destroys a good deal but does not destroy the globe, or an earthquake which expresses the distress of mother Earth but not in such a way as to destroy the planet as a whole.

We feel very hopeful that this grass roots upswelling from the soul level, of yearning for a world of love and peace, is powerful enough to continue to create the atmosphere in which the Earth may continue its final process of labor by venting these incompatible energies. Meanwhile you may well have noticed that there is an almost runaway experience of many within your plane at this time, of conditions such as cancer which seem to take people from their lives before their time. In many cases, these are situations in which entities have become hardened and set in their habits of thinking these habits being habitual and repetitive in terms of there being anger, fear and aggression. These entities are predisposing their physical vehicles to end the incarnation because the

difficulties of dealing with such a mismatch in vibration between the third-density thought and the fourth-density incoming, unseen reality, is simply too great. You will find that there are many who depart their incarnations within the next few years because of their inability to welcome the expansive and healing vibrations of fourth density.

Contrarily, those coming into incarnation at this time are often very able to vibrate fourth-density values and ways of thinking so that as your children are growing up, they are representing individual cases where they have been more and more able to welcome fourth-density energies. They are seen by their own parents often as amazing beings and much has been spoken of these young entities, which are sometimes called Indigo Children or Crystal beings. There are many terms for them but their difference is that they have come into incarnation with some features of their fourth-density inner bodies activated as well as being activated in third density.

We would encourage you to see yourself as a secret agent of fourth density at this time. Have you heard the phrase, "Perform random acts of kindness"? This is the very essence of being a secret agent for love. The ones known as Ra long ago channeled through this instrument, "When faced with a situation, ask yourself the question, "Where is the love in this moment?" And we say to you, be an agent of that love, and be an instrument of peace. In all situations, there is at least a tiny peephole, a tiny window that lets in the light and the love of the one infinite Creator. Do what you can to find it. Make this transition into fourth density personal.

If you think in terms of world powers and world wars, you have no control and you can do no useful thing. However, that is a mental projection. You are the center of your universe and you have power. You are a magical being and you are the face of the Creator in the little place that you occupy in this vast creation. Be an agent. Be proud and happy to be an agent of the Creator and part of the creative principle. And let your light shine, let your love embrace.

May we answer you further, my brother?

T1: No, thank you. I am grateful.

We also are grateful for your heart and your question, my brother. And we thank this group as a whole for its energy and its beauty and its gift to us.

We thank you for being able to share our humble thoughts with you and again we remind you to leave all thoughts behind that do not seem right to you, for we would not be a stumbling block in front of you. We are always with you if you ask for us and we leave you as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai.

NOTES TO OUR READERS

We are happy to announce the completion of the editing process for the Channelings from the Holy Spirit tapes. These have now been transformed into an online Book of Days. Please see the Library page on www.llresearch.org for a link to this material. As Carla gets the final corrections from Gary (who did the listening) to Ian (the web guy) those changes will be made in the online versions of the text.

If you like those channelings and feel a small book filled with one reading for each day of the year would be something you would like to contribute towards, please respond generously. We have the promise of matching funds for any donations given, up to one-half the cost of the printing. We do not yet have a budget from the printer, but expect the budget to be around \$8,000.00 for one thousand copies. Thank you so much for checking the material out and considering our request. We hope the small volume may be a good companion for many who resonate to the Holy Spirit as reflected in these words.

It has been extreme weather here, with a frozen, white Christmas with our households divided between Milton and Louisville and no way to travel to be together on the Day! Now it is merely raining, but in such quantity that Louisville experienced the wettest year, in 2004, since the records were started. At present we cannot get down Avalon Hill! The mud is too deep. Road work will perforce be our first item of business when work can begin on Avalon again. Meanwhile, our public meditations go well, and we have enjoyed visits from near and far. If you are thinking of attending a Sunday meditation be sure and write as we now have a list of motels in the area.

Check www.llresearch.org's Library section for new transcripts which have recently been found and due to our faithful transcribers, transcribed for being put on site. Our web guy was delayed for a while this fall because of moving house, but has achieved that end

and is placing new items on the site with fair frequency! Check the site for updates. Our activist site, www.bring4th.org, was recently shut down for a few days but we were able to restore service almost immediately. Our apologies to you who were inconvenienced. On that site, check out additions to Papa's niche and new niches from Hana and from Paul Jacob.

For all of us here at L/L Research, I send you out a joyful "Happy New Year!" May 2005 be wonderful for you! May we learn, and serve, and live in a little bit of fourth density every day! ❄️

L/L—Carla

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SPRING 2005, NUMBER 93

GUIDANCE

March 6, 2005

Group question: The question today has to do with guidance and how people can perceive guidance, how they can become aware of their guidance, and along a more specific line, we're wondering just exactly how guidance can be perceived by people who do what we would consider to be quite evil things like killing, controlling and torturing other people? Is it the case that guidance goes bad or is it the person, in the way they perceive the guidance? Could you give us some information on guidance, please?

(Carla channeling)

We are those of the principle known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in Whose service we are. May we express our thanks to each of you for creating this circle of seeking and express what a privilege and a joy it is to be able to have the opportunity to share our thoughts through this instrument on the subject of guidance, both the positive and negative aspects of it. It is a large subject and we can but hope to make a beginning in this session of working. But we are most grateful to you for providing the energy and the question to create a sharing of energy amongst all of us and you. We offer this up to the Creator and would ask of you only that you continue throughout this session and when you think of this session to use absolute honesty in examining your feelings about the thoughts that we share. Your discrimination is priceless. No one else can know what is right for you but you. You are the

authority; we are not. We are only those who share thoughts. Please, if there are thoughts that we share this day that trouble you or in any way do not resonate for you, drop them. Put them down and leave them behind, for they are not a part of your process. If you will do us this favor it will help us to feel reassured that we can share our thoughts without in any way damaging your own free will or the sacredness of that process within you which is your spiritual evolution.

You ask this day concerning guidance and we find that without a certain amount of discussion before we begin talking about guidance itself, we have nothing on which to hang it: no structure which will hold us and hold the concepts about which we would like to speak. And so we would step back from that question long enough to share a few thoughts about the way we see you as beings.

We see you as entities with, as this instrument has said recently, feet firmly planted in two worlds. You are soundly and firmly entrenched from your birth onwards throughout incarnation in a world of illusion that this instrument calls third density. It is consensus reality, as it were. It is the world in which you meet people, make relationships, create a living for yourself and for your family, and find value, meaning and direction in a life that is full of choices. Upon entry into incarnation you receive a formative bath of cultural orientation. Your parents teach you what to think about the reality that meets your eyes. You form biases based on incorrect information given to you by parents and teachers and other authority figures. You create biases within yourself by the pain you experience when you are too helpless

to defend yourself from such pain. And when it becomes too much to bear, you create pockets of pain deep within yourself and you bury them over with good times and school assignments and the growing-up process. By the time you have reached what your culture would call adulthood, you have a set of biases within yourself which have created a somewhat colored and distorted view of this consensus reality. And this is the beginning that each of you has. This is your start towards the grand adventure of moving from consensus reality and its extremely limited choices and thoughts into a greater world, a world that is non-local, that this instrument would call the metaphysical world or the world of time/space. It is this world from which you came upon entering incarnation. It is this world that you agreed to forget upon birth so that you could, with absolute freedom of choice, find your way, through desire alone, into what is loosely called the truth.

Now let us look at this situation. The help that you have for this journey is your larger self. Here is a larger self that includes the Creator and all that there is. Through many, many experiences of all the densities of experience up until now in your space/time travels, you have explored the energies of the elements, the plant kingdom and the animal kingdom. You have come at last into the world of animals which bear consciousnesses that are non-local. This is the animal that you now are in third density or in your consensus-reality beingness. It is not that you are divided or split against yourself. It is that the surface of yourself is created by the experiences of a biocomputer that is strictly your brain dealing with every experience that has touched you, and especially hurt you, in such a way as to survive that experience. You remember the good times; you remember the difficult times; you remember the choices that you have made and those things that seemed to have worked for you. You have found ways to protect yourself, to defend yourself and to help yourself be comfortable and happy. You have done all of this with that consciousness that this instrument would describe as a great ape's. Many instinctual behaviors have helped you to focus your energies in order to experience life as a comfortable thing.

At the same time, as you have become competent in working with your third-density body, making those choices and living your life, you have, whether early or late, whether suddenly or gradually, become

aware of the larger universe that interpenetrates and surrounds consensus reality.

There are many attempts by authority figures in one's childhood, usually, to interest a growing being in the interests of religion. And often the first forays that a seeker has into that larger reality of the spirit is offered through the offices of religion. Sometimes, as in the case of this instrument, the orientation of the seeker is such that such entries into spirit actually work, and there is given to one such as this instrument the opportunity to live a life in faith, never leaving the comfortable confines of a parish church and yet glorying in the company of angels and archangels. And so it has been for this instrument. She did not reach far for her guidance system, for it was the [guidance system set up by the] one known as Jesus, whom she knew as a childhood friend. [This guidance system] is the one known as the Holy Spirit. [This is only] words to most people, but to this instrument [it is] a living being whom she has come to call Holly and with whom she talks every day.

For most entities who truly and deeply seek and will not be satisfied with the commonplaces that do not fill the empty places in the heart, none of this works. And so the seeker begins a journey; whereto he does not know. All he knows is that he is seeking to fill the empty place within. It is not given to the seeker to know that he is already in that larger universe that he so craves to know. To the seeker, it somehow is all out there and to be reached for. And yet, that is not the model that we would give you nor the model with which we would ask you to work in attempting to clarify and refine your contact with your own guidance. We would offer you rather the picture of yourself as a being that rests already in the sacred space within, so that the process of learning is actually a process of recovering or remembering who you are.

Now, before incarnation, you created things for yourself that will stand you in good stead. You created relationships that would try you, test you and teach you how to serve without any expectation of return. You created ways in which you could in some outer way be of some service to those around you. And it is a wonderful exploration to undergo in faith to look at each day with the question, "How can I help? How can I serve? Whom can I love? And what shall I learn?"

You do not ask these questions in a void. You ask them within the sacred space of your own heart.

That which we offer this instrument is offered in a very careful way. This instrument tunes for this contact as if she were a radio station, tuning to her highest and best self. And when she is there, knowing she is unworthy, but asking to be of service regardless, she offers herself with a whole and utter completeness to the highest and best energy that she knows. And in this instrument's case, this instrument asks for the energy of Jesus the Christ, or what many would call Christ Consciousness, and what this instrument prefers at times to call unconditional love. She asks for the highest and best contact of unconditional love that she can carry in a stable manner. Then she gathers around herself a group so that she does not bear this upon her own shoulders, at all, but rather is simply the group's focus and the translator of energy from one density, shall we say, or level, to another. It is a fairly complex practice and is geared towards the collection of information which has polarity and which therefore has power. She selects that target to which she attaches herself or with which she connects in order that she and this energy, this source that she has sought, may come together and create a body of words with the hope that such words may inform and inspire. There is risk involved in this work. It is the risk of receiving information that is not helpful, that is not positive, and that creates fear and anxiety rather than harmony, hope and community.

When an entity by itself seeks guidance, there is no such risk. The instructions from many sources within your consensus reality on this are very clear. The suggestion in general is to go within. Go into that inner room of prayer, closet oneself and listen to the silence. You see, guidance does not actually come in words. This instrument is not receiving direct guidance from us. This instrument is translating concepts that may have some power to heal or to help growth in your process. And in inner guidance, it is the same [conceptual] truth. So often, entities who feel that they have received guidance express it not in terms of words but in terms of epiphany, or realization. It is much larger than words can hold, this content of truth.

The going into the silence is, first of all, to stop the self from talking; to divorce the self from the busy

mind or what this instrument would call the monkey mind of third-density thought.

Now, many times, each of you within this circle has experienced that wonderful movement from local and linear thought into imagination. Connections become looser and they slide across disciplines and ways of thinking, finding friendly structures in unlikely places. And one begins to create castles in the air and have wonderful towers of thought that have come to one somehow sideways. This is guidance at its most elementary. When you have finally been able to begin to disconnect the relentlessly logical, linear mind and have lifted away from ratiocination to imagination, then you have become ready to behold your larger self. As you sit in the silence of no-thought, as you relax into that sacred space that silence builds within you, your body is able to relax and let go of its incredibly tenacious hold on your deeper consciousness. Physical changes occur to one who is simply sitting and resting. The blood pressure drops, the pulse slows, the brainwaves actually change and chemical changes occur throughout the body systems. You can breathe more deeply at last and begin to release yourself into your fundamental seeking. You can begin at last to ask the questions that are too deep for words.

For most entities, the first thing that occurs when you move into the silence is that all of the things at which you have not wanted to look or which you have put aside because there was no time come up and are viewed by you. Do not resist these forays into seeming thoughts, for they are the material about which the very highest part of your subconscious being has been concerned. Welcome each of them as a guest without any attachment to how long that guest will stay. Sit with that guest. Listen and observe. This is something that has been stuck in your energy body. Let it get unstuck, but do not follow it. Allow it to express, allow it to rise, and allow it to fall again. This process may be all you can do for months if you are simply a beginner to silent meditation, and that is fully acceptable. That is progress of the greatest kind. Gradually you will become able to move deeper because you have begun clearing your energy body and those blockages and distortions that were most troubling you, that were most constricting the energy on its way to your open heart, will have been released, balanced, loved and accepted by you.

Have you any idea how unaccepted you are by yourself? You have only to go into meditation to discover that. Let the ghosts that haunt you visit you. They cannot hurt you. You are safe. Allow them to rise, and begin to look at those ghosts and the shadows that they represent as worthy, honored, loved, accepted and embraced. This is a powerful process and may we say that, in our opinion, it cannot be rushed. It cannot be hurried. It has its own rhythm in your life in spirit. And once again, as you persist day by day in the discipline of allowing yourself to get to know yourself, you are clearing the way for an ever deeper understanding of who you are.

Each of you came here very focused on learning and service. And yet you walk through the veil of incarnation and you forget that focus so that as you live your life, you are learning not by rote, not by memorizing lessons that some teacher or authority figure has given you, but by every thought that you have, every desire that you are able to identify. The refinery of Earth is one in which you decide what to refine, what to pursue, what to bring up from the treasury of your own subconscious material and how to mine that material for the jewels that it contains. And it is in this model that we would talk to you about guidance.

You came into incarnation supported and bolstered, without any possibility of being abandoned or isolated, with a very solid, sturdy guidance system. It is up to you to create the structure with which you feel comfortable as a person for receiving this guidance. To some extent, you may do reading into religions, philosophies, myth and archetype, for each culture has ways of describing and structuring guidance. For the Native Americans, for instance, every animal has a role to play in guiding. Each animal that you meet, therefore, is a messenger. There are systems of guidance which employ inspired human beings who act as gurus; and these gurus are able to focus spirit in such a way that realizations come to the student who is devoted to the guru. There are those religious systems which ask of one that one follow a certain master such as the one known as Jesus, the one known as Buddha, or the one known as Allah and his prophet. There is an almost infinite array of ways to approach beginning to become aware of guidance.

In general, we would say that you must follow the path of greatest resonance. If there is a master who

resonates to you so much that you wish to follow in the footsteps of that master, then you will take a certain path towards guidance. If you find that you are more comfortable following the chain of coincidences, of those things that speak to you from day-to-day, then life itself becomes the messenger of guidance. And, in many cases, by the simple discipline of beginning to record one's dreams or one's thoughts after meditation, one is able to gain access to that web of love and support that is all around you and waiting with the greatest of eagerness and joy for the opportunity to be heard. We describe this and characterize this as guidance of a positive or service-to-others nature.

You have also asked about guidance of a service-to-self nature, or a negative nature, such as the [guidance system of the] one known as Hitler and other obviously service-to-self entities who are not interested in helping others but in controlling them. Within the time/space densities from which guidance comes, the positive and the negative paths are separated. One within fourth or fifth density has chosen either to serve others or to serve the self. You as a positive spirit are receiving guidance from your own greater self at a density that is further on in space/time than your own. You are receiving back the information that you have won by earning it through lesson after lesson, service after service, and density upon density. When you receive guidance of a negative nature, it has not been arranged beforehand. It has not been planned before incarnation. Rather, it has the character of a predator and its prey. For the service-to-self entity that wishes to be a negatively-oriented guide for a third-density entity is actually looking to control the source of power and to be sure that that power does not turn towards the light but towards the darkness.

These entities are what this instrument would describe as vampiric in nature. They are looking to feed upon your love and to turn it into fear. The path of their ingress into your system of awareness has to do with those deeply buried spaces of pain which are usually embedded during childhood but may have been embedded more recently, in the adulthood, as well. Usually the deepest pockets of pain and suffering within an entity's psyche are those that have been buried since childhood and have been well covered over. If you have distortions involving anger, for instance, such an entity can find a roost deep within you. And if you become interesting to

such an entity because you have begun to seek the light and have therefore polarized and begun to accrue power to your being within incarnation, you will attract such entities' attention. And they will look throughout your armor of light, shall we say, throughout your energy body, to see where there is a hidden pocket of pain that is unknown or unaccepted by the conscious mind and unloved by the conscious heart. And into this pocket they will come and perch and wait for the opportunity to create fear, pain, division and so forth.

Each entity is vulnerable in her own way to such greeting. It is like a Chinese puzzle, in that the more such greeting is resisted, the stronger it can become. Had the one known as Hitler been able to turn and face the pain within him, this entity would not have been able to delude himself as he did; for indeed this entity believed that he was aiding not only himself but his entire race, with which he identified strongly, by excluding those who were not perfect, as was his race. To build up such prejudice is to move ever deeper into fear and exclusion. When in your life you see divisive energies, energies that judge and exclude and create a feeling of elitism and a sense that one is better than another entity or another group, you can easily finger the culprit. You have been beguiled by vampire energy into turning to a part of yourself in which the light is not developed.

There is always the choice, when this is perceived, as to how to deal with the situation. If you reject yourself and judge yourself for having come into this configuration of thought, then you are increasing those divisive energies and moving further from the love that you understand is positive. You are still engaged in loving but that love has been distorted into fear and into those negative emotions which attack, defend and create barriers.

Moving back into a gaze of the self, you may see that it comes down, ever and always, to this moment. Here is the moment of choice; here is the arena of so-called light and so-called darkness. Shall you love what you see or shall you reject it? All of polarity and all of your access to guidance rests on your decision, in this moment, to embrace, include and love; or to reject, exclude and fear. Here is where words like faith, grace and hope are seen to be entities of great beauty, power and truth. At the moment that you realize that you must ask for help, you have already begun to receive that help. It is as reflexive as breathing out and breathing in. Know that you are

never alone when you seek the truth. Know that you are in the company of those that love you and wish only to support you.

How to access your guidance? There are as many ways as there are people. And we will be glad to explore any of those ways about which you wish to ask. Simply knowing yourself to be the being that you are is the beginning of a great adventure. And may we say that at any time that you wish us to aid in your meditation, we are glad to join you if you will but mentally request our presence. It is not that we have anything to add but our love. That love is as a carrier wave that enables you to meditate a little more smoothly and deeply. We gladly offer that and are most grateful to serve and we thank each of you who has asked us and who has been able to feel that underlying and undergirding steadiness that comes with meditating as part of a larger group. Be assured that you have an extended family of what this instrument would call angels and beings that have worked with you before that rest around you continuously and that bolster you on every side: before and behind, above and beneath. You rest in a web of love.

We would ask at this time if there are any queries before we leave this instrument and we thank each of you for enabling us to respond to such an excellent question. We are those of Q'uo.

Jim: I have a question, Q'uo, from K in Finland. She asks, "Did the planet Earth have an unusually great amount of extraterrestrial visitors from near and far after mid-September this past year, in 2004? Was there anything special happening around our planet that may have prompted this keen interest in us?"

We are those of Q'uo, and are aware of your query, my sister. We would not answer this query specifically. However, we would like to comment in general that as your planetary sphere and, indeed, the solar system in which it rests and dances, reaches this particular end-date of what this instrument calls third density upon planet Earth, there have been and will continue to be repeated waves of incredible energy that are rolling across your planetary sphere and the inner planes that are connected with this planet. They are waves of things leaving and things coming. It is as though night were falling and dawn was breaking and in between, as this instrument would say, "Katy, bar the door."

Again, it is a crowded universe.

Now let us focus briefly upon the linkage between third density and fourth density. In attempting to graduate from third density to fourth, this planetary sphere has so often repeated a singular error that it has been unable to achieve a complete planetary graduation in a long time, much longer than has been experienced by most planetary spheres. It is an extreme enough and unusual enough occurrence that it has created what this instrument would call a time lateral, or a shunt. The train of planet Earth's people has sort of gone off on a side track until it can bring itself together in love. Instead, repeatedly, it has brought itself together in fear. And this is not unusual considering that we see upon your planetary sphere those who have, as those of Mars did, destroyed their planetary surface by war; and as those of Atlantis did, destroyed their continent by misdirected crystal energy. The tendency, therefore, of this planet's people is to become wrapped in fear and cause an explosion of negative energy that is usually seen as war. This pattern has repeated itself through empire upon empire and now those who have, in the past, been a part of this pattern have almost finished what they can do to gather together what this instrument would call Armageddon or *Gotterdammerung*.

They have failed. We believe that we now see that this is so. Nevertheless, the thrashing of what this instrument would call the dragon's tail is yet mighty. Up until approximately—we give this instrument a figure of five years ago—the probability/possibility vortices were that this pattern would repeat itself. However, enough positive energy has begun to be gathered in the hearts of the planetary population of humankind upon planet Earth that the very likely polar shift that was expected before the end of your twentieth century was averted. What is occurring now on your planet as it goes through the labor of planet Earth into fourth density is that delicate task of releasing the negative energy collected by this planet in ways that do not destroy the planet. And so, as we have said before, you can see the tsunamis, the earthquakes, the catastrophes that are terrible but not Earth-shattering, and we mean that literally. Love has transformed your possibilities and now you gaze at the genuine possibility of bringing the planetary sphere together in a web of true love.

My friends, how much you have to balance! It is a staggering challenge. But the hearts of the people of

planet Earth are beginning to come alive with a great desire to love each other; and this is your calling at this time. It is for this reason that you came to this incarnation. And we say to you, love one another. Waves of energy both positive and negative will continue to impact your planet. Every ghost that you did not ever want to see again will come directly face-to-face with you and if you are very lucky that ghost will be shown to you in an honest and loving mirror. That is the most for which you can hope. For in order for you to become a truly loving person, you shall need to embrace these energies, accept these ghosts as part of yourself, and integrate your personality more and more into that part of yourself that is the consciousness of living Godhead.

May you fare well with these birthing energies and become pioneers of fourth density.

Is there another query at this time?

(Pause)

We are those of Q'uo, and find that we have exhausted the questions in this circle of seeking for the moment. We say again to you what a privilege and a pleasure it is to be with you and to share our humble thoughts. And may we ask you again to discard them without a second thought if they trouble you. The beauty of your beings and your seeking humbles us and opens our hearts. Thank you, each of you. We are those of Q'uo, and we leave you as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai.

NOTES TO OUR READERS

L/L Research greetings to you all in this uncertain Kentucky weather of March! This morning I awoke to see snow on the daffodils, but the sun soon melted the pretty snowcaps, and our early blooms are once again nodding happily, sturdier than they look. The session we chose for this issue of *Light/Lines* is a very recent one, and we are happy to report that our public sessions are going well this year, with many visitors to L/L Research from far and wide as well as a wonderful core group of those who are faithful local attendees. Please feel free to write to us if you are coming to this area or would like to come and attend a channeling session. We can give you a list of motels around this area and directions to our home.

With this issue we welcome a new house member of the L/L Research Group. He is Kenneth C., the son of Jim McCarty's and my best man and matron of honor at our wedding in 1987. Now 19, Kenneth comes to us from the northwest, where he worked in forestry. Currently he resides here in the Louisville base of our "Magic Kingdom" community home, but soon he will be taking up duties at Avalon, which is now beginning to be developed under the careful guidance of Lone Bear. By the way, if you notice our being careful with names, it is because we had a most unfortunate occurrence of identity theft that apparently came from our mention of a full and proper name for another group member some time ago. We have learned the hard way to be careful! Ken is a real blessing to have, and his loving nature and hard work are greatly appreciated. As the warm weather comes in and the Avalon farm construction crew shapes up, he will be a key member there. Hotaru is also Avalon bound, leaving the house financials in the capable hands of MT, who moved to the Magic Kingdom from Avalon last fall, where she was the very first to open up the work of developing Avalon's wilderness to hold community and farming. If you would like to explore this Avalon project a bit, please go to this address: sgc.lawof1.org. Lone Bear has placed a series of photo journals and a task list to report our beginnings and it might whet your interest! We certainly do not lack dreams, energy or ambition!

The first planned event on Avalon this summer will be sometime after the school year ends. A number of young people have indicated interest in coming to Avalon and tenting while they work extremely hard at construction tasks and at the same time learn more about the Law of One and living that Law in everyday life. This group patterns itself after the Anla'shok, which are part of the cast of characters and story of Babylon 5, the TV series. To learn more about this group, go to www.antiquatis.org and scroll down until you see the Rangers. This site also contains lots of information gathered by Lone Bear on the Elder Race of which he is a part and on fourth-density science (he is a physicist who has put much time into the study of Dewey B. Larson's Reciprocal System of physics, about which many questions were asked in the Ra sessions.) If you are young, hardy and able to work hard, you might consider applying to us for more information. Plans are now beginning to be formed up for the first Ranger Gathering. While we are charging no money,

there will be costs of travel, food and incidentals that attendees need to be able to meet. Contributions to help defray these costs for young people who cannot pay and for construction materials are welcome. Please make checks out to L/L Research with the notation, "for Avalon."

Coming August 19-21 will be a weekend workshop on The Law of One Experience. We have begun developing the curriculum for this weekend, which will take place at Wooded Glen, a lovely resort-level retreat center on 600 acres within an hour of the Louisville airport. Speakers will include Jim McCarty, Janet Frank, David Wilcock, Stephen Tyman and me, Carla L. Rueckert. The energy of this weekend will be devoted towards developing a circle to help anchor fourth-density energies. In initial planning meetings for this event, the excitement and magic of this workshop is palpable. We will be putting publicity up on site as soon as our curriculum is nailed down and arrangements are finalized concerning costs to participants for the event and for lodging and food. There are only 20 rooms available at the retreat center itself, available for single or double occupancy. Fortunately there is ample hotel space nearby, as well as the permission of Wooded Glen for those who wish to tent to do so. If you are interested and wish to secure a room early, contact GLB at this address: gbl@llresearch.org. As things develop, he will be handling reservations and communicating with those who hope to attend.

In September, I am traveling to Ann Arbor, MI, to co-channel for a weekend workshop with Barbara Brodsky, channeling Aaron, and Judi Coates, channeling Jeshua. Barbara and I have co-channeled for nine previous workshops and are at present editing the content of those workshops in preparation for the publication of *The Aaron/Q'uo Dialogues*. This will be my first co-channeling with Judi—Barbara's third co-channeling with her—so it should be very interesting. For more information and to sign up, please go to www.deepspring.org and check their calendar. They do have the event listed, and in days to come there will be more complete information on attending. Barbara's organization will be handling all details, so if you are interested, you need to deal with Deep Spring. As we edit the Aaron/Q'uo sessions for the book, the sessions will be up on our archive site, www.llresearch.org, by date. The date of the first session is February 28,

1991. As our web guy gets these finalized sessions up, you should be able to explore this material for yourself to see more into whether you would be interested in following this event.

David Wilcock reports from his new home that he will be offering several chances for people to explore aspects of the Law of One with him. On April 23, he will be at the New Living Expo, speaking at 1 PM there and holding a workshop nearby the following weekend. David will also be speaking with Dannion Brinkley on that same weekend in a panel discussion on life after death. Starting on November 5, he will cruise with those who wish to join him to Mayan ruins. He will be speaking during the 10-day cruise about the Mayans and unlocking the mysteries of 2012. If you are interested in this, the contact is Kevin Fitzgerald of Worldview Travel, whose telephone is 1-800-627-8726, extension 243. And for those with 17 days to spare in the summer of 2006, he will be leading a tour of Europe which he calls the "Unlocking the Da Vinci Code" Tour. Synchronously enough, this tour is being organized by a company called, of all things, Avalon Productions and Power Places Tours.

As GLB and I were working to edit the *Book of Days* material for publication, we were stunned to find quite a few more channeled sessions from my work with the Holy Spirit which were previously lost. We are still working towards creating a printed *Book of Days* from these channelings from the Holy Spirit, using 366 of the sessions to create a calendar-type book. A donor has offered to match any funds donated for this book, up to half the cost of the book's production, so we greatly encourage your prayerful consideration of contributing towards this project, which we are hoping to self-publish at L/L Research. In addition, we will also be working towards producing a free e-book containing all 469 of these sessions. To look at a sampling of this material, please go to our web site, www.llresearch.org and click on "Library." Scroll down until you see "Book of Days." The material opens up and you can check it out for yourself to see if it speaks to you. We would greatly appreciate your help with this project.

Progress can be reported on two other projects. Firstly, there is *The Aaron/Quo Dialogues*, the manuscript of which I am working on editing as we speak. Long-time L/L Research friend, Judy R., has been working for six years to coordinate, merge and

unify three sets of tapes to create a final manuscript, and her work is now completed. It is now up to me to correct the copy and prepare it for offering to a publisher.

Finally, there is the unabridged edition of *A Wanderer's Handbook*. Thanks to the loving energy and countless hours of work of MT, the abridged material is being restored to the abridged version's text, and all sources and footnotes checked. This will restore the work to its full original length, which is pretty awesome, about twice the length of the abridged, printed version, which runs to almost 600 pages! I cannot tell you what a huge job this is or how fortunate we are to have her help. As she completes her work, I will be reading through and sending to our web guy, who will be creating a free e-book on the site. I just finished editing the first chapter today!

MT and Hotaru are busy poring over T-shirt catalogs to improve our line of L/L Research T-shirts, for those of you who wish to wear the message, "All Is One." We will have an order sheet on line on www.llresearch.org, as soon as the new line is ready to send out.

We hope you enjoy this issue of Light/Lines! It goes out to you with all our love and light and a wish for each of you to have a wonderful blooming season as the sun waxes in the sky and the weather warms our bodies and the Earth beneath our feet and coaxes us all into growth and sunny smiles. ✨

L/L—

Carla, for all of us at L/L Research:

Jim, Hotaru, MT, Ken, GLB, David, Lone Bear and Romi.

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SUMMER 2005, NUMBER 94

CHANGE, RENEWAL AND LETTING GO

May 15, 2005

Group question: The question this week has to do with change and renewal and the circumstances of such within each of us who seeks. We are wondering if there has been an influx of this energy that allows changes, if it's available to everybody or if the changes that the people in this group have been going through recently are a product of people who seek. Could you give us some information on what allows changes, renewal, rebirth and transformation with seekers of truth? Is it more the qualities that are set up within the person or qualities that are within the environment about the person?

(Carla channeling)

We are those known to you as the principle of Q'uo. We are going to pause immediately in order that this instrument may adjust her microphones in order that we may go on with this communication.

(Pause)

We are those of Q'uo, and are once again with this instrument. We thank each of you for allowing us to make these adjustments for the recording. It is helpful for those in the larger group of L/L Research, as it is so called in your planetary way of speaking, that we are able to impress the magnetic tape with our words so that it can be used as a resource for more people than those who are sitting in this circle of seeking at this time.

We would thank each of you who has come here this day for the dedication of your time and your focus at this moment in your life. It is a great blessing to us

to be able to address such questions as you have put to us this day and we thank you for your seeking for the truth and also, and separately, for the real beauty of each of you as you join in the circle and blend your vibrations to be amalgamated or amassed as a group consciousness in this sacred place. The beauty of you assembled here is stunning and we are humbled and feel very privileged to be called to your group.

As always, we would ask you to take exquisite care in discriminating between those thoughts of ours which seem to be helpful to you and those which do not. If you will discard without a second thought any of our opinions that do not ring true to you, it will enable us to speak freely. We are not people of authority. We are those who have perhaps walked a few steps further on the path of evolution of mind, body and spirit than have you, but we still seek and we are still learning. We thank you for observing this fastidiousness in your discrimination of thoughts, for that will enable us to speak without being concerned that we will interfere with your process or infringe upon your free will.

You ask us this day concerning the process of letting go of that which we perceive within ourselves to be used up or old or dead and how to embrace the process of transformation, transfiguration and rebirth. We are most glad to address this mélange of subjects with you. The challenge for us is where to start.

Perhaps we would start with the comment made by the one known as Jim in laying out this question for us concerning the emerging of a new wave of energy. As this instrument said earlier in conversation and as

we have said several times in the past little while to this group, there have been repeated waves of energy that have been global in their scope and indeed have affected your entire solar system in some cases. Some of these energetic bursts are coming from within the inner processes of your planetary sphere as it, as this instrument said earlier, undergoes a continuation of a fairly lengthy and not particularly easy labor as it births the fourth-density Gaia, that planetary being which is fully sentient and is evolving in her own right.

The other bursts of energy which have hit this planet, and indeed your entire solar system, are those coming from what this instrument has sometimes called the great central Sun and are informed by the combined love and concern of various of the larger groups of entities who wish this planet and indeed this solar system well. For it is a time in this planetary cycle when there is a great deal of attention focused upon this planet from all over what you would call your major galaxy. The birth of fourth-density planet Earth goes well; the baby is very much alive. The resistance set up by fourth-density energies striking a very divided group of those who dwell upon the surface of planet Earth has set up waves of interference which could be seen to be as a planet-wide system of psychic greeting, if you will, in that all of those who are attempting at this time to embrace fourth-density values and live in a way that is compatible with graduation into fourth density can reliably expect at this time and in the near future to be visited by those entities and situations which offer the clearest possible catalyst having to do with all third-density energies that are still embraced that mitigate against the acceptance of fourth-density energies.

We give this instrument the phrase, “the ghost in the machine.” *The Ghost in the Machine* was a literary work which purported to deal with the effects of mechanization upon Western culture. And there was this concept of the machine age as taking the soul from entities so that they were witnesses more to the machine than to their own beings. The culture in which you are bathed and in which you dance at this time has given you gifts. As the one known as A said earlier, there are biases and distortions built into the developing spirit within incarnation upon planet Earth by entities such as parents, teachers and other authority figures which, for weal or for woe, create bias, create within each of you opinions as to what is

good, what is painful, and what is trustworthy in your environment. These gifts include, as we have said before, nuggets of the most precious pain and suffering which you have taken into yourselves, often at times when you were too young and too defenseless to do anything with this pain. Consequently, it has gone down into the earth of your subconscious as a little nugget or engram of crystallized pain.

And so as you come through your own experiences as an adult entity and as one which has chosen to accelerate the pace of your spiritual evolution within incarnation, you have cast yourselves in the role of miners going after this buried treasure and lifting it to the light of the present moment within your own open heart so that you can realize the gifts that you have given yourself and finally open them and do something with them.

We build to some extent upon past information in this session and so would encourage any who become confused by anything that we have to say to seek those two previous times of asking in which this group worked together on how to clear old suffering from the mind/body/spirit complex that is each of you.¹⁴ Our basic concept is that of, as this instrument said earlier, helping each of you to come into a celebration of yourself. We do not encourage this celebration on the level of third density. It is not our orientation to encourage the energies within you of personality. We do not object at all to your personalities! However, as this instrument said earlier, the personality shell that each of you brought into incarnation was brought in order that you might have the tools and resources that you needed in order to follow the agenda that you had set out for yourself prior to incarnation. The resources that you gave yourself included people such as your parents and many people within your life with whom you had made agreements before incarnation. They were not necessarily agreements to work together for the service of the one infinite Creator. In some cases, they were agreements to clear up or balance adhering catalyst that sometimes is called karma by your peoples. Some of these people showed up in your life as people with whom you seemed to have nothing but a continuing argument

¹⁴ The two previous sessions in which this subject was discussed are those L/L Research Sunday Meditation sessions dated April 17, 2005 and May 1, 2005.

or for whom you could not feel as you “ought”—and we use that word in quotes—especially people in your family whose object, in this incarnation, seems to be to create interference and resistance in your own pattern.

In many cases, this person was chosen specifically so that you could work on loving yourself. It is often very difficult to approach in a direct way the central challenge of loving the self and so you are given mirrors. Sometimes the mirrors are loving and honest and you get a pretty fair image of yourself, one that you can look upon with some feelings of stability and trust in that image that you are seeing.

When you look at yourself through the mirror of other entities, such as those about whom we spoke, those that give you the catalyst, the interference and resistance, you are looking at a very skewed and distorted mirror of yourself and yet it is a mirror of those parts of yourself with which you have had arguments in the past, perhaps not even in this lifetime but in between incarnations or in other incarnations. Perhaps you do not have adhering catalyst with this entity. Perhaps you put that entity in your life simply to learn to love without expectation of return. However, as you forgive that entity for its skewed picture of you, you begin to see that you have only to forgive yourself in order to create room within that portion of yourself that we would call the heart.

Now, we have spoken of the heart chakra and about how that, although it seems that it is a wonderful place, always open, always loving and so forth, actually the heart chakra is a real challenge to negotiate. As you move through clearing the red, orange and yellow-ray chakras, as you move through issues of survival, personal relationships, and group or legal relationships, you are able to become clear because you have done the work associated with those energies. They do not include the energies of loving. They include, rather, work done in balancing, accepting and understanding the nature of those energies of red, orange, and yellow ray.

When one reaches the heart chakra, one enters an outer courtyard in which, in this instrument’s system of images, is seen the sellers of sacrificial doves and other temple accoutrements, postcards and tourist items. You see crowds of entities associated with all the work that you have done in the lower three chakras, entities and situations which you have not

entirely digested, entities and situations which are unloved by you, unforgiven, unaccepted and not seen as a worthy part of the self. Do not fear that you shall be offenders in entering the sacred space of your own heart with all this baggage, for there are lions at the gate of the inner temple.

Fortunately, at any time that you wish to circumnavigate the detailing and processing of all these entities, the lions at the gate are satisfied if you can simply accept that, as this instrument said earlier, you are a flawed human entity whose nature is to some extent to be distorted and in error. If you can let that suffice, you may put down the baggage of the crowds. You do not have to chase the moneylenders out of the temple today. You do not have to forgive all that you have brought into the outer courtyard of the heart today. It is enough that you love and accept yourself as you are. For such a one, the temple lions bow and welcome you in.

You are immediately and without any more hesitation in that place within the heart that is sacred and in which the Creator sits waiting for you with infinite patience and love. There you have a place of rest and renewal. We do encourage each of you who seeks to let go of old pain to meet the lions at that gate squarely, daily, to walk in and sit down and let yourself be loved, understood and totally accepted. The part of you that is the Creator can only come into its own when it is nourished by companionship with the divine. Silence within this sacred space is a powerful resource that will offer you much clarity through time, whether or not you have any awareness of work done or things understood or any sort of mystical satori.

And let us take a look at the suggestion of the one known as A that there are these crystallized nuggets of pain about which one can do nothing. We would agree that the energy of inertia is such that, left untended, left unrecognized, shall we say, these nuggets are there for life. They do not float to the surface and go through the process of refinement and acceptance by themselves. Your will is all-important. Your choices are all that create the opportunity for you to accelerate the pace of your spiritual growth.

We have talked to some extent about the efficacy of identifying the entrances to these underground points of pain. The adits to this particular kind of pain can be seen well as triggers. And you know that

a trigger has been pulled when you begin having reactions or responses of an emotional or mental type that are in excess of the reaction that would be considered appropriate by your wisest, highest and best self. As the one known as C said, the tip-off is when you begin to experience being pulled away from your center of self.

When you feel this occurring, you have two choices. The choice of most entities who are not focused on analyzing their thoughts and pursuing a course of the discipline of the personality is to allow the tape that has been triggered to roll. And it will roll, just as it has rolled ever since the first instance of this type of experience, probably in your childhood, until it has come to its end, at which time you will be free again to live a normal and centered life. Until that tape is done you are temporarily listening to or acting out the contents of that tape, whatever that is.

Your other choice is to take the moment of recognition that you have been triggered and make the choice to stop and say to yourself, "I am being triggered." Then ask yourself what the triggering event was, how it happened, how it can be analyzed and so forth, using your mind until you have satisfactorily, to yourself, analyzed the trigger. And then move that very difficult fourteen inches from head to heart and ask from the heart, "What is my best self's response to this trigger?"¹⁵ When you ask the question, it might be helpful, if you have not done this as this instrument has for years, to have a pen and paper at hand or be sitting at a typewriter or a keyboard, because you will get information concerning what your highest and best self would do.

Asking what your highest and best self would do is asking for your guidance system to kick in. You have a great guidance system. The problem entities have with their guidance system is that it must be activated. It is an entity that is yourself at a future time, in terms of your third-density physics. It is yourself in the midst of sixth density. This instrument calls her guidance system the Holy Spirit, or Holly. Other entities call their guidance system a guidance system, or their guru, or any of a number of other constructions in which guidance is

explained, one way or another. But it is actually quite a complex web of entities. Certainly, chief among them is the Creator-driven version of yourself, moving back to you from sixth density. But you have picked up many entities from the inner planes, as this instrument would call them, who have been attracted to you because of the beauty of your hope and faith, or because of the kind of mission that you came into incarnation to pursue, or for any of a number of other reasons, resulting in the opinion of inner-planes entities that you are a person that they would like to help. They range from tiny children who simply want to help you find lost things to the most wonderful and complex personalities, masters, gurus or entities of that type from various of the inner planes that have been drawn to you because they feel they might be able to prove to be a resource in your own process. Some of these entities have names, some of them are simply energies or essences. Some of them speak in ways such as we do, in concepts which come up through the subconscious mind. Some of them speak through coincidence, birds, animals or street signs, using your environment to find ways to communicate a word or a concept or a feeling with you. Some of them speak to you in sleep and some, such as we, are there during meditation if you ask us to join you so that we may deepen the stability of your basic meditative state.

It is a tremendous resource to ask yourself what your best self would do in a triggered situation. You may not be able to use that information at the present time; it takes some repetition to learn how to stop the tape before it has finished its roll. You may have to listen to that tape all the way through once again, but, when you have been through this process, you are at least listening to the tape consciously, aware that you are no longer in consensus reality: you are playing a tape. That is all it is. It is a piece of information frozen in its original distorted form for you to play again and again until you finally get what is on that tape.

In a way, it is as if pain were a joke and when you finally get the joke, the laughter clears the pain. It is not that you are a joke or that suffering is a joke. It is that you are dwelling in a thoroughgoing illusion. The things that occur to you are in the nature of a parable or story. You think, if you do not look closely, that you are simply experiencing the surface of life and yet life has innumerable levels. And

¹⁵ This question is part of a system of teaching created by Marianne Weidlein, whose web site is www.empoweringvision.com/site/70-Coaching.html. Carla has studied with Ms. Weidlein.

depending upon the clarity of your consciousness and your comfort level within yourself, you are very capable of moving quickly through many layers of reality, moving from surface illusion into any number of levels that are more real than the surface illusion. You can at one time be in a cartoon, a carnival, a school, and a temple. All of these environments are layered within you and all are equally valid. In fact, you have an infinite array of valid points of view.

Where is the key, then, on where to stand to look at your experience and to deal with it in ways that clear old suffering and that welcome and invite transformation and rebirth? In one sense, the key is to stop thinking and to be. We have said innumerable times to this group that your job here is to be. We have said that your basic mission is to be yourself. And if you look at our previous discussion you may perhaps begin to see into just how complex a thing it is to clear away the debris of stray thoughts and old habits and achieve that which is simply “to be.”

The one known as Rene said, “I think, therefore I am.”¹⁶ And we would say to the one known as Rene, “We are, therefore we think.” The mind has been given a great deal of respect in late centuries. From the 18th century onward, the mind has gained ascendancy over the faculties of the heart. The world has become a skeptic. It does not live by faith, but by what it can prove and see and hear. In some ways, this is an asset. For when one lives only by faith, that faith can degenerate rapidly into superstition and irrationality takes one on many a fanciful journey that is no more valid than being a ghost in the machine.

But to be yourself is somewhat of a challenge, simply because there are overlays upon overlays upon overlays of things you think about yourself, things other people think about you that you have taken on as if they were your own and so forth. Your culture is relentless in its insistence that you think of yourself in narrowly channeled slots of identity. And we encourage you to cast off each and every attempt of the culture to limit you for you are, and each of us in the creation is, an infinite and illimitable being. We cannot express to you how many experiences you have had that have brought you here today, even

within this incarnation. Yet you came into this incarnation as part of the stream of one soul, one cell, shall we say, of the body of creation. You are unique and yet you are not limited by that sum that is you. You cannot be summed up by your experiences to this point because you are alive in the way that the Creator is alive: eternally and infinitely. You are, in fact, a part of the Creator and you take part in the reality of that identity in a way that is so deep that you cannot remove it from yourself. No matter how much you yearn to be able to say, “I am me,” you shall never understand the totality of who you are because so much of it is lost up in the part of you that is not of this density and not of this world but is rather of all densities ...

(Side one of tape one ends.)

(Carla channeling)

... and all worlds. Stretching out the self and shaking off the clothing of an incarnation is a wonderful exercise. You cannot shake away your core identity. For it is from this identity that you have the focus to draw breath. Your identity is far deeper than what you came in with at birth and far deeper than what you will leave with when you enter the gates of larger life. Your identity at heart is that of the Creator. You asked, “How can we make room in ourselves for transformation? How can we make use of these rolling waves of renewal energy that are flowing into the planet at this time?” And we would say open yourself to the limitless possibilities of yourself and stop believing the publicity about yourself, from yourself, and from those around you. Release yourself from the seemingly helpful mooring of those anchors of selfhood that you have thrown down to hold the boat against the current. For there is a system of currents in that sea of becoming of which entities upon the inner planes have so much more awareness than do you. Allow yourself at last to float free, without an anchor overboard that holds you in some perceived safe harbor. You may consider yourself then as a vehicle, moorless upon the surface of this inner ocean, as the physical vehicle of a boat, a ship, shall we say. You have a rudder. That rudder is your desire. Set your desire by that which is the deepest-felt hope of your heart. And sense into the oncoming winds and play with those winds and sail before that wind and for the first time experience that feeling of, “I am who I am.”

¹⁶ Rene Descartes said it in Latin first: “*Cogito ergo sum.*” Translated, that is, “I think, therefore I am.”

We ask you to think about this as we leave this subject, for this instrument is telling us that we must go on.

Endemic to your culture—and we specifically speak of the Western culture—is a concept of self that is ruthlessly independent of others. Now this works for third-density work. One is almost forced to think of oneself as over against “them,” the others that are in your world. In terms, however, of spiritual evolution at this time for each of you, it is helpful to realize that you are not simply evolving yourself. You are evolving your race, and by that we mean humankind. As the Creator is in you, so you are a co-Creator that is involved in humankind. And it is specifically helpful to think of the larger self at this time when the planet under your feet, as an entity, is moving into new birth. It needs that so-called “hundredth monkey effect”¹⁷ of which the ones known as S1 and S2 were speaking, to be realized and known for the truth. You are not simply evolving for yourself; you are evolving for humankind. As you forgive yourself, the world becomes that much more able to consider forgiving itself. Any work that you do is shared out amongst the developing social complex of your planetary mind.

You are not alone and you are not “part of the group.” You are a cell in the body of the Creator which is manifested at this time upon the surface of your planet. You have very special gifts. You are a specialized cell. Some of you are healers, some of you are communicators, and some of you are those who love. There are as many specializations as there are parts of the body and it is a very complex body. But you are doing what you are doing as part of that body and you do not know what effect you may have outside of your own sphere of awareness. Yet we assure you that no loving acceptance that you are able to achieve of yourself stops with yourself. It echoes, as the pebble into the pond, to the very edges of that pond.

¹⁷ Ken Keyes, Jr., wrote a little book called *The Hundredth Monkey*. This book is on the web at www.testament.org/testament/100thmonkey.html. The basic theme of this book is described by the author as “the Hundredth Monkey Phenomenon, which I learned about in talks by Marilyn Ferguson and Carl Rogers. This phenomenon shows that when enough of us are aware of something, all of us become aware of it.”

The Archangel known as Michael is that entity which expresses the gifts and powers of fire and that entity at this time is at attention on the behalf of planet Earth. Be aware of the power that you wield at this time. Know that the sword of truth was never sharper and never more ready to sever you from old pain. We encourage you to embrace every seeming obstacle, resistance and difficulty, asking it what its gift is for you, embracing it, accepting it, and loving it.

We thank each of you for developing this group question and at this time would open the meeting to follow-up questions and any other queries that you may have at this time. Is there a question at this time?

S2: I have one. I have a crystal which has come into my mind in the last few days. And as we were talking about this crystal and getting some information, we couldn't quite translate or couldn't quite get the words. I was wondering if you could tell us what the message or the word was or where the entities were from or whatever comes to your mind?

We are those of Q'uo, and are aware of your query, my brother. As you know, we draw back from questions of the nature that you put forward now, simply because these questions are very leading and involved intimately and specifically with the process that is developing for what the one known as C [has called] your “group of four.” We would simply say that there is indeed, as you have already expressed, no error or chance involved in this transmitter, receiver and transducer coming into your group, or as this instrument has said, into your pocket.¹⁸

As many physical objects, such as the jewelry this instrument wears and the doll it has on its lap, function, your crystal functions as a collector and transmitter of information and energy. Without such collecting devices, you would still receive the same information. The devices come to you because you, on an inner level, have committed yourself to taking on the substantially enhanced work of getting the information at a faster rate. The way to work with such energy collectors as these is to lean into them; in other words, to “clap for Tinkerbell,”¹⁹ to

¹⁸ The crystal S2 was asking about was a globular crystal that S2 had been carrying in his trousers pocket.

¹⁹ In Barrie's classic children's book, *Peter Pan*, Tinkerbell is a fairy-like creature who can only thrive if humans believe in her

believe that they are efficacious and therefore to preset your mind to receive information. This instrument earlier suggested that you retain a pen and paper when you have this crystal with you in order that you might jot down thoughts that come to you that do not seemingly come from your surface mind. This is one good way of coming into an enhanced awareness of the nature of this collector. What is it collecting? On what level is it working with you? What kind of information does it have? Do you find it helpful? This kind of process is what we would encourage you to pursue. The difference between [one who is so working and] one who is working with a mind but not a full heart or a focused desire is that interesting things keep occurring to them which they do not particularly note down. Therefore, interesting things simply keep occurring. When one begins to focus in on the type of interesting thing that might be occurring at a particular time and one begins to look deeper, that focus stands you in good stead and separates you from the casual observer. The deeper you are willing to go with such a collecting device, the more information you are able to collect.

We offer you the simple caution of awareness. Be aware that what you learn, you are then tested upon. What you ask for, you will be given. When you knock, the door is opened and you step into a reality of which you are then responsible for being aware. To those to whom much is given, there lies, as a result, a responsibility. What shall you do with all of that which this device gives you? That would be our caution to you. It is exhilarating to move quickly, but in the ways of metaphysical development, as you move you collect spiritual gravity and things can weigh heavily into your process.

Therefore, when you do sense that you are, shall we say, being tested on what you have learned recently, do not panic. You have studied; you have learned; now here is a test. Meet that test with your heart open and your guidance system notified that you need help and right quickly. You will be fine; there is no failing grade in these tests. Nevertheless, if you are not able to participate in a test so that you have seen the pattern of that test, then you will simply receive that test in another way at another time.

and clap for her. As they applaud her, her light shines brighter and brighter.

Therefore, we would say to you that it is well to take a good rest when you see such a test coming up. Focus not on more study, but on getting the metaphysical equivalent of a good night's rest. Consult your guidance system, root down into your earth, your environment, your relationships, and especially your relationship with yourself, and then sail on, fearless and full of love for the moment, for the test, for the Creator, and for your part in it all as a cell of the creative principle.

May we answer you further, my brother?

S2: A lot to think about, quite helpful though, unlike your answer on the Derby! It was a 50-1 shot and not a sure thing, but that's okay. But I'm always very grateful for your time, your efforts, and your valuable wisdom.

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

A: Yes, I have a question. I'm hoping this is appropriate tonight and if you can't answer it I can quite understand. It's with regard to the American military bases that are being closed all over the country. Does this have something to do with moving through a natural progression to the fourth density or does it have more to do with the possibility of creating internment camps within the United States in order to reduce the population of the Earth?

We are those of Q'uo, my sister, and are aware of your query. We would content ourselves with saying that, to the best of our knowledge, the energies having to do with the closing of these bases does not fit in at all with the energies of fourth density. Rather, they fit in with third-density energies which are reacting quite violently and negatively to the incoming fourth-density positive energies of planet Earth, as it shall be very soon. The reasons for these closures are very involved in third-density political and economic agendas which do not, shall we say, have that stamp of unconditional love at all. Further than that, my sister, we would prefer not to explore for we do not feel that it is our place to discuss the machinations of the world of illusion of your peoples. We can simply say that your natural tendency to distrust and suspect less than pure motives for such fairly substantial and massive changes is fairly accurate. We do not say that there are internment camps in your politicians' minds but

simply that there are wheels within wheels and machinations within machinations among those who hold power among your people.

We would also offer our humble suggestion that, in terms of metaphysical progress among your people, the goal of understanding such machinations may helpfully be described as knowing what [it] is in order to love it and forgive it unconditionally. Recall the plight of the thief and the murderer upon the cross next to the one known as Jesus. When this entity asked the one known as Jesus if Jesus would remember him when he came into his glory, the one known as Jesus replied, allegedly, “This day you shall be with me in Paradise.”²⁰ As we said earlier, you are not moving into Paradise by yourself. Your culture and all of the people of the tribe of humankind hope to come with you. Love them.

May we answer you further, my sister?

A: No thank you, I understand and totally accept the answer. Thank you.

We thank you, my sister. We are those of Q’uo and would ask if there is another query at this time?

V: Q’uo, I wonder if you would speak to the mechanism by which mineral communicates with an organic entity such as a human.

We are those of Q’uo, and are aware of your query, my sister. This is a subtle question, my sister, but we will attempt through this instrument, which has no scientific background whatsoever, to give you some coherent answer.

Minerals are full of first-density energy. That energy is fully conversant with the one infinite Creator and is alive. There is no part of your environment that is not fully alive with the exception of, as this instrument would say, the distance between your ears, which, in terms of third density, is truly a dark zone, not nearly as alive with the infinite Creator as are all densities but the third. Thusly, the energies of

mineral are very vulnerable to impression by thought.

For one who grasps the interrelatedness of all things, the space defined by the angles and spaces within those angles of a crystal are especially vulnerable [to] impression by thought, especially when it is a thought connected with emotional energy such as a heartfelt thought, shall we say. Unfortunately, in many cases, those wishing to impress crystals with thought are those which impress them with negative thoughts. In fact, there are entities who have created cultures in which negative thoughts are ritually impressed upon, say, a rock or a crystal and then buried in order to do something with that negativity. However, crystals can also be impressed with positive thoughts or with a personality.

May we answer you further, my sister?

V: Sure go ahead. (*Laughter*) I was happily listening!

We are those of Q’uo, and are aware that although you have not asked a question, you wish us to reexamine the one that you asked in the first place. We shall do so.

Each substance, beginning with air, fire, earth and water, has a nature. And within that nature there lie avenues of expression, communication and relationship. You can come into relationship with an element, an animal, a location, a word, a letter—any substance that has been created by the Creator or by you. These relationships are real. They are natural. The creation was designed to connect each part with each part.

Within third density there is this inevitable sense of being separate which is born of the fact that, as we said, the dark space between the ears, the mind of the physical vehicle which you enjoy as your body, is simply not aware of the connectedness of itself with all things. You are not aware that you have a force field that ends as you sit upon the chair upon which you are sitting. Yet it is simply a field. You do not stop and the chair begin; rather, you and the chair are sharing space. And the fields of force that are the chair and that are you have agreed to rest upon each other according to the laws of physics within third density. It creates a very tidy world where chair does not become person, person does not become chair, and chair does not sink into floor, and so forth. It creates a system of illusion in which you can have a sense of time and process and within this illusion

²⁰ From Luke: 23:39-43: “One of the criminals who were hanged railed at him, saying, ‘Are you not the Christ? Save yourself and us!’ But the other rebuked him, saying, ‘Do you not fear God, since you are under the same sentence of condemnation? And we, indeed, justly; for we are receiving the due reward of our deeds, but this man has done nothing wrong.’ And he said, ‘Jesus, remember me when you come in your kingly power.’ And he said to him, ‘Truly, I say to you, today you will be with me in Paradise.’”

you have this sense of time passing and one thing leading to another and things flowing forward. Yet in truth, they flow in all directions at once, and you are part of the chair, the chair is part of the floor, and all are part of your planet.

To encourage communication with any substance, whether it is an element such as air, an item you can hold in your hand such as the global crystal which you looked at this day, or anything else, the mindset that is most helpful is simply to know that such communication is already taking place so that you become the one that is responsible for this communication going forward; you are the one that brings yourself to that entity with which you wish to communicate and say, "All right, I'm listening, what have you to tell me?" Then be prepared, because you will receive impressions. You have the ability to receive them directly if you can believe in the goodness of your perceptions. There are various good processes by which entities are helped to become more aware of what they know and of how to stand on that knowing in such a way that your hearing is freed up and you are open-minded. However, the communication between the universe, all parts of it, and yourself is ongoing. It is a matter of how much of it you want to tune into and how you structure for yourself the experience of collecting that information.

May we answer you further, my sister?

V: Thank you. On the subject of our tidy laws of physics, then, with respect to my experience off the shore of South Africa²¹, could we say that was as simple as an agreement between my field and that of the water to break those laws?

We are those of Q'uo, and are aware of your query, my sister. We certainly could say that, my sister, and we believe that you are correct, in essence, in thinking so.

May we answer you further?

V: I would be delighted if you would answer further because I don't think it was quite that simple.

My sister, we are those of Q'uo, and are aware of your query. We are also aware that this question is a

²¹ V was underwater when she was a teenager working with a Christian service group in the Transkei for some twenty minutes according to the records of the camp of which she was a part and yet she did not drown!

question which we would need to explore with you at some length. May we suggest, if you are interested in pursuing this question, that you either ask it as the main question at another public meeting or that you and this instrument and a third person agree at another time to hold a personal session in which we might be able to move into this subject with the fastidiousness which such a fairly complex subject would need.

V: Thank you Q'uo, I suspected that would be the case.

We are those of Q'uo, my sister, and we thank you for your understanding. It is not that the laws of free will inhibit us at this time, for you have that understanding which enables us to speak. We would simply be fleshing out concepts that are already within your own learning process and well-crystallized. Nevertheless, it is too many words for this particular session, as the energy begins to wane.

We would, in fact, at this time ask if there is a final query?

(No further queries.)

We are those of Q'uo, and we thank this group for its wonderful questions and its great beauty. We are always with you if you ask for us to deepen your meditation and to love you. We leave you as we found you, in the love, the light, the power, and the peace of the one infinite Creator. We rejoice at this opportunity to serve and thank you profoundly. We are those known to you as the principle of Q'uo. Adonai. Adonai.

NOTES TO OUR READERS

Greetings, light and love to you from Kentucky on one of the last cool days of spring! The tulips are blown and the lilies and irises are coming out, while the hawthorn hedge is in full leaf at last and the honeysuckle is in heavy flourish, perfuming the air richly and shouting, "It's baseball season at last!" The summer season this year is full of events for L/L Research, with things happening in June, July, August and September.

From June 18 to 26 there will be talks by me, Carla, offered in England. This is a wonderful opportunity brought about by an invitation from Pupak Haghghi to be a part of her wedding on June 12 in East Sussex. I will be talking to groups in St. Albans, Newcastle, Bath, Forest Row and London on the

general topic, "What Would Love Do?" I will be channeling as part of some of the public meetings as requested. Pupak is taking appointments as well for private channeling sessions and counseling from June 13 to 7 in Forest Row. If you wish to coordinate with any of these meetings, check on www.llresearch.org for the proper person to contact.

From July 10 to 17 L/L Research is holding its first Rangers Gathering at Avalon Sacred Growth Center. Please visit www.lawof1.org for a look at the Avalon SGC via Lone Bear's photo journal. The contact for this event is Blue Eagle, whose e-mail address is entilzha@antiquatis.org. This event is targeted for young, able and willing workers who are eager to do some hard physical labor and tenting on Avalon for a week while studying the Law of One and how to live that Law. I will be doing some daily teaching during this time and Hotaru and Lone Bear will also lend their hands and voices to the experience. The cost will be limited to your travel cost and \$125.00 per person for food and materials. Blue Eagle will have all materials posted to the www.lawof1.org site within the week, including application forms and all details.

From August 19 to 21 L/L Research will present a weekend on Living the Law of One. It was scheduled to take place at Wooded Glen, in Indiana, about an hour from here, and may well still be held there. However, we are finding that the gathering will probably be smaller than we first thought. Some who wish to come have reported that the cost of Wooded Glen is relatively high. We therefore may find a smaller and cheaper place here in the Louisville area for our venue. Speakers include Jim and Maxine Pfefferkorn, Paul Jacob, Vara Lyngklip, Stephen Tyman, Jim McCarty and myself. The goal of this weekend is to create ourselves as a focus group for anchoring fourth-density energy here on our planet. I feel that this kind of spiritually oriented "activism" is a timely, exciting and magical project and hope you will want to be a part of this charmed circle. The cost for this workshop, as far as what we at L/L Research charge, is \$160.00. Please consult our web sites for up-to-date information on the venue and the cost of hotel and food. Gary Bean is head of this project ((502)-472-9671, glb@llresearch.org).

Finally, from September 9 through 11 I will be in Ann Arbor to do a co-channeling weekend with Barbara Brodsky (channeling Aaron) and Judi

Coates (channeling Jeshua). They have titled it, "A Gathering of Spirit." The venue is MI Friends Center in Chelsea, MI. The cost is \$125.00 for the three-day event. See their web site, www.deepspring.org, for more complete information. Times spent with Barbara and Aaron have always been great times for retreat and renewal in the past and it will be an entirely new experience for me to co-channel with Judi Coates. Please join us if you are able!

Because of all the preparation needed for these various events, I am currently behind in e-mails and snail mails and will probably remain so despite all valiant efforts to catch up, so my apologies to all those waiting for a response from me on something. I promise I will get to you, but it could be a while! Please bear with me!

The transcription project, which aimed at recovering material from over 150 tapes we recently uncovered in L/L Research Library archives, is drawing to an end after over a year of dedicated work by about two dozen transcribers. Take a look on www.llresearch.org in the Library section under Transcriptions for all the new material! It is amazing just how effective this bunch of people have been at adding to our resources. It is a fine feeling to be able to say that all of our channeled material is now online and available for free. We have perhaps a dozen tapes still being transcribed, and then a white knight, JG, will be examining tapes which have a lot of sections marked "*inaudible*" to see if he can extract more material from them. Unfortunately, we have quite a few tapes in poor condition, simply because in 1974, when I first started channeling training, we did not take taping the sessions very seriously and therefore taped using the built-in microphone which came with our tape recorder. These are not known for their excellence! However, fully 95% of our material is now available and many thanks to the willing fingers that got the words from tape to cyber-paper.

Our public meetings are suspended for the summer and until Sunday, September 4, 2005, at 4 PM, when we shall inaugurate a new nine-month season of weekly public meetings here at the Magic Kingdom. This newsletter shares the final session of this channeling year. It has been a good season and we thank all the visitors, local faithfuls and visiting globe-trotters alike, who have created such powerful circles of seeking this year. We hope you all will have

a sweet summer season, full of fireworks and
spiritual aha moments!

I will be available for personal channeling sessions
this summer at times, and you are welcome to
inquire through www.llresearch.org, Carla's page, for
possible appointment times. ✨

Much L/L to you on behalf of all at L/L Research,
Carla L. Rueckert

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
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All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 2005, NUMBER 95

PITFALLS OF THE PATH

January 16, 2005

Group question: This week, Q'uo, we would like to ask you if you could elaborate upon the pitfalls or distractions that the seeker of truth might run into when the seeking is new and if there is any other type of distraction or pitfall that occurs later on in the path of the seeker. Please give us a general run-down of what to be aware of as one is seeking what is loosely called the truth.

(Carla channeling)

We are those of the principle known to you as Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege to be called to your group and we are most happy to speak to you about the pitfalls and distractions of the spiritual path. But we would first, as always, like specifically to request of each of you that you retain the ability to discriminate very carefully as you listen to our thoughts, choosing only those thoughts that really seem good to you, with which you wish to work further, and discarding the rest immediately. In this way we will feel much more confident that we will not interfere with your free will or disturb the sacredness of your own process.

In asking concerning the pitfalls and the distractions to which one who is attempting to follow a path of spirituality is prey, you ask a fairly broad question. The spiritual path in itself is an amazingly broad thoroughfare carrying, as it does, every being of third density as it attempts to walk between two worlds, the world of third-density consensus reality and the

inner world that sometimes completely overtakes the outer world for its importance and clarity.

For the most part, entities who are not consciously walking a spiritual path stay comfortably within third density and enjoy the various images and illusions that pass before the eye, as the one known as G was saying earlier. It is a comfortable and a familiar thing to pass from image to image as one arises and goes through the day; following the employment, following the need for the body for meals and refreshment and for sleep. It is a less comfortable and sometimes a frighteningly less familiar thing to follow a spiritual path. And each entity steps onto this path from a misty somewhere before the thought has crossed the mind that there was an actual spiritual path. So this broad, spiritual path is home to all of you. Each foot in this room has kicked the dust of that path and that dust has similarly been kicked by every human being on the planet at one time or another. So there is a vast variety of attitudes from those who enter the path of spirit. Consequently, there are various kinds of pitfalls.

Let us approach this question from the standpoint of a model to use to see if you indeed are on the spiritual path. The model of the self on the spiritual path is a model in which you are focusing upon the "I" that you are. There are many uses of the first-person singular. When you think of yourself, you don't always think of yourself as the same self. When you are thinking of yourself as a spiritual entity on a path, who are you? Who is the "I" that speaks for you when you are on the spiritual path? How would that voice, that identity, that person be different

from the “I” that speaks for you in less thoughtful roles?

Hopefully, as you begin to sense yourself as a spiritual entity, the “I” that speaks for you begins to come out of the mist of the surface “I,” the surface personality. The model that this instrument carries in her mind of the entity on the spiritual path is a model in which she is following in the steps of Jesus the Christ. She does not have a model of herself as worshipping but as following after the example of a teacher who seemed to know precisely who he was. He identified himself as an agent of the Creator. This instrument, then, has a model of the self on the spiritual path in which she has an objective referent to who she is because she is following an entity who was of a certain personality. This entity identified himself strictly as the Son of the Father who was about his Father’s business. And it is notable that this entity, in all of his preaching, has never been quoted as asking for worship but only as asking for being followed.

So we would ask entities who are looking at themselves upon the spiritual path quite simply, “Who are you?” Because this is the essential center of that which draws entities to the path of seeking. They become aware that all of the wisdom that has been acquired since their cradle experiences is not enough to satisfy the craving for identity and meaning. They realize that they are going to have to set off on a journey. It is not a journey in the physical world at all but it is very definitely a journey and it very definitely is upon a path that is common to all seekers.

Please realize that on this path you are not gathering as much as allowing things to fall away. The deep and true tones of your identity and your right process come clearly, plangently, sometimes plaintively and sometimes triumphantly, but unmistakably. From time to time there will come a moment—this instrument loves to call them “crystalline moments”—that ping like a bell with a very clear indication of meaning and resonance and in that moment, whatever the realization is, it is easy, it is effortless; and you realize that you have reaped the harvest that has been in process for a long time. You finally hear and feel and see the work that you have done but you never know when that moment will come. Such is the progress of one upon the spiritual path.

Pitfalls, for the new entity to the path, can involve impatience and that reaching and grasping that are the indication of impatience. These are not difficulties that will end or sideline the spiritual seeking for an entity but such impatience does get in the way of a creation that is set to respond to your needs, but in a timely fashion. This means sometimes that one must wait. It is very difficult to wrap one’s mind around the necessity for simple waiting.

The one known as Jim was speaking earlier of his delight at finding the time during the off-season of his work to sit and soak in the silence, allowing the creation to speak as it would to him. This willingness to let oneself drift in the flow of the moment is a great resource for all seekers. The entity, Jim, spoke of sitting at sundown and allowing the light slowly, gradually, to fade away, listening to the sounds of the creatures of the day as they quieted down and listening to the creatures of the night begin to sing their night song and just allowing all of this creation to roll past his eyes and his ears and, walking into his abode at the end of that time, feeling curiously invigorated and refreshed. This model of patience is a great one to carry.

Realize that when a spiritually oriented question is asked within, the answer may come in the next fifteen seconds but it also may come two weeks or two months later. Energies have been set in motion that now must be trusted. Moving from the question to the trusting and the waiting is a great skill to learn. When you sense impatience within yourself, gently remind yourself that in spiritual seeking there is no time.

As the seeker becomes more sophisticated, as learning builds upon learning, the pitfalls of the path can change. If you are one of those who feels that she has had some experience walking this path, realize that your pitfall may well be knowing too much or feeling that you understand. There is truly no end to the evolving self. As things fall away from you and you become more able to penetrate deeper within your consciousness, you will repeatedly find that you need to release concepts from their stricture. You need to be able to allow new insight to change your carefully built-up intelligence about yourself and the world around you. Do not hold on to your identity or your knowledge in the face of new information. Rather, place aside that which you feel that you know and enter fully into the

investigation of that which resonates for you. Do not see it as something that challenges your information, but rather, see it as something that may well help you evolve and put into a whole new pattern the information that is still good for you. When experience mounts up, it is as though some entities were carrying around their entire history of experience and attempting to add everything new in on top of this large pile of acquired information from childhood and previous years. It is a good idea to keep that cup of selfhood tipped out and emptied so that it may receive new wine, new information.

There is a certain amount of pride that entities take sometimes in how many things that they have learned, how many books they have read or philosophies that they have studied or religious systems that they have penetrated and can speak about. This kind of pride is often a very deadening influence and we would encourage entities, always, to relate as simply and as directly as possible to ideas, to patterns of thought, and above all to entities around one who may be attempting to enter into conversation concerning spiritual matters. In a world that rushes continuously on so many levels, we would encourage a truly relaxed and lighthearted attitude towards the very serious business of seeking.

This instrument is typical of many upon the spiritual path in that she has a built-in yearning and hunger for devotion. She must be devoted, she must be serving, she has this sense of almost being driven to be as the one known as Jesus, the agent of the Creator. It is good to have that back-pressure; it is not a good thing to allow that pressure to make you hurry or hasten or become anxious. Allow that back-pressure to continue to motivate you but if it motivates you beyond the point at which you are patient and have a sense of proportion and humor concerning your path, then you have entered into that particular pitfall of eagerness and hurriedness.

What that will do to you, if you allow it to drive you, is to [cause you to] do more and more, to try more disciplines, to add a meditation if you haven't been doing a daily one, then add another one, and then make that one longer, and so forth. The end of such pressured seeking is that you burn out as a seeker and must sit by the side of that spiritual path for a while, mopping your brow and breathing. It sometimes take years for a burnt-out seeker to recover his balance completely and to be able to get back into a real process that feels yeasty and good.

Walking the path is not a difficult thing, it is more a matter of its being a journey for the one who is ready for a long trek. In most paths available in third density there is a beginning, a middle, and an end. There is the learning process, there is the point in the middle in which you are working very hard and you are becoming better and that culminates with a job well done, a degree of education earned, a promotion at work, and so forth.

In the spiritual path, death is only the beginning. There are no endings, there are many, many beginnings, and there is no end of the middle. You are always in the middle of the spiritual path.

Perhaps the greatest gift is to know that you know nothing and that you will indeed fall into many a pitfall and yet it will not take you off the path. You cannot get lost beyond finding and if you do need to rest, even there at the side of the road you have company.

As to the distractions that are possible on the spiritual path, there is no end of distraction. But [this is true] only if you are of the mind to see things as either spiritual or worldly. If you make a demarcation between those two parts of Earthly existence, everything that is not specifically dedicated study will be seen as, in some way, a distraction.

However, we would suggest to you that all things that a spiritually-oriented entity does are spiritual. Going to the bathroom, doing the dishes, taking out the garbage, feeding the cat: these commonplace and everyday chores are necessary and cannot be construed to have any obvious spiritual characteristics. And yet this instrument, for example, finds ways to invest each of those activities with an awareness that is spiritual in its character.

What part of your day do you honestly feel is a distraction and only that? What thing that you do can you say has no spiritual value? If you can identify some of those items that can be seen as distractions, perhaps you could sit down and contemplate whether there is a way you might invest these chores with the sacred character that comes from service, from love, and from an awareness of who the self is in the spiritual sense. In our opinion, there is no true distraction to an entity whose heart is set upon the Creator because each and every action available to an entity for choice has the potential for being seen in a spiritual light.

One aspect of the spiritual path that we would mention before we would open the meeting to questions would be the simple aspect of silence versus sound, emptiness versus content, for those upon the spiritual path within your culture are coming to that path from a culture very rich in content. It is interesting to note that, within all of this content, critics of the culture often comment on the emptiness of that content, the illusion that it creates and the illusory nature of the image-after-image-after-image that creates the content, whether the medium of such images in the television, the radio, the newspaper or the computer.

A very great portion of the world has cultural influences that lead it more to the appreciation of silence, which seems to lack content and yet which contains infinite meaning. In your content-rich culture, meaning itself is often lost. Consequently, if you are of the nature that appreciates content, we suggest that you choose your content, for truly, there are many pitfalls, if you would speak of it in that way, for those who are attempting to derive meaning from the surface aspects of your culture, as seen on the television or read in the newspaper. Do not fall into the pitfall of assigning too much meaning to those things that are on the surface. Allow meaning to be a mystery and silence to be your teacher.

We thank you for this question and feel that we perhaps have spoken long enough upon it. At this time we would open the meeting to further questions, if there are any. Is there a further query at this time?

G: Q'uo, I have a lengthy one and I apologize for its length but, hopefully, its answer should be simple. And it's easier to read straight from the paper.

(Reading) Q'uo, as I move forward in my path I am experiencing a phenomenon that can be described as the light growing lighter and the dark growing darker. I feel I am experiencing the extremes of what can conveniently be described as a spectrum of feeling. On one hand, I feel strength, vitality and the spiritual perception increase in moments where, basically, all the spiritual literature that points to the truth not only makes sense to me but becomes alive, a living and flowing reality. And subsequently I feel more empowered through self-knowledge to call upon and invoke the higher forces to transform the lower self of me.

On the other hand, I feel ever more acutely the shadow side of myself: one with seemingly more venomous reactions to situations that create a souring and bittering within me. What I don't know is whether a shadow is growing more strongly in me as I reach for the light because I am neglecting to be conscious of certain aspects of my patterns or whether it is a case of simply becoming more aware of a shadow that is already within me and has been with me, alive and functioning without my conscious awareness to transform its ways. Can you help me to understand whether it is awareness of what is already there or the further creation of distorted thinking within my mind?

We are those of Q'uo, and are aware of your query, my brother. The concept of the shadow self is very helpful in attempting to walk into your own shoes as a being. It is difficult to wrap oneself around this idea of a shadow self. Perhaps if we called it a full-circle self it might be easier to see the construction of the being here, because each of us, we and you, are beings that replicate all aspects of the creation and the Creator. By the time that you have reached third density you have done a tremendous amount of amalgamation of experience. You have been elemental, you have been plant, you have been animal; now you are an animal with a conscience, basically, and you strive to go further. And we have become even more refined by experience, yet we carry the full -circle self, just as do you.

What is there in creation? Whatever you see, that's you. Any murderer on the block is you. Any thief on the dock is you. Any hero who has just saved the world is you. You are the soldier, you are the breadwinner, you are the mother bearing a child, you are everything. And you don't get to choose whether you have good in you or bad in you, so-called. You have it all. The strictures and disciplines of the parent for the child attempt to train the child up so that he will behave well and you have learned to behave well. Loving good, seeking the light, you have more and more been able to place yourself in situations and in environments where you were able to live on the sunny side of self, enjoying service and learning and devotion. And these things about you and about all entities are true. However, that self that does not get encouragement from virtue is equally true.

You still have that; you will always have that. It is part of the strength of who you are that you have

that. You would not be able to be a full person and to move forward without the full-circle self. Nothing is left behind as you evolve. It becomes arranged in a more and more helpful way as you learn to balance yourself, chakra by chakra, issue by issue, and moment by moment. You are always in flux, so these moments where you become aware of that so-called evil part of yourself come and go. And it is sometimes quite disconcerting to become aware of particularly articulate and eloquent, angry or irritated thoughts. You feel yourself thinking a hateful thought which isn't fair at all and certainly would never be said aloud and you wonder where that came from and if the evil within you is somehow growing. We assure you it is not growing. It was always there. It chose this particular moment to reveal itself and this is a gift to you of self to self. Take it seriously, look at it carefully, and see, if you can, where the trigger lay that brought forward this particular part of yourself.

May we answer you further, my brother?

G: No, thank you, Q'uo. That was excellent.

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

S: I've had a question that I've been thinking about for some time. If I wanted to recover all the knowledge and wisdom of all the lifetimes that I had, how would I do that?

We are those of Q'uo, and are aware of your query, my brother. You are asking this query within third-density incarnation and our shortest answer would be to say that you would be able to recover that information ...

(Side one of tape ends.)

(Carla channeling)

... immediately following your crossing of the gateway of death. Once through that gateway, reunited with full consciousness and in full communication with your higher self, you would have the unimpaired memory of all that you have been and, indeed, all that you would be in the future. Within third density, it is not considered a helpful thing to have that full range of information available. It is considered, as you know, much more helpful for a discreet curtain to be drawn over all previous experiences so that you may hit the particular incarnation in which you are involved

running and give it the serious consideration that it deserves, all on its own.

The ways of penetrating the veil of forgetting are limited within incarnation. There is the dreaming process and those who work with dreams are often able to recover memory of past lives as they gradually find themselves in dream landscapes which constitute a different environment that begins to have a reality of its own.

The most common way that entities are able to recover past life information is the contacting of the deep mind by the conscious mind which is done in sessions of regressive hypnosis in which, with the help of a hypnotist, the self is taken back before birth to previous lives and questions are asked which enable the person to recover some of those memories.

May we answer you further, my brother?

S: That gives me plenty to think about. I have nothing else at this time. Thanks.

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

T: Q'uo, I don't know whether you are able to respond to this question. The image that I've received upon waking this morning, is that a symbol of my need for purification and cleansing?

We are those of Q'uo, and are aware of your query, my brother. We find ourselves up against the full stop of free will in this matter, my brother, and are not able to offer information except to encourage you to follow the line of thought upon which you have been moving because we feel that you are in a place which has a great deal of material and we encourage you to explore it.

May we answer you further?

T: No, thank you, Q'uo. I understand.

We appreciate your understanding, my brother. Sometimes we are able to offer little real information and we apologize for that.

Is there a final query at this time?

G: Q'uo. I have another one. Just a few paragraphs long this time. I'm sorry, I just need context for my questions.

(Reading) For years now I've been experiencing moments and time periods of a fuzziness of

perception which slightly blurs the boundaries between dream and reality. As I've heard many others speak of this same experience, it feels as if the solidity of what was formerly a well-defined reality dissolves and all of a sudden everything in waking consciousness feels literally like a dream. There have been a few incidents of late in which I was seriously not sure if I actually said or did something in the "real world" or whether that same memory was the property of a nightly dream. Is this type of fuzziness the result of the incoming fourth-density energies and the resultant change in consciousness that they bring? Or perhaps, as was cautioned against in the *Law of One* series, these are symptoms of an over-hasty polarization and the twilight state that accompanies such an impatient drive for progress?

We are those of Q'uo, and are aware of your query, my brother. We cannot give you one single answer, yes or no, because, as we gaze into your pattern, we would say that perhaps two-thirds of those experiences are an artifact of your personality type. You, in common with this instrument, have a certain absent-minded quality that can create this feeling without there being any resonance or meaning to the happenstance. It simply is a time when you are scattered. There are other times, my brother, when there has been a significant shift in your perceptive web because of the intensity of your devotion. In the first instance, two-thirds of the experience, that is, there is no meaning involved, it is simply an artifact of personality. In the remainder of the cases there is great material that is there and it can usefully be mined. So we would suggest that you look for the kind of peculiar resonance that does attend such a shift in consciousness due to devotion.

The third possibility, which you suggested, was that you were experiencing basically a mistake, that you had rushed too much and so forth. And we would ease your mind in that regard, for it is not in either case an artifact of rushing or of trying too hard. Rather, it is a matter of the way that your particular personality has shaped up and the way it handles experiences that it cannot quite encompass with rational thought.

G: Cool beans! Thank you, Q'uo.

We thank you, my brother. You truly are a cool bean.²² This instrument is asking us why in the

²² The Q'uo were making a pun, as the questioner's family name is Bean.

world we offered that bit of inanity and we do apologize to the instrument and to everyone else.

(Laughter)

And on that note we will leave you in the love and in the light of the one infinite Creator. It has been such a pleasure to be with you and to share your vibrations. Thank you for asking us. We are those of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai. Adonai vasu.

NOTES TO OUR READERS

As I write these comments, we are preparing for the start of our 2005-2006 public meetings, which run from the first Sunday in September through the last Sunday in May. It has been a most pleasant break for Jim and me to have a three-month vacation from the weekly meetings this summer! We look forward to another good season of meditations, discussions and channeling sessions. All the Sunday meetings begin at 4 PM with a round-robin discussion, after which we have either a meditation with channeling (on first and third Sundays) or a silent meditation (on second and fourth Sundays). Fifth Sundays are days off for our group! Be sure and check that we will be having a session before you make travel plans! We just received word that we will have a visitor from Lexington, KY, for our first meeting and have sent him directions on how to get to our address. Visitors are always welcome at our public meetings and if you would wish to join us, just write and let us know. There is a way to contact us from our web site.

The Wooded Glen conference on Living the Law of One wound up on August 22, 2005 with a caravan visit of about twenty of the thirty-three participants to the Avalon Sacred Growth Center, our L/L Research organic farming and community project. Lone Bear gave a great tour of what we are doing currently on the land in terms of construction and what our plans are for the future. It was a fitting end to the very focused and concentrated time we had together from Friday evening at 6 PM on August 19, when the conference began, to 11 PM on August 21, when the last session ended. Each speaker had much to share and the participants found themselves in constantly changing groups of people who all had much to say as they got to know each other and chatted about the information which was being loaded onto their plates in heaping spoonfuls. (If I

sound as though I am speaking of food, it is likely because all the wonderful food offered during the conference inspired me to use that simile!) Many spoke with Jim and me during the weekend about feeling that they had come home, as they could really connect with the other people at the conference. We love to hear that!

To learn more about this conference, visit <http://forum.lawof1.org/viewforum.php?f=14> to see a temporary version of notes and other information on the conference. As we get the speeches transcribed they will appear as part of the Camelot Journal for the dates the speeches took place on www.lawof1.org. Carla's (my) speeches will also be up on www.llresearch.org as soon as they are transcribed, as will the channeling session that ended the conference. You can also read the finished Wooded Glen Journal, when it is completed, in the Camelot journal on www.lawof1.org.

The co-channeling session with Barbara Brodsky originally scheduled for September 9-11 has been canceled due to my illness and that of Judi Coates as well. Barbara herself will still be offering a seminar on that weekend, working with Russell Boulding under the aegis of Deep Spring Center for Meditation and Spiritual Inquiry near Ann Arbor, MI. To find out more about this event, contact their web site at www.deepspring.org.

The Ranger Gathering occurred in July from the 10th through the 17th. Four Rangers joined Hotaru and Lone Bear on Avalon and tented there, roughing it, working hard on Avalon construction projects and talking together to learn more about the Law of One. I was flattened at the time by a viral infection and so did not join them for a daily teach/learning circle as had been originally planned. They joined me here at the Camelot house instead, where we had a study circle on Tuesday the 12th and a channeling session on the 16th. To read the Avalon Journal entries for the Gathering go to www.lawof1.org and click on "SGC—Sacred Growth Center Project." Blue Eagle, organizer of the Ranger Gathering, Hotaru/GhostCat and I all made entries about the time we spent together which you may enjoy reading.

Lastly, the trip to Britain which was planned for June went off well. We arrived in Britain on June 10th, enjoyed being part of a wedding on June 12th and offered talks in St. Albans, Newcastle, Bath,

Forest Row and London between June 18th and June 26th. You may find these speeches, as soon as they are transcribed, by going to www.llresearch.org, clicking on Library and then on the speech you would like to read. There were also three channelings for private parties done during that time and you can find them in the same Library section by clicking on Transcripts and then on 2005. All work done in June is from that trip. Hotaru (also known as GhostCat in the Ranger Gathering journal and Vara in the British journal) and I created a journal of our time in Britain which is up in the Camelot Journal on www.lawof1.org. It is an amazing saga which I hope you will enjoy reading through as well.

Not too surprisingly, NO events are scheduled for the next three months except for the weekly public Sunday meetings! It is time for the weary to rest a bit from their event-related labors! We are working on a new T-shirt order, though, and as Christmas draws nigh, we suggest you keep looking for a notice on any of our sites as to their availability. New colors are planned. We will also have Avalon T-shirts printed up for your pleasure.

Also, I continue to take channeling and counseling appointments for private parties.

As I bid you farewell, we are finally ending a drought here in Kentucky with the very welcome rains of Hurricane Katrina. It has been the hottest summer for over 100 years and one of the driest. I am happy to report that I am getting better by the day as I recover from the viral infection I picked up on the way back from London to New York, sitting up most of the day now and hoping to be back to church again next Sunday. September and school are rustling up to the plate and the Rose of Sharon that hedges our front yard is blooming for all it's worth. We have two fawns and a doe eating our garden, which is why we are NOT getting any of it! We have put a salt lick out to help them through, and wondering what deer eat in the winter! We can only guess that they showed up because of nearby construction which has roused them from their previous home here on the outskirts of suburban Louisville. I hope you greatly enjoy reading this issue of *Light/Lines*, which is a session recorded last winter in the Sunday group meeting.

Blessings of the fall to each of you on behalf of all of us at L/L Research. ❀

Carla L. Rueckert

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 2005, NUMBER 96

A PATHWAY FOR THE WILL

October 16, 2005

Group question: The question today has to do with what I call a dedication to an outcome. When we expend our energy; when we do things, we hope that it will produce a certain result. By dedicating ourselves to this result, we focus our energy. We make it more likely that we will accomplish the result. However, if we happen to fall short, it gives us a reason to doubt ourselves, to be angry at ourselves, to feel unworthy, and so forth. I'm wondering if this dedication to an outcome has anything to do with the creation of the emotions or how the emotions that we feel play into our dedicating ourselves to certain outcomes. Could Q'uo speak to us about that?

(Carla channeling)

We are those known 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. What a blessing and a privilege it is to share this time with you! Thank you for calling us to your circle of seeking. We are delighted to speak with you this day concerning your query about the issue of how dedication to an outcome affects you and how this dynamic works within your process.

As always, we would ask of you one simple thing that is most important in terms of our ability to speak freely to you without being concerned that we will infringe upon your free will. We would ask each of you to take responsibility for listening to what we have to say with a jaundiced and a careful ear. Do not be too quick to think that we are right. Do not

take our authority as if we had authority over you simply because we speak with a voice that has the authority of our own experiences. Truth is a very personal thing. Realize that and realize that you are in charge of what you will work with and how your process will go. So listen for those thoughts of ours that seem really to resonate to you, to inspire you, and to make you want to take them further. If they do not have that effect upon you immediately, then they are probably not for you at this time and we would suggest that you leave them behind. If you will do this then we will greatly appreciate your care.

We thank the one known as Jim²³ for this query concerning the dynamics of dedication to a result or an outcome. You speak of the dynamics of will and power in asking this question. It is a delicate matter to direct focus and create a pathway for the will. The amount of power that you have within you as a being is immense.

There are some personality shells whose ability to direct power, to direct their will, is limited. There are other entities, such as the one known as Jim, and to a certain extent, the one known as C, the one known as Carla, and the one known as T, who have an innate capacity to focus their will on a continuing basis. And so they are familiar with what it feels like to be powerful. However, the question of the polarity of that power is troubling, shall we say, to each of you, and probably to every person who has

²³ Jim McCarty and Carla L. Rueckert are two names we do not abbreviate in transcriptions and newsletters because they are the founding members of the group and have long since lost their anonymity. We abbreviate others' names so they may remain anonymous.

ever been able to direct the force of their will and therefore who has become aware of the power that they do inherently possess.

One needs to be alert and sensitive to the feelings involved as one gathers one's will to direct it, sensing into the polarity of that will and the feelings having to do with the appropriateness of the gathering of that will and the use of the will.

Dedication to a result is a basic human decision. Third density is full of such choices. They are the stuff of which your density is made. We would not want to interrupt the use of that power or to suggest in any way that it was inadvisable to use the power of the will. If we look at the use of the will within those who are sitting in this circle of seeking, we may say that for each entity, the use of will and the dedication to a result has created solid worth in each of your lives.

For the one known as Jim, the lawns have gotten mowed; the business of Jim's Lawn Service has thrived. The various concerns that this entity has towards home, family and relationship have similarly blossomed under the careful tending and the persistent care given because of dedication to these outcomes. A good deal of sacrifice has gone into applying the will and disciplining the self in order to use time and energy to the most effective and creative ends.

For the one known as Carla, the use of the will in dedication to outcomes has resulted in much useful work being done that has moved on from her desk to the desk of those who place the material on the internet and, therefore, entities from all over your world have found use in the thoughts that have been shared by this entity's editing and preparing this material for internet usage.

For the one known as C, dedication to the outcomes that she feels are important has resulted in her being an effective and loving manager of her family and her business.

And for the one known as T, dedication to the outcome of those things which he feels are valuable in his life has resulted in a well-tended, loving relationship with his mate and creative and effective work at accomplishing a long-term and substantial goal and in writing the thesis that this entity is now finishing.

Without being dedicated to these outcomes, and without engaging the will, none of you who sits in this circle would be sitting in the circle with the present feelings of comfort and peace that doing your best creates. We commend each of you for the excellence of your dedication to your outcomes and for your care in pursuing that dedication and backing it up with the force of your will and the persistence of your grit and determination.

What we want to explore with you is somewhat difficult and therefore we ask your patience as we look for ways to share our thoughts.

There are challenges involved in being a magical person, in being dedicated, being committed and being powerful as people. If you create a world in your mind and see it whole and perfect, there is the tendency to focus that fire hose of the will on maintaining that structure. We have just said that each of you, to some extent, does this and is successful at doing so.

If you are too successful at doing so you tend to create for yourself a stumbling block that is difficult to see. That stumbling block is that you have created a crystallized and static environment which you are working to maintain. In that visualization there is no room for the free rein of Spirit.

Spirit has a predictable and useful tendency to want to change the visualization of that creation to which you are dedicating your will. There is the predictable and cyclical desire of Spirit to take down the structure of that visualization. Spirit wishes to undo and rebuild your universe day by day; even moment by moment sometimes. And over-dedication of the self to specific outcomes can hinder those energies of Spirit that would like to help you grow, change and become more loving, more wise, more powerful, and more self-aware.

This creates a dynamic of two polar opposites, for you see clearly the desirable shape of your universe and wish to bend every effort and offer every excellence of your being to continuing to create that visualization of the ideal process of your life at this time.

At the same time, paradoxically, there is an energy that moves through you that would very much like for you to maximize your opportunities for growth. This energy of growth can sometimes seem like an energy that is deconstructing your reality and

making chaos out of order. Therefore, one's first reaction to such growth energy is distaste and irritation. "Why does something that works have to change?" you may ask yourself. "Why does such a useful structure have to be taken down and rebuilt? Why does the function of this energy seem to be working at cross-purposes to living an orderly and understandable life?"

And yet the energy of growth is an energy that is driven by the deepest quest of your heart. For you are part of the Creator. And as part of the creative principle you desire to know yourself. In that quest lies your nature, and to an extent, your purpose. It is an irresistible force in your life and whether change and growth come slowly or quickly, that such a process shall occur is inevitable.

Your choice is whether you wish to exist in that lane of traffic that is moving slowly towards the octave and eventual return to the Creator or whether you wish to be in one of the faster-moving lanes. Each of you within this group tends to want to be in the fast lane. You want to grow. You want to refine the ore of your being and to find the jewels and the gold within your nature.

And you want to share that gift back with yourself, with the world around you, with the people around you, and ultimately with the Creator. Consequently, you have a continuing desire both to maintain the visualization of the ideal which you have now and to create new ideals and new creations and universes which are even better than the universe that you have created at this moment and the ideals to which you have sworn allegiance at this time.

We would never say to you, in any way, shape or form, that [it] is unwise of you to feel passionately concerning the performance of the duties that you see before you. Your dedication to fulfilling each and every duty, each and every chore that is perceived by you to be yours, is commendable and ethically appropriate, in our opinion.

We would say to you that it is most helpful for powerful entities such as you are to realize whence your power comes. Your power does not come from you except insofar as you choose the manner of your being. Your basic source of power comes through you and is a function of your awareness of the Creator within.

If you are attempting to fulfill your obligations and pursue your ideals from a concept of self which involves the self by itself as a powerful thing, then your power will not last long. You shall run out of available power, exhaust yourself, burn yourself out as this instrument would say it, and find yourself empty and hollow, weary and exhausted, sitting by the side of the spiritual road gasping for breath.

It is the entity that realizes that the source of the magic within is that energy which is coming from the infinite Creator that will have the staying power to persist through these cyclical times of deconstruction and re-imagining your universe.

Perhaps we would say that one could imagine oneself to be one who was collecting items and putting them in their hands as they went along doing their work. They would see this to do and that to do and each item on that to-do list would become, say, an object which was held in the hand. Periodically, then, we would suggest that it is well to empty the hands completely and to rest and ask very consciously for Spirit to prune you back and take away all of those concepts that are no longer useful.

Spirit might take away one or two of those objects from your hands, or they might take most of them away, for the spiritual guidance system is unpredictable but unerring in its instincts for that which you truly need and that which you do not need.

You need to make room for things to fall away. Because you have done something for a substantial length of time does not necessarily mean that you must go on doing it for the rest of your life. There is a time and a season for every passion that you feel.

Be sensitive, therefore, to your feelings about the things that you have dedicated yourself to doing. Is your passion concerning this effort [as] fresh as if it were bubbling forth from an unending source or spring? If a fountain seems vital and powerful, then you may trust that what lies beneath that passion and that energy is fresh and vital within your process.

You might pick up other items that represent issues about which you have felt passionately in the past. And as you pick that one up you discover that it feels tired to you. Do not brush away that feeling but examine it, note it, and follow it.

Reexamine this issue several times, on different days, at different times of the day, at different points in your own energy expenditure, so that you are not always weary when you think about the issues involved. See if you truly have begun to be weary of carrying this particular chore or duty.

It may be worthy. Indeed, it must be worthy for you to have chosen it. The question always is: is it still part of that which makes you vitally alive? Is it still fresh and bubbling forth from within you in that way which suggests that it is powerful within your heart? If the answer, over a period of time, continues to be somewhat negative, then you may safely begin to explore ways that you may disentangle yourself from that particular dedication to a result. That, then, becomes something that you are ready to put down and let go of. It is no longer working for you.

This may be something that is small, such as a hobby, a volunteer possibility that you have done in the past or a relationship, a friendship perhaps, that is no longer functioning for you. Or, indeed it can be quite large and substantial such as those times when a major relationship such as the mated relationship has fallen into disrepair for reasons that are beyond your control and you find that even with prayer and supplication to Spirit, Humpty Dumpty cannot be put back together again. It is very easy to feel, when such a relationship fails to persist in its integrity, that you have failed. And many are the souls that have battered themselves into insensibility in their attempts to preserve that which cannot be preserved.

We do not say that it is wise or appropriate to release such major relationships lightly. Along with more conventional sources of advice such as marriage counselors and authorities within your cultural systems, we also feel that it is very important to go to the very furthest possible effort in the attempt to repair, renew, refresh and revitalize relationships that have fallen into disarray, especially when they are the mated relationship. The value of a strongly functioning mated companionship is infinite for those who wish to do spiritual work.

For in many ways you dwell in an environment which is closed to you in terms of direct sources of information concerning who you are and what your nature truly is. The closer your companions are and the more spiritually oriented your relationships with these companions, the better the system of mirrors

will be in which that entity reflects back to you who you are and how you are coming across. Having honest, compassionate mirrors around is perhaps the single greatest asset that a spiritual seeker can have. Someone to talk to about the puzzlements of life is endlessly valuable. Someone to share energy with creates the best environment possible for your growth as a servant of the light.

Yet there are times when such substantial relationships come to an end. The one known as Carla has experienced it and we would say to this instrument that when she made the decision, nearly forty of her years ago, to allow that relationship with the one known as D to die a natural death, she made a wise and loving decision for herself and the one known as D.

It went against her cultural conditioning and she was dedicated enough to keeping her promise that she held on to what was a dysfunctional relationship for several years strictly because she felt that she needed to keep her promise. We cannot say that that decision was a mistake, for it taught her many valuable lessons and it showed her that she was capable of maintaining a difficult situation simply because she felt it was right.

We will say that she created for herself an extensive period of suffering which was not strictly necessary. Had she been willing to let go of this promise earlier, she would have shortened her period of Lenten fast and created an earlier Easter feast in terms of the energies of that relationship and, indeed, the energies that were released when the relationship was released.

Sometimes it is necessary to empty one's hands and to hold them out and share in simple supplication to Spirit, asking to be pruned. This instrument was recently told that, in the fall, a grapevine is pruned back 90% in order that new growth may occur the next year.²⁴ As personalities or egos, that process of pruning sounds bad. Therefore, we encourage you to transcend that level of thinking, to reject the fear involved in shrinking from the pruning shears and to invite the bite of those health-giving shears in your life.

²⁴ The instrument, Carla, heard this fact shared in the course of a sermon given by Fr. Joe S. at St Luke's Anchorage in which Fr. Joe preached on this same theme of pruning back the spiritual life to allow new growth.

If things are taken away from you, we would suggest that you might consider the possibility that Spirit's pruning shears went to work because it was necessary for your own growth that the pruning take place.

Certainly, a pruning does not feel like growth, it feels like exactly the opposite. It feels as though you are losing valuable parts of yourself. We assure [you] that each step in your life, whether it seems like loss or gain, is useful and necessary; not in terms of a human or a linear point of view; not in terms that make sense to the intellect.

However, we are suggesting that there is a great deal more at work here than the forces of this world that you call consensus reality and the powers of the intellect. You dwell also in the realm of infinity and eternity and the power of the Spirit is that power that wishes to renew, refresh and revitalize you day by day and moment by moment.

Let your awareness of this dynamic make you fearless. And when you perceive that your hands are too full, empty them. Put it all down and ask for the pruning of spirit.

Your question suggested that the one known as Jim has become aware of the interplay of emotion and will. My brother, may we say that your perception is accurate and it takes us to a place where what we would say to you is almost beyond the capacity of words to express.

You are so much more than your words. Conceptually, you are so much more than what you can think or imagine. Yet you are entirely accurate in sensing that there are desirable and useful aspects to the present moment that you are not picking up because too much of your beingness is invested in that which you already understand. Again the entering into silence and the fearless embrace of emptiness are your best allies.

Allow yourself not to know what is true, what is right and what is adequate. Allow periods of times where you aggressively pursue not knowing.

(Side one of tape ends.)

(Carla channeling)

Become empty and know that this, too, is an entirely fruitful and helpful energy and environment in which to dwell.

Emotion begins to express truth as the seeker has the courage to pursue feelings and emotions beyond the surface. We cannot say that surface emotions are wrong. But we would suggest that the easier an emotion is to feel, the less likely it is to contain any purity of emotion.

Indeed, surface emotions are energies that we might wish for another word to use to describe! Because emotion itself is enormously valuable. As you are able to purify the emotions of anger, love, discouragement, despair, grief, jealousy and so forth, you begin to enter archetypal rivers that flow deep within your mind, taking you to truer and truer places within your being and to places where power is gathered as water is gathered into a cistern.

You can blunt your emotions by holding on to patterns and creations in your life into which you have poured energy, time, talent and will previously. Therefore, emotion itself is something to be examined, just as you intellectually examine your abstract thoughts.

Allow your heart to examine the quality and the shape of your emotions. See what you can do to get past the cyclical ups and downs of your personality so that that which drives you emotionally is as stable and as true to yourself as your ideals.

We would at this time allow this conversation to change in its nature for this instrument is informing us that we have used up our available time and the available energy of this group on this question. We have barely scratched the surface of a whole constellation of concerns which are raised by this very provocative and interesting question and we thank the one known as Jim for his thoughts.

Is there a follow-up question or another question that you would like to ask at this time?

T: Q'uo, I have a question from the one known as F, who is experiencing a kundalini awakening. Can you advise on how best she can cope with these intense energies she experiences in the head and crown chakra and the pain from intense headaches? Is there any change; is there any danger to the physical vehicle?

We are those of Q'uo, and are aware of your query, my brother. We would say to the one known as F that there are, indeed, times in the development of the reconnection of self with self that is represented by the rising of the kundalini where there is the

potential and the capacity for a good deal of physical discomfort. Naturally, there are limits to those things which we may offer at this time. We would offer three suggestions.

Firstly, we would suggest, for the satisfaction of those concerns that are natural, especially in those around the one known as F who care about her, that there be a continuing medical presence, being absolutely sure that there are no systemic problems that are a portion strictly of the physical body that need to be looked after in order to be sure that there is no physical breakdown of the system.

There are times when, as weak as your medical systems indeed are in terms of dealing with the whole human being, shall we say, there is help that is available that is helpful. As this instrument was saying earlier, in talking about her own physical difficulties at this time, she has gratitude for the medicine that has alleviated the physical pain that was making it difficult for her to breath. She finds it unfortunate that this medicine has side-effects that she must cope with in turn. Yet at the same time it is physically easier for her to think and to move about without having to fight for every breath.

In the same wise, it is good simply to touch into the best advice that you can get from the medical persons whom the one known as F trusts the most and simply be sure that there are no purely physical problems that cannot be addressed.

Secondly, we would suggest to the one known as F that the rising of the kundalini, as powerful a process as it is, needs to be seen not in terms of personal development alone but also in terms of a system that is larger than one person or even one energy system, such as the chakra or electrical body. The rising of the kundalini is an expression of the Creator to the Creator. It is a movement within a tiny portion of the Creator of the location of where the Creator in space and time is meeting the Creator which is outside of space and time.

If it can be seen that these energies begin before the chakra system begins and end after the chakra system ends, it can perhaps be seen that there is no need to visualize the energy within a closed system. It is indeed an open-ended system.

There are no limits as to where this energy can reside. For as the entity in time and space which is the human being meets the self that is without

limitation, it has literally no limit to how the tuning of that system can be affected by the appropriate placement of the will and the faith of the entity and its openness and hunger for the love and the light of the one infinite Creator.

It may even be helpful to visualize the chakra system opening up so that the crown of the head is not the limitation that it may seem. Allow that energy to shoot above the crown of the head if it so desires, for the stars are not even the limit! There is no limitation to where that energy can be taken.

We are not suggesting that you push the energy or prod it in any way. We are simply suggesting that you take any thought of limitation away from your visualization of how this process is working. It is not only working within the one known as F. It is working within the Creator and the one known as F is a location in space and time which is allowing this process to take place. Therefore, it is not simply her process and she is in safe hands in allowing the energies to flow as they will.

In terms of safety, there is a natural energy field within which, metaphysically speaking, this process is taking place. And certainly, in that wise, it cannot move out of that energy field and we would refer to this energy field as what this instrument would call the vesica piscis²⁵. But that is not the end of the story.

So what we are suggesting here is that, beyond all thought of limitation or even trying to understand this process, it is helpful in a way simply to let go so that you may allow the energy to move in a way that is not limited by your concerns.

Thirdly, we would encourage the one known as F to treat this time of growth in the same way that you would treat a time of physical growth. In a time of physical growth, you would feed yourself more vitamins. You would be sure that you got enough exercise. You would watch the quality of the food that you ate. In all ways, you would encourage this process of physical growth by giving yourself every advantage that you could in terms of nutrition and good, healthy exercise.

²⁵ vesica piscis: a pointed oval shape used in medieval Christian art as an aureole to surround a sacred figure. It is used by Drunvalo Melchizidek to mean the sacred geometrical shape of a soul's spiritual body, thought body or "flying saucer."

In just the same way, when you have entered upon an intensive period within your process of seeking and evolution, it is well to pay particular attention to the regularity of your arrangements for nutrition and exercise in the spiritual sense. If there is a preference in you for a way to enter the silence that you have not followed up as you might wish to do, this would be the time to regularize the practice of this way of entering the silence, for this is your food.

Ask yourself what exercise, spiritually speaking, is that exercise that most appeals to you. For some entities that exercise would be, as the one known as T has stated recently, to do more work with the dreaming.

Other entities might prefer to regularize a conversation with the guidance system within. This is done by taking a pad of paper and a pen or sitting down at a computer and deliberately and consciously entering into a conversation with your guidance system by writing or typing out a question and then, when an impression comes to you, writing or typing what you receive as an answer. Then respond as yourself, by writing your next question and then listening for your next impression and then typing that out, reserving the evaluation of this conversation for a later time.

If this appeals to you, then we would suggest that you remember that after this conversation is over, the energy has not been appropriately addressed until you have followed whatever instructions you have received during this session with your guidance system. Follow through on whatever suggestions you received. Pay attention to the wisdom and the love that your guidance offers you and take it seriously.

Remember, my sister, most of all that the energies of Spirit are light, glad, joyful and free. Attempt, insofar as you can, not to become mired and bogged down in the importance of your work. Rather, maintain a sense of proportion and the light touch. Remember that you dwell in the density of unknowing. It is a very helpful reminder that not only do you not know any ultimate answers but in this density you cannot know any ultimate answers.

You can come to realizations and glimpses that are quite profound and authentic, but like the glimpse of the mountain that is seen by the seeker in all of its glory and beauty, that glimpse does not endure. It is momentary. First there is a mountain; then, there is no mountain; then, there is. That is the cliché

known to this instrument and it is very true when it comes to realization and the process of becoming in which you are now involved.

Remember to factor in that light touch that allows you to laugh at the whole process and to take it lightly at the same time that, with all your heart and with all your soul and with all your mind and all your strength, you dedicate yourself to becoming who you really are. There is that paradox again of dedication and the release of all dedication to the overarching dedication to the Creator Itself. Trust in this process. Relax and let go.

May we ask if there is any further way we may respond to this query, my brother?

T: No, thank you, Q'uo. That's a comprehensive answer and I will relay it to F and see if she has any other questions.

We are those of Q'uo, and we thank you, my brother, and that is very satisfactory with us.

Jim: I have one [from] the instrument. What's happening when the instrument asks spirit to balance her chakra system to meet the energy of the weakest chakra? Is there anything that can be done to better bolster that weakest chakra?

We are those of Q'uo, and are aware of your query, my sister. We would say that we feel that you are correct in your reading of the adequacy of this adjustment to your chakra system during the tuning process when you request that the energy be rebalanced to balance with the weakest chakra. We find this to be a wise adjustment to your tuning process, my sister, and are glad that you have undertaken to take care of your entire system rather than leaning on your strengths and dragging your weaknesses behind you like chains. It is far better for the entire system to maintain less system strength and yet to be far better balanced internally.

As to ways to bolster the weakest chakra: this is active work upon which we cannot comment except to say that there is no shame in having a weakest chakra. It would be remarkable in any of those among your tribe to discover a system in which there were no variations in strength from chakra to chakra within a chakra system. Each entity will have strengths and weaknesses that are endemic to that system.

Certainly it is well to pursue the work in consciousness necessary to allow fear to drop away and allow the energies of growth to be strengthened.

It is also very helpful to accept oneself just as one is, with one's strengths and weaknesses intact. Work with the system that is yours. Allow the weaker chakra to be weaker, and then accommodate that situation by requesting that Spirit rebalance the chakras in order to protect the system and make it safe for that system to do work in consciousness. That is what you are asking of your system when you tune in order to do a channeling session. Would you not wish to work with the system that you have without judging yourself for having that system?

Therefore, we encourage you to continue to work to bolster that weaker energy which we are well aware is known to you; those energies of low self-worth or low self-esteem which the one known as Carla has carried since very early childhood. Do not waste time attempting to brush up that chakra or get rid of low self-esteem or low self-worth.

There is value in every distortion in a system. It should not be excised as if it were a growth that needed to be removed. If there is use in low self-esteem, find it. If there is value and information in low self-worth, dig for it, not with an idea that you will find it to get rid of it, but with the idea that you will find it to treasure it, appreciate it, and love it.

Is there a final query at this time?

(No further queries.)

We are those of Q'uo, and find that we have exhausted the questions in this group for the present moment. This is well, for energy begins to wane within this instrument and this group. May we thank each of you for the pleasure of your company. May we express our appreciation of the beauty of each of you. It moves us more than we can say to share energy with you and to appreciate every petal and fold of your amazing and courageous beings. Thank you for this time together. It has truly been a privilege.

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

NOTES TO OUR READERS

L/L Research wishes all its readers the most fortunate and peaceful of sacred Winter Solstices and the times of celebration of Christmas and other holy days around the world. As we meet and greet the growing light in our physically lengthening days, I pray we may serve together to share that Light and Love with all whom we meet. Truly our world and its people need that blessing now as never before. Let us have hope and faith together and open our hearts and minds to the creation of a new way to live together in this new world.

Please join us when you can for meditations morning and evening. Many people around the globe do so and it is a good non-local group to join. In the morning there is a silent meditation and a preparation for the day. Jim and I sing hymns, read from the Bible and the Law of One and other books and have prayers in addition to the silence. Please feel free to build your own service. We come together in a spacious place of silence that can include us all. In the evenings we focus on Gaia, our dear earth, and the cause of peace on planet Earth. Join us when you can and don't worry about the exact time! There is only the creator's time in the house of silence. To learn more about the Gaia meditations, find that page on our site, www.llresearch.org.

As I write these newsletter comments Avalon is sleeping its winter sleep. Bear and Parnell are regularly checking on Avalon but are also spending a goodly amount of time staying warmer and helping out at Camelot, which has needed some library shelving, an improved wrapping and mailing area and some repairs to the structure and improvements of the house for some time. Gary has kept Camelot going for those times when we have been traveling and Romi and Hotaru are in and out volunteering very frequently. The public Sunday meditations will continue through May 2006. Those who wish to visit for a session may get in touch with us through our web site, www.llresearch.org to make arrangements to be included in a public meeting.

We have had some interesting sessions with private clients lately. Please check in the Transcripts section of the Library on www.llresearch.org for those that have been processed through from taped form to transcript form and to the web. If you are interested in sharing energy in your own personal session,

contact Carla through “Carla’s Page” on site. To read her “Camelot Journal” go to www.lawof1.org and click on Camelot. The entries are arranged chronologically, so to find the latest entry scroll down to the bottom of the long list.

We have a Midwinter gathering coming up in February. It will be held in Shelbyville, KY in a large and lovely private home which has been offered for our use from February 10 through 12. Jim and Carla will be facilitating. We will be discussing the Archetypes and the archetypal mind as discussed by those of Ra in Book IV of The Law of One. Anyone interested may contact Tobey W. by e-mail at tw@lawofone.info. It should be a fascinating topic and we are fortunate to have a good, solid group already committed to attending. If you find yourself intrigued and interested in joining in, please write as soon as you can and let us know. We are making plans now as to hotel and food arrangements. Special needs and travel plans are good to know some time in advance for those planning the weekend. Several of those who came to the Wooded Glen gathering are coming, for those of you who were there and wish a reunion before next summer. If you are new, please know that you will be welcomed! However, fair warning: homework will be required! We will do some reading in Book IV and use that during the workshop. This will not be lecture-oriented but hands-on, with people working with the images themselves.

We have just signed the contract for the summer gathering for 2006. It will be held in Louisville this year, at a really fine hotel quite close to Louisville’s airport. We shall have more on this event as time passes. We’re tickled to get this place and to secure a date over Labor Day weekend. That extra day off will make a trip up to Avalon so much easier for those who wish to stay over until Monday and make the pilgrimage.

A word about those T-shirts! They are eventually coming. We got in the middle of some wedding plans trying to make our last order, as our T-shirts are done by volunteers who have just tied the knot! Mazeltov, Jamie and Tracy B! We will hopefully be able to offer the new T-shirts by spring. We do still have some shirts, but not every color in every size.

Tonight, the group will gather here at Camelot around our campfire to honor the Winter Solstice. We will give hunger, war, injustice and all that we

see as the shadow side to the dark and will create the ritual that closes the door upon the dark and turns decisively to welcome the infant Light as it begins to grow. By the next time I write these comments, our yard will be bursting with the early bulbs Jim has so lovingly planted this last month and the chill and bluster of cold weather will be starting to let go. During these next three months to come, I pray you may be warm, well-fed, secure in your skin and on your feet and at peace within your seeking. Many L/L Research blessings to you! ❀

Carla L. Rueckert for all at L/L Research

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

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corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SPRING 2006, NUMBER 97

THE DAWNING OF THIS NEW DAY

January 1, 2006

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

(Carla channeling)

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

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

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

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

We are pleased, indeed, that groups such as yours all over the planet have enabled the third-density structure they do now enjoy as they have. It is extremely likely at this point that your population shall be able to enjoy uninterrupted and comfortable incarnations at the end of which lies the opportunity to choose the next classroom which you feel that you would best enjoy working in.

It is a very exciting time for your planet and for those of us who have watched your people through a great deal of difficult learning. We see better rates of awakening, shall we say, than the probability vortices of, say, thirty years in the past would have suggested.

And we are humbly grateful to be a small part of that energy that has pressed towards the light, has called to the light, and has anchored that light in relatively undistorted form. We thank each heart that beats, “love, love, love.” Thank you for the unimaginable effort that it takes each of you to keep your mind, your thoughts, and your heart on the beam, as this instrument would say. It is easy to be distracted by very many things and we find ourselves applauding the efforts of each of you to stay awake and stay on task.

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

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

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

We are without concern as to whether this happens because of our being [unable] to do anything about it. We hope that each of you can take into your prayer life, your meditations, and your interactions with others the awareness of that shadow side which lies within the heart and the makeup of each human being on planet Earth. Where in your energy do you see the desire to destroy rather than communicate, to

blow something up rather than take the long and sometimes messy route of discussion and heartfelt reaction that results in creating light where there was darkness, love where there was bitterness, and so forth?

These are matters with which only you who dwell in the flesh on planet Earth have the right and responsibility to deal. We have the right to rescue entities that may have been blown up in a nuclear explosion. We do not have the right to interfere with such an explosion. As you in your heart live, so does the human tribe as a whole live. And so we put this concern to you: if you have fear, let it be fear of your own human tendency to destroy. And see what you can do to create within yourself a heart that is genuinely, deeply committed to building up rather than destroying.

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

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

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

however, a cause for fear that this is occurring. This is perfectly in order.

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

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

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

And this kind of opening up of the self to the awareness of the environment around you is that about which we are encouraging you to think. It is a simple thing to turn the mind to more of an awareness of what is around you. And once you

become aware of what is around you, it becomes more obvious how exciting, how stunningly beautiful and how entirely original each day is, what a gift it is, and what an adventure it is to experience it.

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

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

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

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

which need cause any fear whatsoever. Certainly, when the time nears midnight, entities will become more focused on that moment when today becomes tomorrow and a new beginning proceeds. We encourage you to enjoy the dawning of this new day.

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

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

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

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

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

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

it central to this solar system or is it a common theme in third density?

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

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

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

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

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

May we answer you further, my brother?

P: That's good for now.

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

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

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

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

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

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

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

(Side one of tape ends.)

(Carla channeling)

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

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

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

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

May we answer you further, my brother?

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

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

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

We are those of Q'uo, and are aware of your query, my brother. We have difficulty using this instrument to answer that particular question and therefore we shall attempt to be somewhat creative, for there are

many things this instrument simply does not know in terms of scientific patterns.

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

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

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

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

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

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

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

We are the Q'uo, and are aware of your query, my brother. We find this a misleading question in that it is not the interpenetration of fourth density in third that is creating more violence but rather it is that separation of entities into those who are moving forward and those who are caught in fear. Neither those who are graduating service to self nor those who are graduating service to others are caught in fear. The entities that are caught in fear are those

who have not yet chosen how to polarize; that are simply, shall we say, resting in the cultural milieu.

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

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

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

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

May we answer you further, my brother?

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

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

They have successfully avoided [awakening] for a long enough period of time and a significant enough

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

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

May we answer you further, my brother?

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

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

It is important to realize, though, my brother, that simply because a group of entities did not make graduation at this time does not mean that there has been a failure. There is no concept of success or failure as such in the outworking of the pattern for a planetary density. Those who are able to be harvested are harvested. Those who are not able to be harvested are given further opportunities to work through the lessons that they were unable to learn so far. There is no reason to be concerned. It is simply a point of information that the particular planet on

which you now enjoy living is soon to become unavailable for third-density work. Therefore, [those of] third density shall need to take up their studies elsewhere.

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

Group: Thank you.

Adonai. Adonai.

NOTES TO OUR READERS

As I write these comments the sun is shining brightly and daffodils are springing forth from the warming earth in our yard. I am in my upstairs office now! I am working, at the outline stage, on a new book project designed to share the Law of One core concepts with the general reader. L/L Research has received a grant that has allowed us to hire an administrative assistant for me as well as a book-keeper, so that I can be free to do creative work. What a blessing!

We just finished experiencing L/L Research's Midwinter Gathering. It was held February 10-12 in a lovely, spacious private home belonging to friends of L/L Research. Ten people attended the intensive study weekend on the Archetypes as discussed by the Ra group in *Book IV of The Law of One*. It was a fascinating and riveting time of deep conversation and combined seeking, good company, and good food in the most gracious setting and comfortable chairs imaginable!

To investigate the fruits of this Gathering further, please visit www.bring4th.org, where web guy Jeremy is creating an informational niche holding materials related to the gathering.

Our next special gathering will be over Labor Day weekend, 2006. We have leased space at the Executive Inn West, which has a free shuttle service from the nearby airport. There will be a pleasant and roomy meeting room for the group and also a cabana type room by the swimming pool which is ours only, 24/7, the whole weekend. The cabana room is tucked into the end of a block of rooms

facing the pool and offers quite a lot of air-conditioned space, furnished with a big table and TV setup so people who have brought children can rest out of the sun with little ones when they are tending them and people desirous of having after-hours conversations without disturbing their roommates have a good place to go.

We are starting a poll on what topics you would like us to take up at this next gathering, so please visit www.bring4th.org and vote. This is your reunion time! If you're working on a particular issue in your process, speak up and ask for a session on it. Or make any other suggestions you'd like to offer. We would love this next weekend gathering to be just as brim-full of love and light and fun as the last one was! And we'd love for you to attend. We'll have more about this event as the time draws closer.

Our new admin at L/L Research is Gary B. He's doing a grand and wonderful job and I feel so fortunate to have him! He told me the other day that he'd answered over 100 e-mails that day and I thought to myself, "I never got that many e-mail sent in one day in my life! This is the right man for the job!" Dottie K. is our new bookkeeper. She is doing progressively better as she learns our system. I think she will also work out just fine. We are most blessed to have two such loving and openhearted people in these jobs, for L/L Research thereby continues to be all about love.

Our public meditations continue each Sunday, except for fifth Sundays, until the end of May. They are always at 4 PM. The first and third Sundays we have a channeled meditation. The second and third Sundays we have a silent meditation. You are welcome to attend any meeting. If you would like to attend, please let us know. We have lists of nearby motels and directions to Camelot we can send you.

We've had some big changes on the Avalon Project. The volunteers left, one by one, to take up other interests and work, and only Bruce was left there. Meanwhile Jim and I had done the math to realize we would not be able to pay for the building project, so we canceled that part of the Project. We offered Bruce the chance to stay and do bio-dynamic farming on a small scale, but he found himself restless, went on a most marvelous journey and ended up finding a whole new group of people with whom to serve. He feels very strongly that he can be of help to this group with his building skills. We are

helping him move there and are most thrilled that he has found such a wonderful new means of service to others. We will certainly miss Bear but bless him on his way as it is the right time for him to be moving on.

As we look back on the whole Avalon Project, which extended over a year in actively trying to develop the farm, we can see that our property is not the traditional setting for regular crop farming. The whole meadow floods regularly and there is ponding for sustained periods of time that make traditional field crops mostly rot before they can grow. Other types of farming, such as verge farming, where one grows wild herbs along the edges of woodland, have much more promise on our land.

There is every chance that we can develop the land along bio-dynamic principles in general, before we ever come to think about growing a crop of any kind and that dream continues to thrive as we entertain hopes for the future. Perhaps one of our writing projects will hit the best seller list and we can have a more well-financed try at living in harmony with nature while focusing on things of the spirit. I hope so. Meanwhile the land remains, happy to wait for us and dancing with all of creation in the meantime.

Steve Tyman, a long-time member of L/L Research, has just published a wonderful book on the Archetypes of the Mind from *Book IV* of the *Law of One* series. The book is expensive, \$35.00 including shipping per copy, but what a wonderful little volume this is. It is a book for the student of psychology, philosophy and/or the Law of One. It is also a book for those who love the language and love to see it used with precision and wit. Please do order this book! We have a notice right on the Home page of www.llresearch.org so you can get in on this treasure.

We recently had the pleasure of two volunteers visiting L/L Research. Thanks to Judy R. for her ceaseless labors working on the photograph software and hardware that are currently not quite working rightly and to Eccles P. for his donations of a printer/copier/scanner for the upstairs office and a big screen to ease my squinting and bad posture and for his boundless generosity in offering his time to get the office working. He spent a whole week here doing great feats of manifestation, including hooking up a new telephone line for the office.

We are so incredibly lucky in the quality and excellence of all our volunteers. A big thank you to all who collaborate with us at L/L Research to update the Library, respond to various kinds of mail, or transcribe material for us. We have all kinds of odd bits of work that need doing. If you happen to have some volunteer hours to offer us, you might check on www.llresearch.org's Home page to see if there is something you'd like to help us to do.

I hope you have a beautiful spring, full of increased growth and awareness and bathed in thankfulness and joy. May your open and loving heart be as a beacon and lighthouse to the world. Much love and light (L/L) to each of you. ♣

Carla, for L/L Research

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
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ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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SUMMER 2006, NUMBER 98

THE HOLY SPIRIT AND THE HIGHER SELF

March 19, 2006

Group question: The question today has to do with the general idea of ascension or transitioning into fourth density. We're wondering what role the Holy Spirit plays. Is it something that comes into us and inspires us and helps us along on this transition? Is it the same thing as the higher self? Is this transition something into which we're moving or is it moving towards us? Just how does this work? We're wondering what Q'uo could tell us that would give us a little more clarity on this whole concept of moving from third density to fourth density, how it happens, who helps, and how it works.

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and the light of the one infinite Creator, in Whose service we come to you this day. We thank each of you for laying aside this precious time to seek the truth and we are most honored and privileged to be called to your circle of seeking. As we gaze upon you, we are moved, as always, by the beauty of your vibrations and the harmony of your interrelating auras.

You have truly created a special chapel that takes in many entities in many places. It is a very special moment for us to experience the internet's addition to the group, for we are able to see you as a group in the non-local precincts of time/space. And you truly have a builded structure of light from the combined and collaborative efforts of all of you to join into the unity of a seeking circle. We thank you for this

privilege and for the beauty that lies before us in each of you.

As always, we would ask a favor of you, please. Be very careful to discriminate as you listen to or read those words which we offer through this instrument. Words are fragile things, and in a sense, that which we intend may not be conveyed. Therefore we need you to discriminate between those thoughts that are helpful to you and those thoughts that do nothing for you. If a thought is not resonant to you, please let it go and use only those thoughts that you recognize, almost as though you had thought of it but had forgotten that you knew it. That is the hallmark of material that it is time for you to use.

If you will make that distinction in working with our words then we will feel much more free to be open in our communication with you and not be worried about infringing upon your free will. We thank you for this consideration, my friends.

In speaking about the ascension process and the Holy Spirit's part in it, which is the way we understand your query to be centered, we take on, as this instrument said earlier, a good bit of terminology that is loaded with distortions because of the heavy use of both these words [in] portions of the religion that you call Christianity, in which much focus is placed upon ascension and the second coming of Jesus the Christ.

The problem with using religious terminology, in general, is that it is distorted, in the way that anything will be distorted while gazing at it through a corrective lens. The perceived job of religions, as seen by the religion itself, is to create a distorted lens so that entities with bad eyesight can see their vision

of the one infinite Creator. Therefore, they set up terminology, structures of thought and words which create a correction to the innocent vision of the faithful, offering to them the corrections of points of dogma in a certain pattern which, when received in faith, shall create that correction to the sight that will give them the heavenly vision of the new Jerusalem.

The problem with any dogmatic source, of course, is that the Creator Itself is not dogmatic nor is It subject to being described by the humans who are attempting to honor and worship that Creator or that great creative force or Thought. Therefore, the terms used—that is, the term “ascension” and the term “Holy Spirit”—alike are weighed down with an inadvertently heavy burden of inference and assumption. When what this instrument would call fundamentalist, inerrantist Christians use these terms, they are using them in a very narrow sense, specific to the New Testament and even more specifically to the Book of Revelation.

We would like to start there and work our way back to a less distorted valuing of those words, may we say. And then we would like to lift away from the burden of the terminology and talk a bit about the underlying picture that this terminology is attempting to depict.

This instrument has a long and intimate relationship with the Holy Spirit as it is understood by her. She calls this entity, “Holly.” She talks to this entity many times each day. She begins each day by calling upon Holly and asking for her help. She does not know what the day will bring but she has learned that it will bring something. And so before she arises from her bed in the morning, she calls upon Holly. She asks for her to be with the one known as Carla during the day and to speak in her ear, to shed her wisdom, her love, and her compassion upon the situations that meet this instrument’s eye.

This is the general sense in which we would use the term, “Holy Spirit.” That is, that being which comforts a certain entity with all of that entity’s distortions in place. The spirit that belongs to an entity is not a judge but a witness, an advisor, and an inspiriter.

The nature of the Holy Spirit is well summed up by a prayer that this instrument uses each time she tunes for working with us in a session or for giving a speech or offering an interview on the radio or

television. The prayer is one that we would repeat at this time in order that each may see the intended function and nature of this powerful part of the principle of the one infinite Creator. This is her prayer. It is one that she learned in 1983 when she was a part of the Episcopal Cursillo movement, taking a weekend out of her life to examine that life, create a rule of life, and dedicate her life even more intimately and firmly to the following of the teacher that she calls Jesus the Christ.

Come Holy Spirit. Fill the heart of your faithful and kindle in her the fire of your love. Send forth your spirit and she shall be created and you shall renew the face of the Earth. Oh God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit she may be truly wise and ever enjoy its consolation. Through Jesus Christ our Lord. Amen.

Looking at the structure of this prayer, you may see that this instrument perceives the spirit as coming down, being pulled into her by her calling and her yearning for the divine, yet also being called forward by her emptiness and her willingness to be filled with new inspiration, new thoughts, and new ideas.

The Holy Spirit is not a comfortable comforter. It can create in the seeking soul a divine discomfort. It can help to sharpen and hone your particular vision of what it is to be yourself; what it is to be a part of the one infinite Creator, and what it is to face the world and look at that world not for solace or for riches but for the opportunity to serve the light.

The one known as R was asking if the Holy Spirit could be considered an inner-planes or an outer-planes entity. We may say to the one known as R that you may consider this energy source to be both. In its function as guidance it is inner-planes. The calling is within the inner planes of your planet and in the inner bodies of yourselves. The connection is from the unseen realms directly into the heart, coming through the crown chakra, the gateway to intelligent infinity, down through indigo and blue [chakras] to rest in the heart [chakra] itself.

When you have prayed to the Holy Spirit for a long period of time, you have created the connection that is instantaneous and strongly comforting, a never-failing source of wisdom, compassion and good advice.

The outer-planes portion of the Holy Spirit is that portion that has nothing to do with planet Earth or

with your perceived notions of who you are or what the Creator is. For the Creator Itself is transcendent to Its creation. It is not an actor caught within the play of creation. It is uncreated, inorganic, infinite and eternal.

This Creator has a nature. That nature is absolute, unconditional love. And we use that word reluctantly, for love is a feeble, flaccid, effete word, badly used, abused and drawn through the mud of a dozen different usages of that word to mask impure intents, imperfect emotions, and confusion betwixt the desires of the body, the desires of the mind, and the desires of the spirit.

Indeed, those languages which contain many terms for the word love would be a blessing to us. However, this instrument speaks English and in your language love stands alone to indicate everything from lust to that unconditional love which causes a mother to give her life for her child or a soldier in combat to give his life to save his comrades.

We speak of a love that is beyond all of the boundaries and limits of human feeling. We speak of love that creates and destroys. We speak of love that changes things. If you can imagine a Thought that has the power to create the universe, then in your imagination you have seen love in its full meaning. To call the Creator love, however, is to limit that entity, for the creative principle is a mystery beyond the plumbing of any, including ourselves.

We would content ourselves, then, with describing this enlivening, invigorating, inspiring energy and essence as the Holy Spirit.

Before we leave this particular term we would simply say that the term higher self, as used in Confederation teachings such as those of the Ra group, is a concept which describes the Holy Spirit but from a point of view that is quite different from the religion-driven concept of the Holy Spirit.

Like the concept of the Holy Spirit in Christianity, the concept of the higher self is of an essence or an entity which is called down from the resting place of the higher self, which is mid-sixth density, to the self by prayer and supplication.

Unlike the term Holy Spirit, the term higher self indicates and specifies that the self, the higher self and the Creator are all part of one thing. There is not another self, independent and apart from the

self, that is being called down from some heavenly place into the heart. Rather, in the concept of the higher self, the self, the higher self and the Creator Itself are all part of one entity.

The self is the self caught within the world of illusion by choice, veiled from awareness of the larger experience and enjoying life within incarnation. The higher self is that same entity within sixth density. The explanation offered by those of Ra was that the self within sixth density pauses at a moment when it realizes that it is being ineluctably drawn forward into seventh density and will soon turn its back upon creation as known in the past in order that it may open its arms to the process of the increasing spiritual gravity of its nature and be drawn ever more quickly back into the heart of the one infinite Creator.

That resource of the self speaking to the self, then, is the self at its wisest and most loving. The concept, unlike the concept of the Holy Spirit, creates an atmosphere in which the self is seen specifically as sacred and no less of a Creator than the Creator Itself but rather seen as a young Creator in need of advice.

We feel that both concepts are helpful and we leave it to each seeker to play with those terms and to find for the self what each entity feels is the proper terminology for the guidance system which is a part of each person's web of resources and tools for living.

The term "ascension" is similarly trammled with a heavy overlay of religiosity. Ascension is a term which is used in what this instrument calls the Holy Bible, in the New Testament. It is a process which is heavily laden with fear in the minds of those faithful people who attempt to understand the workings of ascension from the Christian viewpoint.

In the Christian viewpoint, the picture of the end of the Earth upon which you now enjoy life is harsh. The end comes suddenly. The world dissolves into the one known as Jesus coming down from heaven and all of the graves being opened so that all of the entities who have died can then spring forth, take on a new and spiritual body, and if you are lucky enough to be one of the chosen, you ascend into an entirely new creation, that Utopian heaven in which you have a mansion prepared for you and are free to spend the rest of eternity praising the one infinite Creator.

As a bit of religious fiction or myth, shall we say, it is unsophisticated and simplistic and we would not know what to do with a question about this concept. We would not know where to start in order to untangle the love from the fear, the joy from the sorrow, and the good from the seemingly difficult and negative.

In terms of our understanding of spirituality, there is an ascension process that we see going on all the time. It is a natural rising of entities through the mists of confusion and ignorance into a gradually more and more light and airy place where heaviness falls away, fear falls away and what is left in the human breast is gratitude, joy and devotion.

My friends, this is your true nature. This is who you are. You are not a person seeking enlightenment. You are a person seeking yourself. To put it another way, you stand within flesh looking out [of] your physical eyes and hearing through physical ears and consequently you feel that you are a person of flesh and blood, limited by the senses that you experience as part of your physical body.

We would say to you that our perception of you is entirely different. In our perception you are extremely powerful and magical beings. Even within flesh, you have within you the ability to access the divine. This is because your very nature is love. Therefore, as you call out for your guidance, it is love calling to love. Certainly you are love that is confused at times, troubled and distorted in your perceptions, often fearing, often trembling, often discouraged and tempted greatly to be cynical and smart.

It is very likely that entities who seek find themselves fairly often in times of deep darkness, when the soul is hungry. The oasis that you seek at such times lies within you. The question is how to create good access to that self that lies within the illusion of your personality, your physical body, and your culture. How many different sources that you respect have said in essence, "You must know yourself," "An unexamined life is not worth living," "I think, therefore I am"?

The question of guidance and how it will affect entry into fourth density is a powerful question and one which we cannot even begin to answer in this session. But it begins with clearing out and cleaning out your perceptions of ascension and of your guidance system, or the Holy Spirit, so that you are

not caught on the various thorns of religiosity and instead can focus on the reality of your divinity and your way of creating a powerful and strong access to an enhanced awareness of yourself.

What you are attempting to do when you pray to this Holy Spirit is to become inspired. You are asking the higher, better, wiser and more loving part of yourself, or of the creative principle, to come upon you, to fill you, to reveal to you your true nature, which is love, and to give you those marching orders that make love itself into a plan for the day. It is not that love will tell you what to do. It is that love will tell you how to do it with love.

As you do ordinary, everyday things with this intense, overshadowing love, something magical occurs. As you seek to pull that enhanced vision of a life lived in love into yourself from the regions of the divine, you activate powers within you that are incredibly strong. And you begin emitting light.

It is not coming from you but rather it is coming through you. You've turned the switch by turning your mind to love. You've gotten the power upped by your prayers and supplications to be enlivened and inspired by that which is clearer, purer and higher than you in your perceptive web of everyday five senses can remember how to do by yourself without often having trouble.

But help is available. That help is the Holy Spirit. And when the life is given over to that higher and better self that is love; when your consciousness has become that which carries the energy of the divine, then you have only to radiate, as you naturally will, as you move through your day and you shall make a difference in that day.

Whether you are alone or in the midst of many, many people, you shall make a radiation by your focus that is precious to the Creator, for it is by your free will that you have chosen to access that enlivening spirit and to give your life, your day, and your moment over to the intentions, hopes and dreams of the sacred within you and within the creative principle.

You asked concerning the transition from third to fourth density. My friends, this in itself is a topic that would take a great deal of time to examine with any degree of care. And so we shall touch on this subject as best we can in the time and energy that remain within this instrument's physical body and

emotional body and within the limitations of time for all of those within this circle.

You are all familiar with the concept of channels on your television set or stations on your radio. If you would like to think of it in a way that is a little bit more comfortable than the phrase of “interpenetration of third and fourth density,” you may think of third density as vibrating or radiating as a vibration or energy at a certain point on the dial and fourth density as radiating in a discrete and separate point on that same dial. You can tune into one station or you can tune into the other.

Each of you was set up, in order to come into third density, with third-density parameters being met. You cannot become fourth-density entities. You would not be useful to the planet and to the approach of fourth density if you attempted to live in fourth density. Rather, your glory is that you have earned the right to an incarnation at a time when you are capable of helping to shift the consciousness of the planet you call Earth in such a way that it calls forth from entities the desire to awaken and remember who they are so that they, too, may be part of the graduation from third to fourth density.

In a way, all of you are engaged in one mission together. You are attempting to awaken humankind. Focus that attempt upon yourself. As you awaken, the world awakens. Do not feel that you must go forth and teach in order to do this job. As you work on yourself, you are working for all of humankind. Be content, therefore, to seek ever more deeply within yourself for your true nature.

Oh, my friends! If you could only know for sure who you are, your hearts would soar! For you are love. You are a consciousness to whom the worlds are open. You can create and you can destroy. And, my friends, you do this each and every day.

For your thoughts are powerful things. And as you gain in power as a being you are ever more capable of creating metaphysical hurt or healing by the thoughts that you think. Therefore, we ask you to be aware of your thoughts, to patrol them with love and compassion. And when you find yourself being cynical, petty, judgmental or foolish—and we will allow that word to be what it means to each of you—we ask you to remember that one of the things you came here to do was vigorously and relentlessly to go after consciousness itself and find ever more

fully that joy that comes from knowing who you are and why you are here.

The planet itself is going through its own transformation. The energies that are hospitable to third-density life are waning and because of the actions of your peoples in their thoughtlessness ...

(Side one of tape ends.)

(Carla channeling)

... with regard to their planetary resources, that time that is hospitable to third-density life has been shortened to a certain extent. It is normal, at a time of shift, for there to be as much as a thousand years after the shift while third density clears the planet of all energies that have been unfriendly or inhospitable. Unfortunately for planet Earth, the entities upon your planet have not come to the end of third density ready to embrace love, peace, freedom and justice. They do not see the beauty of harmony.

There has been within your culture a stubborn and persistent love of aggression and violence, where entities are moved by fear and therefore seek to protect and defend those things and people which are dear to them while rejecting the oneness of the planet as a whole. It is only in this atmosphere of separation that it is possible to consider slaughtering one's fellow beings as your peoples do each and every day.

Therefore, the end of your third density is not going particularly well from the standpoint of comfort and it will be uncomfortable for some time to come. You knew this when you took incarnation. You were eager to come here and to make a difference.

You do not have to rescue planet Earth! However, there is a karmic energy within many of your peoples which comes from actions in other lifetimes which resulted in making third-density environments uninhabitable. Therefore, karma is involved in the restitution and stewardship of planet Earth. And there are many people among your tribes all over the globe who feel a tremendous love for the planet itself and a desire to heal it. We would encourage this line of thinking, for truly all is one and your planet is a part of you.

As you move into the future, realize that part of your job has to do with radiating the love and light of the infinite Creator. And another part of it may well

have to do with working with whatever energies that are about you in your natural, everyday environment to attempt to become better stewards of that which is around you.

What is your environment? How can you interact with it lovingly? How can you create islands of peace and joy so that when you enter the door to your home you are entering a sacred place? If you perceive of the Earth as a sacred place, what shall you do to clear the moneylenders out of the temple? We leave this to your consideration.

Fourth density already exists. It is a very sound and healthy child. It is a new heaven and a new earth. And it is being filled more and more each day with those who have ascended, in the natural way of things, from [third-density] planet Earth through the gateway of death. It is the great hope of many energies and essences of your inner planes, such as your angels and your guardians, that each of you may enjoy a leisurely, organic and natural ascension through that gateway to larger life that is the physical death.

From the standpoint of planet Earth, that is perfectly acceptable. Gaia herself does not at this time need to shake you off like fleas. However, as we have said before, we caution you. For there are entities all around your globe whose vision of ascension includes a self-created apocalypse. There is almost a hunger within that part of the planetary consciousness that is invested in power for the dark pleasure of blowing everything up once again.

See what you can do, my friends, to elect officials who are not caught in that glorious *Gotterdammerung* vision. See what you can do to elect officials whose hearts are stayed on love itself and whose vision is one which includes all entities in any plans that it may make, not just those who are wealthy or powerful.

We encourage you to wake up to this life, to embrace third density and to orient yourself as to who you are and why you are here. That is where the Holy Spirit can be so very helpful. Whether you see that energy as a Christed energy as in Christianity or whether you see that energy as coming directly from a larger vision of the Creator which includes all of the galaxies, all of known space and time, and all of the inner and unseen realms as well, whichever vision helps you the most, we encourage you to take that vision.

There is nothing wrong with the Christian vision. It is a distorted vision, but so is any structure that is pulled into logic and mentality and intellect from the realms of spirit. The heart does not deal in quantities. It deals in qualities. When you attempt to define the Holy Spirit, you are attempting to quantize it. It cannot be done. So the best we can do is to give you ways to think about these terms that may help you.

To respond, finally, to the question of the one known as T, it is indeed so that the transformation of the self by calling on the spirit is an essential part of ascension, however one describes or configures this relationship.

It is by the guidance that penetrates into our heart of hearts that we finally learn to let our lives go and to open them to the unfathomable and mysterious presence of the divine.

It is a release that is miraculous, just letting the boundaries of the intellect go. We do not encourage moving without regard to the intellect in everyday life but rather we encourage the opening up of your point of view to encompass a self that is both physical and spiritual, not separately but all together in one glorious confusion, as the one known as M said earlier.

Our wish for you would be that you were, in this moment, to determine to be ready to listen, to say, as this instrument does, "Come, Holy Spirit!"

And we say to you that you are asking for a lot when you ask for the spirit. You are not simply asking for a nice or a pretty or a beautiful experience. You are asking for the truth. When you ask, be ready for whatever may happen! For a sincere request to the spirit shall never be unheard. You shall be answered, my friends. And your lives shall change.

We realize that our time is up and we believe that it is best, examining this instrument's energy levels, that we ask for only one or two brief questions before we leave this instrument. Is there another query at this time? We are those of Q'uo.

B: I have one. You mentioned we are beings of love and beings of consciousness. What's the difference between love and consciousness?

We are those of Q'uo, and are aware of your query, my brother. Love is an essence. It is not necessarily tied to a point of focus. It is rather that focus that

creates all that is and, as such, its nature transcends consciousness, as we use the term to indicate that portion of a human being which is not caught in space and time.

May we answer you further, my brother?

B: I understand.

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

B: Let me check on the internet.

(Pause)

B: I think P has one. Hold on.

(Pause)

P: *(Speaking through the internet from Nevada.)* I was wondering if you could clarify how love is destructive.

We are those of Q'uo, and are aware of your query, my brother. And may we say what a pleasure it is to embrace the energy and the spirit of the one known as P as well as all of those whom we have not experienced as part of this group for a time. It is a great pleasure to us to say hello.

That which is the Creator is that which equally creates and destroys. To the Creator, the two are part of one process. There is a dynamic between light and dark, creation and destruction, love and fear, and so forth. It is one of the powerful dynamics that is a part of the illusion which you now enjoy.

It is perhaps easier to see this destructive and creative aspect when one examines, say, the life of a sun or the life cycle of an animal within your second density. There are portions of that cycle in which the animal involved is growing. There are portions in that cycle in which the animal is food for another animal. Yet the entirety of the creation is harmonious.

And rather than feeling that there is a wickedness involved in nature, "red in tooth and claw," as the one known as Alfred²⁶ said, it is to be seen that this is all a perfectly acceptable part of the dance of life in

which entities eat food and are food in their turn. As your body dies it shall be food for worms.

And the Creator has provided natural ways in which the seemingly destructive process of various creatures, like worms and other bugs eating the body, makes it a part of the Earth once again and the cycle of that particular body is complete: dust to dust, ashes to ashes. That is the sense in which we meant the destructive nature of love. It, in being creative, must also complete the cycle and be destructive as well in the natural and organic whole of a 360-degree world.

May we answer you further, my brother?

P: That sounded pretty good, although I'm interested in your point on a 360-degree world. Are there levels below that?

We are those of Q'uo, and are aware of your query, my brother. This instrument's use of the term "360 degrees" is meant simply to indicate there is no such thing as an arc that is uncompleted in the creation. All energies have their dynamics and form perfect circles, or spheres, to be more accurate.

We find that this instrument's energies are waning and so we would take this opportunity to thank each of you for this opportunity to be a part of your circle of seeking. We would leave you at this time with great joy and thankfulness in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai.

NOTES TO OUR READERS

The heady summer heat is finally with us in Kentucky as we send this issue of *Light/Lines* out to you. As Memorial Day weekend passes, we hope that you are enjoying the gifts of warm weather, the blossoms of lily and rose, and the sweet, warm breezes and gentle rain of this time of year.

We have just finished our last public meeting for the season and will resume weekly public meetings on the first Sunday of September. As it happens, that session shall be part of the closing of L/L Research's 2006 Homecoming, which will take place over Labor Day weekend at The Executive Inn in Louisville, Kentucky. We hope that you are thinking of joining us for that! To read more about this weekend event, please visit the www.llresearch.org home page and click on Homecoming 2006 or visit www.bring4th.org and click on News Journal and

²⁶ Alfred Tennyson, "In Memoriam":

Who trusted God was love indeed
And love Creation's final law—
Tho' Nature, red in tooth and claw
With ravine, shriek'd against his creed—

then on the March 28 announcement. This year we are providing for families by having a private room at poolside where parents can take care of their children without having to go back to their rooms. The subject matter of the workshop will be the energy centers or chakras and how to work with that all-important system in our everyday life. The sessions will be interactive. It really is so much fun to visit with others who enjoy the Law of One and want to work with its principles. We hope you'll join us.

The British study group and the Turkish study group both report having great sessions and good fellowship together. L/L Research thanks Pupak Haghighi, Peter Brinch and Ian Bond for their initiatives in Britain and Selcan Teoman for her leadership of the Istanbul group. More information about these study groups will be forthcoming in our next *Gatherings* Newsletter. It is free. Let us know if you wish to subscribe.

Work on the *Choice* book has become work on a series of three *Choice* books, which we are calling Law of One 101, 102 and 103. The books are still in outline stage. We look forward to finishing the organizational part of this work and starting the writing within the next few weeks.

Meanwhile, we are almost finished the final editing of the *Book of Days*, which is made up of "thoughts for the day" channeled through Carla from the Holy Spirit. It is a devotional printed book of 366 channelings, one for each day of the year, including one for the leap year. These readings are stunningly beautiful. Purchasing information will be announced on the L/L website when the book is ready. We also would ask for those who love this project to donate money towards its printing. We have a donor who is willing to match all funds collected for printing this project. So your donation will go twice as far. Make checks out to L/L Research and in the "for" blank, put "Book of Days."

Since the last *Light/Lines* issue was sent out, Carla has begun writing a weekly column for UPI's Religion and Spirituality Forum. You can find her column by going to www.upi.com, clicking on the "Religion and Spirituality" title, and then the "Columnists" choice in the menu bar at the top of that page. Go to "Carla L. Rueckert," click on the name, and the whole list of her articles will come up.

We hope that you enjoy this channeling session and the newsletter in general and invite you to our gatherings and to surf our web sites. Blessings, love and light to you all. Happy Summer! ✨

Carla, for L/L Research

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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FALL 2006, NUMBER 99

THE PROGRESS TOWARDS PERFECTION

September 3, 2006

Group question: The question today is, what work is necessary to be done by the seeker upon the chakras or the energy centers in order to facilitate the raising of the kundalini and of what value to the seeker is this raising of the kundalini?

(Carla channeling)

We are those of the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a great privilege and blessing to be with you this day, to enjoy the beauty of your vibrations, and to be asked to share our humble thoughts on what work is needed to do by the seeker upon the chakra system in order to encourage or advance the raising of the kundalini, so-called, by those students of seeking in the oriental tradition of Yoga. It has also been asked what value that project is and it is that with which we would start.

However, first, we would be careful, as always, to request your cooperation as we speak. Please reserve and retain the quality and faculty of discrimination. You are responsible for your universe, for the thoughts that you think, and for the progression of those thoughts. For us to be speaking to you from a position of authority is not an option. We need for you to see us as fellow seekers; those who have had more experiences than you which we remember at this point and therefore those who may be able to share helpful thoughts. We cannot guarantee the accuracy of our thoughts nor their appropriateness in your process and it is important to us that you be able to place the thoughts that do not resonate to

you to one side and move on without feeling that you have somehow missed the point.

If nothing resonates to you about one of our thoughts, it is not you who have missed the point, it is we. Not every thought is going to work for everyone. If you will be the guardian of your thoughts, accepting only those thoughts of ours which seem resonant to you, then we will feel free to speak without being concerned that we will infringe upon your free will. May we say how much we thank you for this consideration.

The purpose of the raising of the kundalini within the system of study and worship known as Yoga is to aid the seeking soul in its progression towards perfection. It is a particularly Oriental concept and not one in which the Western religions spend much time or consideration. Consequently, for most raised within the religious systems of the West, the concept of perfection is puny or paltry. The West seems rather to want to focus upon the humbling of the self by the realization of its imperfection and then the experience of rebirth in cleansing through the intervention of a manifestation of the divine.

Redemption is not the same thing as the progress towards perfection, even though the activity is the same. Let us explicate. In, for instance, the Christian crucifixion ritual, the sacrificial victim takes upon himself the sins of the population on whose behalf he is being sacrificed, just as in olden times when sacrifices were burned to the gods. As the fires burn his flesh and dry his bodily fluids to ash, that benediction of blood and flesh absolves and redeems the imperfect entities of the congregation. That is the illogical but spiritually viable goal of the

crucifixion. The resurrection is a new twist upon the sacrifice of the slaughtered animal and represents that which the one known as Jesus, as well as many other crucified saviors, desired to bring into the concept of sacrifice and that is the resurrection and new life of the being that has been sacrificed.

That which Jesus suggested was that each entity take up the cross and follow him. When the one known as Jesus took up the cross, he was walking towards his crucifixion and eventual resurrection. In taking up the cross, you take up the nature of the cruciform reality in which you live—which is called consensus reality or space/time—and you walk with it to Golgotha. When it is your time to learn the nature of sacrifice, you place yourself upon that cross. You experience suffering. You experience your dark night of the soul and you experience the resurrection into new life. You do this not just once in an incarnation but in a repetitive and cyclical fashion, gaining the experience of winning through to new life each time that you experience these small deaths of transformational change.

It is never described to the Western religious seeker that the goal of such suffering is perfection. It is, however, implied that the experience of one who has won through following this directive of following the steps of Christ will experience an enhanced or expanded awareness after the sacrifice has been made. This is as close as the Western religious system can come to the Yogic concept of perfection.

It is a handicap of this particular distortion of a way to study the one infinite Creator. However, in the rich coloring of the story of sacrifice and resurrection, the emotive qualities of the story create an atmosphere in which it is far easier to understand the nature of redemptive love. Consequently, this is the glory of the Christian faith: that one glyph of a suffering and fully conscious Creator, perfectly willing to go through the pain of death in order to demonstrate its illusionary quality and thereby offer the realization of larger life to those who are able to view the stunning reality of the transformation of the light-struck tomb and the empty grave.

The glory of the Yogic system, however, is that concept of perfection. The Yogi is not afraid of becoming the Creator. The difficulty with that system is the opposite of that difficulty with the Christian system. Some may say that the system lacks a certain amount of color. It is more difficult to

achieve an iconic representation of unconditional love from studying the systems of Yoga. It is not impossible. It is simply not as easy to choose that central icon and say, "This is unconditional love."

The Yogic system is far more complex and far more accurate. It therefore appeals to those who are wanderers from fifth density or who simply have within this incarnation a more intellectual or mind-driven seeking process.

We cannot say that a mind-driven seeking process is superior to or inferior to a heart-driven seeking process. We simply point out, number one, that one is seeking in one or another wise, primarily, and, number two, that whichever way you are seeking, part of your consideration of moving forward may well be to reach into that part of the seeking process which you are not using and encourage balance within yourself, so that you are seeking not only with the desire of your mind but with the desire of your heart. They are two different things and there is a tremendous power in bringing those two together.

What you do when you bring the passion of the heart and the desire of the mind into harmony is to yoke will and love into a working pair of creatures that can draw the cart of your seeking process forward and engage your will, the faculty of your purified desire.

Desire drives the chariot of progression through spiritual evolution. The most precious faculty in the seeking process may be said fairly to be desire that has been well realized; that is, desire that has been harnessed to passion and purpose. To bring body, mind and spirit into union is to activate a very powerful force of nature. For you are one step down from being a sun. You are a co-creator, and to the extent that you begin to realize this, you begin to see the possibilities inherent in the human condition.

The work that one does upon the chakra system in order to raise the meeting point between the incoming love and light of the one infinite Creator and the downpourings that are called forth by questions and in prayers, creates the point at which work may be done. Normally the untuned and unconscious entity is not capable of effectively desiring in a focused manner in terms of spiritual things. The prayer or regard for the infinite Creator expressed as devotion that drives mystics tends to be missing in the makeup of the unawakened soul

Therefore, the energy within the energy pipeline flows at a variable rate and with variable efficiency. Work in consciousness cannot be done with any degree of stability underlying or undergirding the effort. There may be flashes of great inspiration and clarity in anyone, because of special occurrences that catalyze a moment of clarity and an opening of that faculty wherein the guidance system of an entity may pour in love and inspiration. And there may be long periods wherein there is no apparent connection betwixt the guidance system and the self.

When an entity awakens to the realization that there is more to life than what is seen by the naked eye, this opens the potential for that entity to seek to know more about the unseen. Such a seeker enters an area that is very mysterious in any rational sense. For spiritual seeking the rules are completely different from scientific seeking. The experiments are done within the self and only subjective criteria can be used.

It is nearly impossible to obtain scientific data that proves the existence of spirit. It is carefully designed to be very difficult to prove what faith is in any way, shape or form, what desire is, what the will is, or any other metaphysically viable tool and resource for hastening or accelerating the pace of the evolution of mind, body and spirit.

This is because the only actual progress made in polarization and the seeking of truth is made in an atmosphere of unknowing. If it is known that such and such a thing is true, there is no risk in setting out to reach that truth. It is important, indeed, it is centrally important to the seeking soul that he realize that he is risking everything with the potential for gaining nothing. He may be on a wild goose chase.

Faith requires that you walk off the cliff of known things into the mid-air of unknowing and it is in that mid-air that the seeking soul who decides to activate his desire and use it to fuel his seeking must do his work. Therefore, the only solid ground beneath such an entity whom we may call, for convenience's sake, an adept, is the knowledge of himself, who he is, why he is in the process of seeking, what he is living for, and what he would die for. That is that upon which one stands in metaphysical seeking: not physical ground but the ground of being.

Therefore, the use of the chakra system is that use which, firstly, clears the pathway through which

energy flows from the soles of the feet and the base chakra at the base of the spine through all of the chakras, one after the other, and finally out through the top of the head.

Now, this basic flow goes on all the time in everyone. When one attempts to improve the flow, one is not simply tinkering with the physical system. One is working with the metaphysical system. The model of the energy flow through the energy body in space/time that is comfortable to look at is that of a self-contained system. However, in the metaphysical view of this pipeline, while on the level of consensus reality or space/time it is indeed a self-contained system, on the level of time/space it is an open system. At each point it is open to the density that equals that color and to the entities that people that true color.

Further, when entities are working on a certain difficulty, as the one known as M pointed out, they may be working in two or more chakras at one time. The one known as M gave the example of having low self-worth, which is worked within the orange ray as well as in the indigo ray and, indeed, to some extent, that low self-worth shall be worked on by each and every one of the chakras in one way or another.

Consequently, when one takes up the goal of clearing the chakras, one is doing a great deal more than clearing a physical system. One is doing more than clearing a pipeline. One is asking the self to perform the mental actions necessary to create a change in the way one sees the self.

If one is blocked in a certain way in one of the chakras, one is seeing the self in a certain way. One is giving honor and respect to that issue which is blocking or overactivating the chakra. In working to clear the chakra, then, one becomes vulnerable to the need to rest and examine that blockage; to sit with it and to gaze into the workings of that blockage. When does it occur? How does it arise? What was the first thing that you thought of that made you realize you were caught? How have you experienced this before? What pattern surrounded this thought when you had it before? What about the time before that? Can you find the first time that you were blocked in this way? What was the exact circumstance of that blockage?

The closer that you can get to the source of your blockage or your overactivation, the more chance

that you have of unearthing the ore that contains this gem of information, this piece of crystallized pain. When you do this, you hold in your hand the gift of much suffering. Wash it! Polish it! It is a gem you have earned, but it is not a gem that you need weighing you down.

There comes a time to lay down a piece of crystallized pain that is emotional in nature, mental in nature, or spiritual in nature. You will know when that time comes. We do not encourage you to hurry yourself. However, it is indeed a wise person who harvests such crystallized pain, realizes it, thanks it, and moves on. It is not necessary to carry behind you that great sack which bears the accumulated pain of your incarnation.

The process of doing this work is a process which clears the chakras and strengthens their integrity. As you clear yourself of those blockages you experience in each ray, you are doing an exercise that, upon repetition, becomes easier. Eventually you will find that you are hungry for clearing your chakras and you wish to do the clearing as quickly as you can after you experience blockage. This is because the experience of wellness—speaking emotionally, mentally and spiritually—is a wonderful elixir compared to that murky, unwell experience of being confused or caught within the details of whatever drama has caught you away from the free flow of the present moment. You are here to get caught in the free flow and stop the flow so that you can examine the catalyst that you have just caught or that has just caught you.

Nevertheless, when you are caught the appropriate reaction is not self-pity or floundering in despair but rather the realization that you have been given a gift. You have been given a puzzle to solve and in the solution of this puzzle you will come across a version of yourself whom you have not yet met. The working out of the puzzle may involve suffering, especially if one is new to the practice of the discipline of examining one's thoughts and responding to them as if they had worth and honor, but repetition makes every attempt to do this easier than the one before it and as you gain results from doing this work, that too will give you the courage to make even bolder attempts to understand yourself and to allow to fall away those distortions which do not serve you.

Inherent in the process of the raising of the kundalini is the concept of the possibility of perfection. One must be able to accept one's creatorship or one will never be able fully to utilize this whole concept of the raising of the kundalini. For when one has attained the supposed goal of the raising of the kundalini and the kundalini has settled at the brow chakra, the gateway to intelligent infinity can swing open—but only for the one who is able to consider himself a creator.

Now, what is the use of this process of the raising of the kundalini from the indifferent movement in the lower three chakras and occasionally the opening of the heart to a steady rise up into the indigo ray? For many people there is no use in it whatsoever. It is a highly individual, personal and even intimate decision for each as to whether they wish fully to utilize this powerful resource of the human mind, body and spirit.

We find it difficult to put into words what motivates an entity to have the ambition fully to use the resources of his incarnated soul energy to attempt to become, in a word, an avatar. Yet, this is the potential for any. Christhood is as a cloak or a crown that may be worn by choice by the one who wishes to walk in sacred symmetry. It is a choice that is highly personal. If chosen, it is a choice that will consume the rest of the incarnation. Yet it is a choice with tremendous advantages for the entity who values the possibility of moving forward in polarity and in moving forward as well in the learning of those structures of knowledge that enable an entity to be of service in a more efficient way.

The signpost of magic is the slogan, "I desire to know in order to serve." The entity who chooses to work with the kundalini is an entity who is choosing to become a magical being and whose motto is to use that knowledge that is gained only in service to others.

Naturally there are negatively oriented magical beings and their desire would be to know in order to serve the self. We are not those who discuss service-to-self practices, for we are service-to-others oriented and do not have the ability to teach in any other way. However, since we are speaking exclusively to those who are service-to-others oriented in this circle, we feel that we are in good shape in being able to express that which you would wish to know.

This energy that comes from the central sun into the sun of your planet, into the center of the Earth, and from there into the soles of your feet and upwards through your energy pipeline and out of the top of your head, is in infinite supply. As much energy as you can run, that energy is available. As high an amperage as you wish to run it, that energy intensity is available. Therefore, the portion of the raising of the kundalini having to do with the clearing of the pipeline is a matter of an infinite journey into discovering how to clear yourself, for the more that you are able to clear and drop away from your personality the more wide open that you may run that energy that's pouring into the base of your spine.

The energy that comes down through the gateway to intelligent infinity, down through indigo and then from indigo to green or to blue or staying in indigo, is that energy you have called forth by your desire and your will. Therefore, hone your desire with every fiber of your being. Keep the edge of appetite keen for the truth. Call upon the energies of justice, fairness, beauty, truth and equality. Bring to mind the qualities of compassion, mercy, hope and faith. Know that these are the elements upon which those who wish to serve cut their eyeteeth. These are the structures—or beings, if you will, for they are living structure—that stand like sentinels along the path of light, through your body and through your spirit.

You are capable of embodying that which you can pull through from above by your desire. If your desires are for lust then you shall leave your kundalini in red ray. If your desires focus upon personal relationships, then you shall raise your kundalini to the orange ray. If your true desire is for marriage and a good work situation, then you shall raise your kundalini to the yellow-ray level. If your deepest desire is to open your heart, then you shall raise the kundalini to the green-ray level. If your deepest desire is to learn how to love with wisdom and to know what it is to have compassion while invoking justice, then you move into those energies of acceptance and of justice that are invoked in blue ray. And when you finally desire above all things to be devoted ultimately and completely to the one infinite Creator and live in the precincts of faith, then by your desire you have pulled up the energy into indigo.

But you cannot simply desire to love the Creator and expect to have full energy into indigo. You must keep the pipeline clear while keeping your desire clear. It is a true discipline of the personality to pursue this goal and it is one which is like housework: it never ends. There is always, in the moment after a fully experienced perfection, something that pulls you back into the world of maya or illusion. And there, you must get a grip upon your new situation. Then you assess it. You sit with it. And you use it in the way that you feel is the highest and best.

Naturally, it is always important to ask for help in making these decisions. Invoke your guidance as often as you can. However we would advise you, in order to have a balanced invocation, to spend time daily focusing not on what you need but on your thanks, your gratitude, your joy, and your devotion to and love of the infinite Creator. Do not be reactive but proactive in this regard. For it is not the entity who waits to have a conversation with the Creator until there is a need to whom realization is given but rather it is to the one who goes to the Creator as to his lover because he cannot stay away, because he cannot stop thinking about the beloved One.

(Side one of tape ends.)

(Carla channeling)

It is this hunger that is the key to the raising of the kundalini. You will have to judge for yourself whether this is an asset you wish to develop within yourself. There are simpler ways to envision service to others. There are simpler ways to achieve a harvestable polarity. However, the concept of pulling your energy upwards from the grosser to the finer aspects of your body, then your mind, and finally your spirit is a concept that has a tremendous amount of power and certainly its structures are stable to those who seek truly.

This instrument is informing me that the principle needs to let this question lie as it is. Certainly, it is a question that could be developed and we apologize for moving on but we are sure that there are other queries that entities within this group would like to ask at this time and so we would like to ask if there is another query at this time or a follow up upon what we have said so far. We are those of Q'uo.

S: I have a query. Many of us begin our seeking with great flames of enthusiasm and desire to serve and proceed quite rapidly at the beginning until we find that which somehow matches our seeking and feeds us. And then we carry on upon our chosen path for a substantial time finding eventually, however, that the vicissitudes of life and the struggles that we get caught up in have somehow diminished that original desire and we find ourselves in a position where it can even be the case that our perceived requirements of service seem to be militating against the desire to seek itself. So I wonder if you could speak to how one might keep that flame alive or attend to it in such a way that a balance between the seeking and the service results and enables the seeking to invigorate itself as it finds it needs to.

We are those of Q'uo, and are aware of your query, my brother. Certainly we cannot respond in a way that is specific but, in general, we might suggest two avenues of procedure.

Firstly, it is well, when the outer circumstances of one's life militate against the outer expression of seeking, to build an ivory tower, shall we say, within one's heart of hearts that is a safe place in which one may seek the Creator. It is well to keep this place a secret and to cherish it as a treasure deep within one's hidden treasure house. There is no one to ridicule or disturb that entity who has built for himself a sacred space within.

Once that sacred space has been built according to the precise desires of your heart, then it is available for you to go to, to enter and to rest. If you are too tired, spiritually and emotionally speaking, to seek further than simply basking in the presence of the Creator then you may rest and be fed, and this is a positive step. Perhaps it is all you may do for a while but you are gaining in battery strength, shall we say, until you reach a point where your light is able to be switched on and in that light you are able to descry some of the mystery you seek. Even a tiny rune of the great tablet of wisdom and love available to the seeking soul is often enough to recharge the inspiration that has gone lacking for lack of exposure to the process itself.

It is not encouraged to jump into seeking in an attempt to jumpstart the process. Rather, it is encouraged to respect the self enough to create an inner place, a place in time/space, within the inner planes of the self, to which one may repair for rest

and for learning when enough energy has been built up.

The second thing that we would suggest as something to consider as a resource for rebuilding desire and inspiration is fasting. The process of setting an intention is a very subtle process but a simple one at the same time. The group today has been talking about analogs and whether or not they are real. Working spiritually it is possible to work upon an analog to something and have the analog itself become real. Because the body is the creature of the mind, that which is capable of being thought, exists, once it is thought, and will continue to be real until there is no one that thinks that thought.

Therefore, if one wishes to set an intention for a new life, one can use the body as an analog for the mind and the spirit. It is difficult directly to cleanse the mind or cleanse the spirit and if one sets an intention of cleansing the mind and the spirit before a fast, then when the feelings of hunger and then lack of hunger and increasing lightness are experienced and the body is obviously cleansing itself, the mind and the spirit become cleansed by analogy, shall we say, by the intention of the doer of the fast. Therefore, it is well several times in the day to do that which is necessary and beautiful to the seeker as a way of reminding that seeker of what he is doing, therefore keeping that intention sharpened and that desire fresh.

At the conclusion of a fast, then, it would be well for such a seeker to give thanks and declare the goodness and the efficacy of this process, stating the faith and the hope of new life and the certainty that the potential has now been prepared and the student is ready for the transformation that is at hand. Then whatever dawn breaks, it shall break upon a conscious soul, a soul conscious of its work, its worth, and its readiness for new consecration.

We thank the one known as S for this question and would ask if there is another query at this time.

(No further queries.)

We are those of Q'uo, and if there are no more queries at this time we shall take our leave of this instrument and this group, thanking each of you for the beauty of your vibrations and thanking you as a group for the combined beauty and the towering nature of your combined sacred space. It is an honestation to the one infinite Creator and we thank

you for our ability to be a witness to it and a part of it in our humble way.

May we say that a great cloud of witnesses beholds this meeting, for each of you carries with you unseen friends and family members, some from other densities and some from the inner planes, whether they be angelic or devic. It is a glorious gathering. We are happy to be a part of it.

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

NOTES TO OUR READERS

An autumn storm is moving through Kentucky as we greet you in love. The rain whispers cozily on the roof. The fish in our ponds are active, tasting the fresh new water. The nights are lengthening more quickly now as we and our planet revolve towards the winter solstice.

When we had our L/L Research 2006 Homecoming over Labor Day weekend here at Camelot, however, it was warm and sunny and we were able to hold the majority of our meetings outdoors. It was a blessed time indeed! If you would like to have a look at our weekend together, what we studied and who came together to study it all, please look for the link on the Home page of www.llresearch.org, or from the Library page. We were able to place online not only our own photographs but also photos from some of the participants. As well, we have posted the curriculum which we studied during our Gathering, for those who would like to study along with us.

We will publish some participants' comments about the weekend in our *Gatherings Newsletter*. If you would like to subscribe to this newsletter, please ask Gary (contact@llresearch.org) to sign you up for a free send of *Gatherings*.

Our regular season of public meetings opened on September 3 and will continue until the last Sunday in May. Our schedule is to hold channeling meditations on first and third Sundays and silent meditations on second and fourth Sundays. The occasional fifth Sundays, we take off! All readers are welcome to attend if you find yourselves in our neck of the woods. Just write us at contact@llresearch.org for directions and a list of nearby motels.

Our next Gathering will be the Midwinter Gathering. The date for that is not yet set. What we do know is that it will be either before or after Super Bowl Sunday! The President of L/L Research, Jim McCarty, requested that our meeting avoid that particular day! The topic of study will again be the archetypes as discussed by the Ra group, plus the occasional references by later channeling from the Q'uo principle. We will be studying the images in pairs, as suggested by the Ra group: Matrices and Potentiators; Catalysts and Experiences; Transformations and Great Ways and Significators and The Fool. We shall prepare the curriculum well ahead of time, as we did last winter, and make sure all participants have it in plenty of time to prepare for the weekend.

We will have all the details in the next issue of *Light/Lines*, which will appear sometime in January. However if you want to come to this event, do not wait for that! This event is already filling up. And we will have a limit on the group's size because we will once again have the weekend here at Camelot.

The British Law of One Study Group did not meet in this last period of time, but they plan a meeting in October. They are also working to create an opportunity for another sweat lodge, as they greatly enjoyed the transformative energy which they felt in participating in their last one, earlier this summer.

We will undoubtedly have a Winter Solstice Gathering of local participants here at Camelot and will welcome anyone else who wants to come, during the week before Christmas Day. Our celebration is a casual affair, with a spirited ritual which we stole from Caroline Casey, the weaver of context who broadcasts on Pacifica, out in California. We use her chant:

*This is the night, the longest night,
The longest night of the year!
What shall we give to the night?*

Then someone in the circle shouts out an item to give away to the dark. Past candidates for banishment have been world hunger, fascism, people who cut you off in traffic, and acne. As you can see, anything goes!

So, someone calls out, "World Hunger!"

The circle around the bonfire responds, "WORLD HUNGER—BAH!"

We keep doing this until all present have run completely out of pet peeves! In spite of the rampant levity, this ritual works some real magic on the winter doldrums! If you cannot join us here, get some good things to grill on the bonfire, a circle of your own, and join us in the ethers!

We are in the planning stages of a Channeling Circle in 2007. No date has been set yet except for the year. We are setting the intent now. Several people have spoken with one of us, Jim, Gary or Carla, about joining this circle. If you do wish to be a member and learn channeling under the teach/learning of the Confederation, with Carla being the senior channel, please let Gary know and he will begin to keep a list of those who will participate. The Circle will meet for at least five days at a time, and will plan to meet several times a year for this work together.

We just got in a bunch of new T-shirts, folks! They include two new ladies' styles in nice colors, with the legend on the back made 30% smaller, since the shirts are closer to the body and the canvas, so to speak, for the legend is smaller. With Christmas coming, please buy some T-shirts if they work for your gift list and help out our income stream. The "ALL IS ONE" message helps too, on a whole different level, when you wear the shirts!

A new L/L Research book is in the pipeline: *A Book of Days*. If you wish to reserve a copy just write in and let us know. At this time I do not know when this book will be ready to print. We shall keep you apprised in these pages.

We hope you enjoy the session which was chosen for this issue of Light/Lines. It happens to be the one received at the 2006 Homecoming. Have a beautiful, colorful autumn and a delicious Thanksgiving. ❀

Much Love and Light from all of us at L/L Research,
Carla

Light/Lines is a quarterly
publication of L/L Research,
a subsidiary of
Rock Creek Research &
Development Laboratories, Inc.
P.O. Box 5195
Louisville, KY 40255-0195
ISSN 1534-567X



LIGHT/LINES

www.llresearch.org

Rock Creek is a non-profit
corporation dedicated to
discovering and sharing
information which may aid in
the spiritual evolution of
humankind.

All donations will be used for
tax-exempt purposes.

ABOUT THE CONTENTS OF THIS NEWSLETTER: This telepathic channeling has been taken from the transcriptions of the weekly study and meditation meetings of the Rock Creek Research and Development Laboratories and L/L Research.

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WINTER 2006, NUMBER 100

THE WORLD WAKING UP TO LOVE

November 12, 2006

M: Ever since 9/11, I've been concerned that this planet may be heading towards a catastrophic war. I feel a sense of failure, helplessness and hopelessness. I feel myself heading towards complete despair. I'm beginning to question whether all is well with the birthing of fourth-density Earth. Has the planetary experiment gone awry? If so, what spiritual principles are involved in transmuting despair into hope and doubt into encouragement?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for calling us to your circle of seeking. It is a great privilege to share in your meditation.

As always, we would ask your kind consideration in being very careful what thoughts of ours you use as you move through thinking about your spiritual process. Please disregard any thought that we offer that is not immediately helpful to you. We would not wish to be a stumbling block before you. We thank you for that consideration, for it allows us to speak freely without being concerned that we might infringe upon your free will. We are emphatically not authority figures but rather travelers with you upon a certain kind of path that goes on forever.

This day you have asked about feelings that you have about the society and culture in which you live and about the government which rules your particular

part of the world. You express feelings of deep concern, despair and hopelessness. You express a feeling that you are not able to help the situation by anything that you can do. And you ask what the spiritual principles are in dealing with these thoughts and in looking for ways to transform the inner landscape of your thoughts.

My sister, we thank you for this query. Our response must be somewhat indirect as we cannot make a frontal approach to your query. We are those who come on a vibration of unconditional love. Our contact, and our type of contact in general, does not have the facility with detailed, earthly information of a practical nature that, say, an inner-planes entity might have. It is not our place to interfere with the governance or the affairs in general of planet Earth.

For good information on how to affect your government, your politics, your economics, or your society in general by practical and worldly means, we would strongly suggest that you inquire from other sources than we. We are a carefully tuned contact that focuses upon spiritual principles. From that level, my sister, we may answer you, but it is perhaps an answer other than you would have wished.

And for that we can only say that our ability to speak through this instrument is based upon her preserving a certain tuning. Were she to slip out of this tuning range, we would be unable to continue offering her information. However, she might be able to continue receiving information from an entity of a negative nature that was able to ape or imitate the vibration of those of the Q'uo group.

We say these things to you so that you will understand if we do not roll up our sleeves and dig into the cleaning up of planet Earth. Indeed, my sister, we do not see that picture. Let us talk a bit about what we do see upon your planet at this time.

Firstly, you were concerned that there may be a conflagration caused by humans setting off bombs in a nuclear holocaust that would strip the planet of its atmosphere or, were it not so horrendous a conflagration, would simply cloud the atmosphere so that life upon planet Earth would become extinct from its inability to function in the new environment.

There are many peoples upon your planet who have access to such bombs and weapons of mass destruction and there are more who have the capacity to acquire them if they see the need. Therefore, my sister, your concern is valid. What shall you do then with that concern?

This instrument recently read an article which described an Hawaiian healing technique called *oponopono*.²⁷ In this healing technique, the healer never touches the patient and may not even see the patient. He may simply be told about the patient. This healing technique is intended to be used in healing mental illness, emotional distress and the criminal mentality. The healer receives all the information concerning the patient. He then looks within to discover that condition within himself. When he has found that condition within himself, he sets about healing that condition within himself. When he has healed himself, quite often the prisoner or mental patient is found to require no more medication or to have been healed of criminal tendencies.

The spiritual principle that is behind this healing technique is the very basic principle of unity. All things are one. It is interesting that we see all of you, individually and collectively, as enormously greater in substance than any other details of your Earthly environment whereas you see yourself as the smallest portion of an environment that towers above you, beneath you, and on all sides of you, making you insignificant, helpless, hopeless and full of despair.

²⁷ Two good web sites for learning more about this healing technique are www.hooponopono.org and <http://tribes.tribe.net/hooponopono>.

We would encourage those who wish to make a difference on planet Earth to gaze at the planetary dysfunction and then to internalize that gaze and find the dysfunction within. It is not difficult for most humans to do. Both the one known as J and the one known as T were talking (*during the round-robin discussion that typically precedes a Sunday Meditation*) about how easy it is to move from a mental and emotional attitude of unconditional love to an attitude of irritation and hostility when the catalyst of an unhappy and abrasive person breaks into the peaceful world of home and family.

What dysfunction is there in the world this day that might lead to the self-destructive and utterly irrational decision to set off nuclear bombs? What is that distortion but the belief that there is separation between people? How often, my sister, do you think that you will be able to work on healing that sense of separation between yourself and others that you see in the world's dysfunction?

We ask you to realize that we are speaking on the level of a causality that is far beyond the causality of worldly things. We are not saying that if you heal your sense of separation today, the world will change tomorrow. We are saying that when individuals who belong to the tribe of humankind choose one, upon another, upon another, to serve the love and the light and to refrain from fear, that attitude will spread. That emotional safety net will begin to spread out. And the more people that are doing this kind of work within themselves, the more the environment will shift on the inner planes in such a way that those who come after you will be able to do this work in consciousness more and more easily.

It is understandable that entities gazing upon the world scene would feel helpless, hopeless and despairing. Certainly, my sister, we, too, see the broken bodies of the children and other innocents carelessly killed by those who do not see that they and their brothers are one. We do not intend to downplay or shrug off the suffering of the world.

At the same time, we do see from a point of view which encompasses a larger pattern than you can see from within incarnation.

The fourth density is being born normally and in a healthy way. The efforts of many groups, including this one through whom we speak this day, have spoken of light and love and the word has been passed, more than perhaps you might realize, at the

grass-roots level, at the level of indigenous peoples; and at the level in civilized worlds of the first fumbings and reachings for something that has substance.

We see the world waking up to love. We see it beginning to identify the hunger that it has. We see it beginning to respond, love being reflected in love. There is great hope at that grass-roots level, below the radar of politics and empire.

We cannot tell you not to be concerned about politics, society, economics and culture. Depending upon your own judgment and your own free will, we encourage you and all entities to follow your heart, to define those gifts that you might feel to share with your society and your culture that might make it better. This is your free will and your good work to do if you wish it. What we are here to speak with you concerning is something far simpler and at the same time something far greater.

We come to tell you a story about love: love unconditional, love unlimited, love that creates and destroys. It is a simple concept: this one great original Thought of unconditional love creating the universe in order to know more about Itself.

If you can look at your experience in the context of the Creator's desire to gather experience and information about Itself, then you will see that the Creator is perfectly happy with you whatever you are doing and especially delighted with you when you are attempting to know yourself at an ever deeper level.

If a third-density experience ends not with a bang but with a whimper by humanity polluting its air and its water until it can no longer find a way to live, this will not overly trouble the Creator, for the Creator is gathering the information about the entire range of experience that is had by this population or tribe of humanity on the third planet from your sun. Indeed, if you were to destroy your planet, as has been done elsewhere in this solar system, on Mars, for instance, the Creator would still feel that it had received good information from you. Consequently, to the Creator you basically can do no wrong as long as you are authentically acting and gaining experience.

Now, to your own consciousness and conscience, you have much more accountability. For you sent yourself forth into incarnation with a plan. And

there is a part of you that is hoping day by day, as you go through your entire life, that you are on track with your mission, your plan, and your purpose.

There are those who attempt to nail down the nature of that plan. Yet you as a spirit did not plan specific activities. You planned opportunities and relationships. Those are the keys.

When you are tempted to feel helpless, hopeless and despairing, we would encourage you to remember that you do not need to relate to some idea of the Creator and please the Creator. Neither do you need to relate to the world and in some way please the world. In terms of your spiritual work, you have only yourself to please.

When you see before you your own statement, "I feel helpless; I feel hopeless; I feel despair," how [do you think] your highest and best self would respond to that complaint?

You see, my sister, the answers lie within you already. By merely encouraging your own process a bit, we believe you may see the answers flowing into place before you.

You are not helpless. You are a person of infinite power.

You are not hopeless, unless you choose to take that pose and stand as a statue, ignoring the movements of life.

You may well be despairing because you have allowed yourself to identify the illusion as the realest portion of your life. In actuality, in terms of spiritual evolution, that which occurs outside of your mind is food for the mill. The pay dirt of spiritual seeking lies not in circumstances but in how you choose to respond to them.

There are always reasons to despair. There are always reasons to be intimidated. That which this instrument calls the loyal opposition would be delighted to see entities give up those faculties of hope and faith that make people unreasonably optimistic.

We, on the other hand, would encourage you to see that if you choose to stand knowing who you are, your feet planted upon the soil of your life and your experience and your arms stretched in praise and thanksgiving to the Creator of all things, you are a person of great power.

If you so choose to adopt and embrace faith, no suffering can break you, for you choose the truth and all else is illusion.

If you choose hope, those wings shall fly you where you need to go.

For each entity, morale and attitude are a matter of choice. There is no limitation which can keep an entity from grooming and settling his own mind and his own heart along the lines of peace and joy and thankfulness if he so desires to seek those levels of being within himself. And, my sister, as each entity does these things, so the world will change.

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

M: We see a lot of lies and corruption in government in these times. What spiritual principles are involved in holding a vision of peace in the face of rampant corruption?

We are those of the Q'uo, and are aware of your query, my sister. There is a saying among your people, "Power corrupts and absolute power corrupts absolutely." This tends to be a true statement.

You may see power in one of two ways. You may see power as coming from the outside in or you may see power coming from the inside out.

The power that comes from the outside in is the power of government and authority, the usual suspects in your world. There are many ways in which people can be persecuted by authority figures. You have seen evidence of many of these kinds of persecution. You recoil before the stink of empire. It is understandable that you would see this power as being very vast and hanging over you somehow. This is the way of things upon the level of consensus reality.

We are witnesses to another kind of power. It is not the power that changes governments or topples armies. It is not a power that has weaponry or clever disguises or plans and protocols.

The power that comes from the inside out is the power, firstly, of knowing who you are and, secondly, of emptying out the content of who you are to the extent that you are able to follow the changing currents and eddies of the present moment.

We would encourage you to see yourself as a lighthouse. The lighthouse lights its lamp and keeps its windows transparent. It gives to that lamp the power to turn in endless circles, so that those coming in from the open water may see the rocks and avoid them and come to a safe harbor. A spiritual lighthouse has its own kind of light and when you become aware of the power of your beingness, you may, if you wish, consciously become that kind of lighthouse that radiates love and light into the spiritual space around you.

All the speaking that you might do is not one-thousandth as powerful as the focus of your very nature when it is focused upon unconditional love. Let your answer to fear be an openhearted, sunny, carefree, joyous, confident feeling of love and rightness. Develop that environment within yourself: lightening up, looking for the laughter, looking for the fun.

And although the world may seem to wag on as before, no better and no worse, do not be deceived. What you do within the precincts of your own sacred heart and mind affects your world. Please know, my sister, that people by the millions are asking these questions, coming to this same kind of conclusion and taking up the power that is theirs by spiritual birthright.

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

M: I am concerned that people on planet Earth do not have good information and that their ignorance could jeopardize the entire planet. Ra said of those unawakened beings in their third-density experience that, "To those who wish to sleep we could only offer those comforts designed for the sleeping." What if Earth's sleepers endangered the entire planet by creating the conditions which could precipitate nuclear war by failing to counteract the control that the service-to-self leadership exercises on such a wide and pervasive scale?

We are those of Q'uo, and are aware of your query, my sister. We have no pat answer for you in this wise except to assure you that there are avenues of information available globally to those civilized entities who are equipped with electricity and computers. The amount of information available to those who have access to your internet is astronomical.

The information is available for those who seek it. The Earth is not being threatened by those who do not seek. The patterns which present themselves to your eyes at this time are strong patterns that have repeated within your history quite a few times. They are patterns of empire: the gathering of resources, the subjugation of peoples, and the turn of the wheel, so that the conqueror becomes the conquered, and another world balance of power is set up. This wheel has turned before. It shall turn again. We would suggest, my sister, that knowledge is not the problem. Indeed, there is only a problem within the illusion.

It is difficult to communicate in words how helpful it is to release worry and concern. These energies are energies of exhausting power. They rob you of your natural optimism and confidence. It may seem that we are suggesting that you turn your back on the facts and dwell in an ivory tower. We do not intend to suggest this. We intend rather to suggest that you love the world and accept it as it is.

Once you have chosen that fundamental attitude of loving the world no matter what, then it is not going to unbalance you to investigate as much as you wish into the structures of politics, economics, social living, culture and the formation of myth. Learn all that you can.

Absorb and consider and mull over information as long as you wish, as long as you are able to do this within the context of loving that which you understand ever better. Understanding is a positive thing. When you gather information so that you can find more things about which to worry, then you have begun to take the world too seriously.

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

M: I want to alert people to the information they don't have, but I am concerned about preserving their free will. What spiritual principles are involved in desiring to share information which may open their eyes to the reality of the planetary game without a prior request to do so?

We are those of Q'uo, and are aware of your query, my sister. The spiritual principle involved in communication of ideas is what this instrument would call the Johnny Appleseed Principle. All thoughts that you feel are helpful and useful for others remain so only in your own mind, just as other people may tell you all manner of things which

you do not find relevant or interesting. So you may talk until you are, as this instrument would say, blue in the face without ever making sense to anyone else or doing them any good.

Spiritual information is sensitive to context and environment. You cannot simply take the world by the throat and say, "Listen to me. I have information that is helpful." Those who force information on others are acting in a way that they feel is helpful, yet, in effect, it is service to self, for they are teaching what they believe is good for you without regard to what you think about it or how you react to it.

The Johnny Appleseed Principle is one of dropping seeds. This instrument, for instance, and the research group with which she is associated, maintains a website with thousands of transcripts and speeches that this instrument has created through her work throughout several decades. It lies there, waiting to be found by those who have a spiritual impulse. Many, many other beautiful and inspiring sources of information also lie waiting. There is no shortage of information.

We ask you to rest your concern and internalize that desire to help so that you see the very living of your life as an emblem and a symbol of the living of the life of the world.

Consciousness is not yours alone. You share the innermost identity of yourself with all that there is. Walk, my sister, out of the small rooms and dim hallways of fear and come out into the outdoors of wind and water and fire and earth.

Come from the local to the infinite.

Come from the world of detail to the world of the four directions, the elements, and the powers.

Come to the great cross of life: the vertical reach to the infinite; the horizontal reach within incarnation to loving and being loved.

And know that it is in the little things that you shall create a new heaven and a new Earth.

May you do each little thing as if it were a great honor and privilege!

May you shine as the lighthouse you are!

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

Jim: Not from here.

If there is no further query, then we shall leave this group and this instrument in the love and in the light of the one infinite Creator. Adonai. Adonai.

NOTES TO OUR READERS

Greetings in the season of winter solstice! With the longest night of the year coming up, it is a pleasure indeed to see the cheerful Christmas decorations and sing the sweet noels of yuletide.

Our weekly Sunday meditation meetings are going well, and we are broadcasting the two channeling meditations each month from now until June of 2007 live on the internet. Roman V, a faithful attendee at our meditations for a decade and more and a technical whiz, has most generously volunteered to oversee this series of them. If you would like to listen in, please go to our web site, www.llresearch.org, where there is all the information you need to sign up, choose a password, and become part of the virtual, non-local circle of seeking. You are also welcome to submit questions for the Q'uo group ahead of time to Roman.

A Book of Days; Channelings from the Holy Spirit is now in its final pre-printing steps. I even got a new publicity shot for the new book! It is a deeply inspiring little devotional volume of thoughts for the day—well, not so little since it has 366 days to cover, one to a page—and it should be available soon. If you would like to reserve a copy, please let Gary know at contact@llresearch.org.

It was pure synchronicity when long-time L/L Research gatherings attendee, Michele M, sent me an image that had come to her, called “Diamond Cross” at the same time that the book’s producer, Ian J, let me know we needed an image for the front cover of *A Book of Days*. She has given us permission to use it and it will make a beautiful cover. I love it when the magic works!

L/L Research has received an offer for matching funds for all donations we receive before January 1, 2007. Any donation you make to L/L Research between now and the end of the year will be matched! So every dollar you donate will be doubled. If you would like to participate in this matching funds campaign, the offer is to match funds up to \$5,000. So far we have collected about \$1500, so please climb on board and help us take advantage of this generous offer.

The donor offering matching funds is aware that my prior grant for an administrative assistant, Gary, and a bookkeeper, Pam, has run out. In order to keep me out of the front office and upstairs doing creative work, we need to raise the cost of their salaries for the coming months.

We also have a nifty new supply of T-shirts with the “All Is One” legend on the back and our logo on the front. We have new colors and a new style just for women, with a daintier cut, more feminine colors, and a smaller legend on the back. Please check out our web site for them. They make great Christmas presents for the T-shirt wearers in your life!

The next special gathering for L/L Research will be the Archetypes Gathering on the weekend leading up to Superbowl Sunday. It is full, so I shan’t encourage you to attend. I promise, however, that our Homecoming 2007 will move venues if necessary in order to accommodate all of those who wish to come.

We note our century edition of this little newsletter! This is the 100th issue of *Light/Lines*. It has been a most blessed quarter-century of sharing our research with you. We started out with a printed newsletter and eventually switched to offering the newsletter online. However, if you have no internet access and still want *Light/Lines*, just let Gary know and we will put you on our hard-copy send list.

Have a most blessed holiday season! Love/light/luck for the New Year from Gary Bean, Jim McCarty, all the volunteers at L/L Research, and me! ❄️

Carla L. Rueckert-McCarty

Light/ Lines

Light/Lines is an irregular publication of
L/L Research, a subsidiary of the Rock Creek
Research & Development Labs, Inc.
P.O. Box 5195, Louisville, Kentucky 40205

Rock Creek is a non-profit corporation dedicated
to discovering and sharing information which
may aid in the spiritual evolution of humankind.
Light/Lines is not available by subscription.
However, all contributions to Light/Lines will be
used to publish this periodical.

Spring 1982

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Number 1

ABOUT THE CONTENTS: These selections of channelings have been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories. They have been edited to remove such sentences as, "We shall now transfer this contact to another instrument". In lieu of this, we have indicated when the contact moves from one channel to another by the insertion of asterisks. (***)

LOVE

(Hatonn, March 22, 1981)

Greetings, my friends, in the love and the light of the Infinite Creator. It gives me great pleasure to greet each of you. It is a great privilege to speak to you, and we could not be more grateful for the opportunity to share our thoughts.

My friends, we have spoken to you often of love. We know that those to whom we speak are seeking that ineffable power and substance that is the creative force of all that there is, the simple, single substance of creation and yet how hard it is, my friends, to constantly remember that we are seekers, and that what we are seeking is love, for do we not seek other things, my friends, during the day? How many other things have each of you sought during this day? Many, many times it may seem to you that you are on a run-away freight train, as this instrument would put it; that you have begun a sequence of events, gotten on a track from which there is no removing yourself.

My friends, this is not so and is a condition of the illusion which is reinforced only by your belief in it. There is no track which cannot be replaced by one which you truly seek. The secret lies not in catching the right train but in knowing yourself; knowing enough about yourself to seek your deepest desires.

It has often been said that there are many things that simply cannot be expected to work out well, that this understanding is a part of becoming more mature. You have often heard from many sources a great variety of things that should be, ought to be, must be, and need to be the models on which to build your expectations of your self and of others. And we come to you and suggest a substitute for all of these things; the substitute being love.

There is a passage in one of your holy works which states clearly, "Love is not puffed up". This is to be remembered, my friends, for part of the track of that freight train that you may sometimes feel yourself to be upon, part of what makes it complete in your existence, is your belief in a puffed up, proud sense of the rightness of certain ways of being. If there is something within your existence that is not pleasing to you, re-examine those concepts of which you were proud and evaluate them in a simple, single, all-encompassing light of love. Wash yourself in that love and, so purified, re-examine your concepts. You will find that the path that you are on is not what is making you less than comfortable, but rather it is your expectations, your preconceptions, and your feelings about how things should be.

This, my friends, is why meditation is so centrally important to the seeker, for while you are bathed in this illusion you are susceptible to many, many influences, and if the balance wheel of your central self has not been nourished in the silence of love, and praise,

and thanksgiving you will continually be generating freight trains to places you didn't want to go.

* * *

We speak in groups such as this one in the hope that the simple words which we share might kindle within this nucleus of entities who seek love a seeking of the radiance of the One Infinite Creator. We hope that they might take this kindled flame with them to their homes, to their work, to their family, to their friends, to strangers whom they meet on the street each day in the daily round of existence that they might radiate yet one more small spark of love to those upon your planet who seek this love and do not know that they seek. Yet they shall recognize it when they come in contact with those such as your selves. They shall recognize that they have been touched by love and they will be nourished by this contact.

It is with this hope in our hearts that we send love to your group, to each of your beings, that they might carry, as do vessels, the love of the Infinite Creator to all those with whom they come in contact so that the desire that is so strong among your peoples to know the Creator, to experience the love of the Father, might be realized in even a small way, for when any realizes the love of the Creator, are not all enriched thereby?

It is with this simple hope in our hearts that we rejoice at each instance and each meeting of your group during which we are able to establish contact. Each gathering such as this provides us with yet one more opportunity to share that which is the simplest, yet too often the rarest of delicacies upon your planet.

* * *

My friends, this time is a very important time in the history of your planet. The lessons that have been learned are about to culminate. My friends, graduation is at hand. The lessons shall shortly change, and you shall move to new lessons, lessons where love will be understood, not as an intellectual concept or expression of feeling, or emotion towards others. Love will be understood as a living being, will be understood in all of its essence as the foundation for everything that is. As you become aware of this form of love you will then be aware of the true creation. My friends, the true creation is love. There is nothing else.

Shortly, as I was saying, you will be fully into this vibration, fully into this new experience or density, if you will, the density of love. Many, many of the peoples that now inhabit the surface of your planet will not have the opportunity to enter this density at this time but will necessarily re-experience the lessons through which they have just passed.

This is neither unfortunate for them, nor fortunate for you. It is just simply the condition of existence. For each it is the total freedom to choose the path that he walks. For this reason we contact those who seek our teachings, who seek our understanding, who seek our love. For this reason we cannot contact those who do not seek. They seek what they desire. This, my friends, is their right and their privilege. They are in no way less than yourselves or us. They simply choose a different path.

All of the creation experiences the same path. Each walks it a slightly different way. We hold out our hands to those who would follow our footsteps. We hold out our hands to you at this time to try to express our understanding of the creation, our understanding of its essence, our understanding of its love. Think on this very carefully, my friends, for it you have chosen this path, walk it carefully. It is a narrow path and mis-footings are many. Be aware of your footsteps. Choose each step with accuracy.

We have but one purpose: to reach to those who would reach to us for our understanding; our understanding, my friends, is as you know simply stated. It is that the creation is made of, and is, love. If you can, at each moment of awareness, see each being you meet as the total expression of love that is the Creator, if you can see yourself as that total expression of love that is the Creator, if you do these simple things, my friends, you have then found the Creator within yourself and within others. There is nothing else.

Find that understanding in its complete totality and you have found everything that exists. You have found your path and walking it becomes obvious. Practice this understanding. We are all one.

FREE WILL

(Latwii, January 25, 1981)

Each of you has programmed certain lessons in order to learn the ways of love. There are many times that each of you has decided not to learn a particular lesson. This lesson immediately returns in another form. You again may choose. You are never hopelessly lost.

This instrument has the expression in her mind, "All roads lead to Rome". This is true of your journey in this lifetime. If you miss a turn there is always another turning that will bring you back to the correct path. Perhaps a few detours have been experienced by each of you. This is not a cause for discouragement. When you see a person who has had a great deal of stimulus for learning, you see a person who has chosen to go from New York to Tanganyika by ark. This is difficult, but the lessons are rewarding. In the life of the soul that is what is important, not the ease of the journey.

WHAT IS THE CONFEDERATION OF PLANETS IN THE SERVICE OF THE INFINITE CREATOR?

(Latwii, January 4, 1981)

When we attempt to speak of who we are it is a confusing thing, for we are, in fact, a vibration communicating through the mind of this instrument. We are, in your density, quite insubstantial. To attempt to give you our origin is very impractical and would be an occasion for general hilarity among this group due to this instrument's total lack of geographic sense.

We do not lay any emphasis upon who we are but ask you only to consider us as messengers bringing certain information for your consideration and discrimination, urging you always to use your powers of discrimination to take that which may be of use and to toss away the rest without a second thought.

We are not infallible. We are your brothers and sisters. We see a bit further than you do. We are a bit more displaced from, as this instrument would say, some of the more difficult games that your people are involved in. We are not bound by so many restrictions, but we are brothers and sisters because we share consciousness, and that, my friends, is the gift of the One who is All.

Please find enclosed my donation of _____ for the following:

- _____ copies of SECRETS OF THE UFO
- _____ copies of Book One of THE LAW OF ONE
- _____ copies of Book Two of THE LAW OF ONE
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LAUGHTER

(Latwii, January 11, 1981)

My friends, the value of humor is a pale shadow of reality. Reality, as we understand it, is likened to what this instrument would call an orgasm, that is the basic ecstasy or joy of the universe that is the energy that is love. It is existent in all levels of being. Laughter is one outward expression of the emotional state of what you may call orgasm. However, it would not be advisable to call it this during your working hours while speaking to your workmates, or they might think you a little strange.

You must understand that this particular word is known clearly to you as a common human experience, whereas it has never been understood that laughter, when entered into totally and wholly, rather than nervously or embarrassedly, is another form of the same energy. Laughter is available to all. Laughter is a healing, comforting, lovely energy and indeed is one of the most highly prized of all states of being. We find the universe to be full of the laughter or the song of joy.

My brothers and sisters, we hope that we have been of service to you and we hope that you may find joy in your hearts, and in your lives, and in each other, for all of those things are the Creator. There is nothing outside of the Creator. There is nowhere to trip, to fall, to stumble, or to fear. You are in the universe of love. Rejoice. We shall rejoice with you. I am Latwii. I leave you in that love and that light of the Infinite Creator. Adonai, my friends. Adonai. Vasu. Varagus.

For those of you who are interested in the material that we are getting from the social memory complex, Ra, we would like to let you know that Books Two and Three of THE LAW OF ONE will soon be available. We only received half the donations necessary to print these books, but we decided to go ahead with their publication with the hopes that they might be of service to those who sought them and that future donations would cover the remainder of their cost of printing. If anyone had a question as to why we're classified a non-profit organization, this should clear it up nicely!

If you have already made a donation for Books Two and Three we will send them to you as soon as they are back from the printer. If you have not yet made a donation for either book but are interested in receiving them, a contribution would be greatly appreciated, and of course you'll be added to our list of recipients. Book Two contains Sessions 27 through 50 (54,000 words), and Book Three contains Sessions 51 through 75 (74,000 words). As always, we will send whatever books you order for whatever amount of donation feels comfortable to you, and you may return any books that you have read and do not want to keep and receive your donation in return. We are most grateful to each of you for your support of our research.

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