

LIVING THE
LAW OF ONE
IOI:
THE CHOICE

By
Carla L. Rueckert

L/L Research
Louisville, Kentucky
© 2009

Living the Law of One Series



Living the Law of One – 101: The Choice

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*A note on the relative brightness of the chakras in the cover image:
The green-ray chakra is the heart of the energy body as well as residing at the level of the heart of the physical body. It is the springboard that allows us to make The Choice. Therefore in the figure on our cover, it glows the brightest of all the chakras.*

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DEDICATION

To Bill Hay
and
Denise DuBarry-Hay

With love
and
thanks

ABOUT THE AUTHOR



Carla L. Rueckert was born in 1943 in Lake Forest, Illinois. She has lived for most of her life in Kentucky. She received her BA in English Literature from the University of Louisville and her MA in Library Service from Spalding University. She married James A. McCarty in 1987. Ms Rueckert has been a channel since 1974. Her first book, *Secrets of the UFO*, written with Don Elkins, was published in 1976. Since then she has also written *A Channeling Handbook* and *A Wanderer's Handbook*. Her published channeling works include *The Law of One*, Books One through Five, also known as *The Ra Material*, and *A Book of Days*. She also writes a blog for www.religionandspirituality.com called *A Small Medium at Large*. Her writings and channeling transcripts can be found at www.llresearch.org. To order her work, go to the online store at www.bring4th.org.

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PREFACE

A SHORT HISTORY OF L/L RESEARCH

I've been at this pursuit of UFO understanding for over 25 years now. I've tried to maintain a totally open-minded approach to the study, considering no piece of evidence too small or too ridiculous to consider. The theory which has gradually emerged from this approach may seem a bit wild or absurd, but it is dealing with a wild and absurd bunch of data. The one thing that recommends the theory is that almost all reports which come in day by day seem to fit into it very well. One thing to remember: almost everything which we now accept as normal in our present technology would have been considered a wild and absurd impossibility a scant 100 years ago. We do not know how many millennia ahead of our present understanding the UFOs might be.¹

Living the Law of One – 101: The Choice is my report to you of the research done at L/L Research over the last fifty years. It began with Don Elkins' studies in the middle 1950s. Elkins was a thoroughgoing scientist born in 1930, a physicist and mechanical engineer and a Professor at Speed Scientific School at the University of Louisville for many years. He taught, flew charter trips as a pilot for the local flying services and spent his odd moments reading widely in metaphysics and new science as well as in the fringe areas of the paranormal and UFOs.

Elkins began his investigations by studying an area which had fascinated him for some years: reincarnation. His studies had informed him that the Eastern world, including Buddhists and Hindus, felt that souls entered incarnation repeatedly over a long stretch of thousands of years, gathering experiences and collecting

¹ Donald T. Elkins, writing in 1976 in an unpublished, unfinished manuscript.

the fruit of their learning and labors in the ever-growing character of their infinite and eternal souls.

He was also aware that the Jewish culture of which Jesus the Christ was a part believed that reincarnation was a fact of life. Indeed, the early church fathers carefully tried to remove all mention of reincarnation from the Bible, for reasons of their own. Some traces remain, however. An example of this occurs in the sixth chapter of the Gospel of Mark, where people were guessing who Jesus was. Some said he was John the Baptist and others said He was Elijah, "raised from the dead."

Elkins decided to research the hypothesis that reincarnation is the way things work by means of doing hypnotic regressions of selected subjects. He induced a hypnotic trance in over 200 subjects of all ages and conditions of life and asked them questions about their experiences before coming into birth in this life.

His subjects obliged with a rainbow array of previous lifetimes of all kinds. Very few were of any high estate. For the most part the subjects reported lives as regular people and hard-working souls. Their lives might be in any century of recorded history but the details of their lifetimes were, for the most part, familiar and normal. The themes of home, family, seeking and service ran true no matter what the era or even the planet of origin.

The exceptions were interesting! In one notable session, the subject reported that he was a human-sized, white bird. It turned out that he was re-experiencing a lifetime in Atlantis, a continent which Plato described long ago as having sunk beneath the waves of the Atlantic Ocean. Other research we have done indicates that the Atlanteans, working with crystal technology, created many combined forms such as man and bird, man and lion and so forth. From this era of prehistory spring combined forms such as the huge statue of the sphinx in Egypt and many other supposedly mythological beasts.

Having determined to his own satisfaction that the theory of reincarnation was valid, Elkins turned to what, in the mid-fifties, was still a wide-open and novel area of research: UFO contact. In his spare time he either telephoned, corresponded with or got in

his small plane and flew to see Kenneth Arnold, George Adamski, George Hunt Williamson, Gray Barker, Dan Fry and Orfeo Angelucci, to name only a few of the many UFO contactees with whom he talked during this period.

The UFO witnesses all told Elkins their stories of being contacted by extraterrestrials. The ships the witnesses saw differed in appearance and so did the appearance of the aliens, but their stories had areas of commonality. One contactee after another added to a growing picture of Earth as a planet moving rapidly towards a time of great transition and the shift of consciousness associated with moving into a new heaven and a new earth. They spoke of a choice related to this shift. One Pennsylvania contactee put it very simply, quoting a figure he saw in his contact: “If humankind does not wake up and choose to live differently, the end is near.”

Nowadays one cannot get a straight story about UFOs or UFO contact from official sources. Governments around the globe have put what prominent ufologist, J. Allen Hynek, has called a “ridicule lid” on UFO information. In the absence of full disclosure, a complex and intricate subculture of conspiracy buffs has arisen and the information coming from “mainstream” conspiracy sources tells a dark, threatening and fear-based story which, while in some cases true, is not at all the whole of the UFO story. Indeed, in reality there are as many “good guys” as “bad guys” among our cosmic visitors.

Meanwhile the aliens we see in the media are sitcom fictions like Mork and ALF, good guys or bad guys in science-fiction and fantasy dramas like the Asgard and the Goa'uld in *Stargate* or little green men in commercials selling products to the masses. By now we are well conditioned to think of aliens as harmless cartoon characters.

The data on UFOs is “out there,” in the sense that there is sufficient evidence for legitimate research. For example, Hynek’s “UFOCat,” a database of physical landing trace data collected at Northwestern University, contains hundreds of cases of measured landing traces. This data is sound enough that researchers can measure tripod or other landing marks in a field allegedly visited

by a UFO and, before talking to the witness, know how the witness will describe the UFO's appearance. This predictability is persuasive in indicating the reality of craft that we do not recognize as Earthly craft, landing on our planet and making dents in the ground. Someone is visiting us. Something is happening.

If you would like to read Don Elkins' and my summary of this phase of our research, it is reported in *Secrets of the UFO*, which we published in 1976. It is available at your book store or through the on-line store on our web site, www.llresearch.org.

Elkins kept reading and making contacts. In 1960 he met Hal Price, the head detailing checker at the Ford Motor Company plant here in Louisville. Price had moved to Louisville from Detroit, Michigan. In Detroit, Price had been part of a metaphysical group known formally as "Man, Consciousness and Understanding" and informally as "The Detroit Group."

Its leader, Walt Rogers, had experienced a close encounter with a UFO and, after that experience, began to receive spiritually oriented information telepathically, which he carefully recorded. He kept the handwritten information in a brown notebook. Price had a copy of this material which he shared with Elkins. In reading this material, Elkins found instructions for creating the same sort of contactee information as Rogers was receiving in Michigan. Don determined to set up an experiment using students from his physics classes. He secured twelve young men to sit in silent meditation once a week.

The instructions in the Brown Notebook were for people to sit in meditation as a group as often as possible and to speak the thoughts which came into their minds. However, Elkins told the participants only that it was to be a silent meditation group and that it was an experiment.

I heard about this silent meditation group being formed because one of the invited participants was a boy friend of mine at the University of Louisville, where I was studying liberal arts as a 19-year-old. I expressed interest in joining the group and my boy friend took me to meet Elkins, who agreed to my being a participant.

We began meeting in January of 1962. The group consisted of Elkins, Hal Price, his wife, Jo, the twelve young men and me. Over the next six months, most of the engineering students from Elkins' physics classes began producing material. In content and tone it was very similar to the metaphysical material produced in the Detroit Group.

However, the problem was that events fell in such a way that the experiment was invalidated scientifically. Rogers himself visited the group after six months of our meetings and "channeled" to it that the extraterrestrial source which was attempting to get through to the participants of the Louisville group felt that their cosmic thoughts were being heard by the group. They wondered why no material was being produced by the meditators. This channeling from Rogers contaminated the experiment, although it prodded the young Louisville group into its next phase.

After that, the group started producing spontaneous material while in a meditative state, otherwise known these days as channeling. The data was no longer scientifically acceptable but Professor Elkins felt that the material being collected was sufficiently interesting that it was worthwhile to go on with the experiment and produce material for as long and as thickly as possible.

We at L/L Research, which Don Elkins and I founded in 1970 as we formalized our research together in this area, continue this facet of Elkins' research to this day. We hold public channeling meetings twice a month from September through May, on second and fourth Saturdays at 8:00 p.m., here in the Louisville area. These channeling sessions are broadcast on www.bbsradio.com, weekly. We invite the public to join us by tuning in to the radio or by joining us here in Kentucky. We are still collecting that data!

We also have two public silent meditation meetings a month, on first and third Saturdays at the same time of 8:00 p.m.

In the sixties, I did not learn to channel, being genuinely fond of silence and preferring to listen to the "cosmic sermonettes" the others were producing in their channeling. However in 1974, at a time when my first marriage had dissolved and I had begun working for Elkins full-time as a librarian and researcher, the last

good channel from the original Louisville group left town and Elkins asked me to learn how to channel. At his request I did so. Within a short span of weeks I was producing material.

I became interested in making my channeling better and set out upon a long study from the inside out, you might say, as to what makes for a good session. Gradually the material our group produced began to take on a character and strength that made Elkins and me more and more interested in the material. I either wrote about this phase of our research in a report called *A Channeling Handbook*, which is published by L/L Research and is available in print or free on our web site.

In 1980, Elkins and I invited Jim McCarty, born in 1947, possessed of degrees in education and sociology, a long-time participant in our meditations and a person extremely well suited to working with us, to join our research group. He accepted and L/L Research changed from a partnership into a non-profit charity, using McCarty's non-profit corporation, Rock Creek R and D Labs, Inc., as our combined organizational entity. We retained the name of L/L Research as a publication name, since Elkins and I had written and published under that name before 1980 and people were already familiar with it.

Just three weeks after McCarty joined us, I went into trance during an "intensive" or advanced teaching session, after accepting contact with an entity calling itself the Ra group. Whereas all previous material had been consciously produced and all subsequent material has also been consciously produced, when I was a channel for the Ra group I went into a sleep-like or trance state at the beginning of each session and the material was produced without my conscious awareness.

This Ra Material has a profound clarity and internal consistency. It presents a startling picture of the universe and humankind's place in it, a picture which lies at the core of this report.

On the television science-fiction serial, *Stargate*, as well as in Egyptian myth, Ra is known as the hawk-headed Sun-God. The Ra group is careful to erase any notion of a connection between the myth and their group. They describe themselves as "humble

messengers of the Law of One” who come from elsewhere than Earth. They tell a story of having found, in a Pharaoh known as Akhenaton, someone compatible with their teachings, which are philosophical rather than religious. As you can see from the “Law of One” name, their philosophy is that all things are one. The universe and all things in it are one system. There is one Creator and a unified creation.

Akhenaton’s teaching that there was only one God was revolutionary. Millennia before the time of Christ and Mohammad, the Egyptians and most of the rest of the world believed in a pantheon of many gods, each with their own area of rulership. Nonetheless Akhenaton, having supreme authority as Pharaoh, was successful during his lifetime in converting many to monotheism. His body wasn’t even mummified before the priestly caste began reverting to the traditional Egyptian belief in many Gods.”

Also, according to the Ra group, they appeared physically to the Egyptians and assisted in the building of the Great Pyramid. They tell of building this, one of the seven wonders of the ancient world, by thought but making it look as though it was built by the hands of humans. They wished to create a place of initiation and healing. The powers of this pyramid were intended to be used by all those who came to it, regardless of their estate in life. However, after Akhenaton died, the wealthy and powerful among his successors limited the use of the pyramid to the elite classes of royalty, courtiers and priests. This was far from the intention of the Ra group. Realizing that their intervention had resulted in unintended consequences, they withdrew physically from Earth and began seeking other ways to help us.

Why does the Ra group want to help planet Earth? Even in 1350 B.C.E.—over 3300 years ago—during Egypt’s Eighteenth Dynasty, the Ra group, as part of what they call the Confederation of Planets in the Service of the Infinite Creator, could see that we were almost at the end of our 76,000-year cycle of incarnations. They could see that we had not, in all of those 72,000-plus years, managed to begin truly to love each other. They knew, although

humankind did not, that the Earth was almost ready to be harvested. Time was short.

When the Ra group was able to contact our research group in 1981, they were grateful for the chance to share their story and their thoughts. Don, Jim and I poured every effort into working with this contact, which even at the time we recognized as special.

This Ra contact ended in 1984, when Don Elkins died. McCarty and I continued to hold meetings and gatherings, offer channelings and teaching opportunities and pursue our oddball research. We pursued it because we found the research compelling and helpful. We collected it in *Books I through V of The Law of One*, sometimes known as *The Ra Material*. In addition to these very special trance sessions, we have collected and archived over a 1,500 of our group's conscious channeling sessions over the years until the present day.

This body of material, which is available on our web site, has made my life better. Studying it, thinking about it and trying to live its principles have absorbed my interest for over four decades now. *The Ra Material* offers solutions to many of the mysteries of the universe. It places the living of this present life into a larger and much more satisfying context. It offers a picture of the universe and our place in it which is exciting, enlivening and full of a powerful potential. And it does all this without asking me to release my mystical Christian faith, or asking anyone else to relinquish their faith or belief systems, or lack thereof. Rather than invalidating religious beliefs, the Ra group and other groups within this Confederation place them in a larger context and treat them with great respect.

It is rather like thinking, all your life, that you are in the only store in town and then discovering a "You Are Here" map which shows you that this store is one of many in a very large mall. It is liberating and invigorating to begin to get this larger picture and start to put the pieces of it together.

At any time, please feel free to stop reading this book and refer instead to the original material that this book summarizes. The material in *The Law of One* sessions and in the archives of our

conscious channeling sessions is available at no cost on our website, www.llresearch.org.

Because the original material is so hard to read, many people have asked that I write a book that explains it more straightforwardly. This writing is my attempt to bridge the gap. I hope you enjoy the read and the ride!

Carla Lisbeth Rueckert
Louisville, Kentucky
November 1, 2008

INTRODUCTION

THE CONFEDERATION OF PLANETS IN THE SERVICE OF THE INFINITE CREATOR

The Confederation and Religion

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 who dwell from time to time in eternity have a livingness that only crossing that span into eternity may offer.²

This report deals with the Confederation view of the world, which I have found helpful in getting a grip on who I am and why I am on Earth today.

I introduced the Confederation to you in the Preface as I introduced Don Elkins and the path of our research. This group of ET sources has spoken through several other groups as well as through our own. However the material is always changed by the channel through which it comes, and we will use quotations only

² The Q'uo group, channeled by L/L Research on April 30, 1989.

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from our own channeling. This is due to the fact that in our own sessions, we can guarantee that the utmost care has been taken to collect solid material.

The challenge in sharing this view with people is that the view of the world presented by the Confederation in general, and the *Law of One* sessions with the Ra group in particular, deals with material that is usually considered religious and “New Age.” However the Confederation handles that material differently than religions and New Age writers generally do.

The Confederation sources suggest, like the major Western religions, that there is one infinite Creator and that we are all His beloved children. However, those religions state that a person only lives for one lifetime. The Confederation suggests that we reincarnate many times, over thousands of years, building up our learning and our gifts in our “soul stream,” which is eternal.

Whereas the Western religions assume that the Earth is the only repository of human life, the Confederation sources describe a universe in which we on Earth are one of many races of humankind which dwell on many planets in the starry vastness of our galactic ocean.

Whereas the Western religions suggest that all of the drama of our soul is enacted in this one lifetime and that the curriculum of the school of life is all contained in this one small incarnation, the Confederation suggests that we are in the third grade of a seven-grade school of cosmic learning and service, moving to a completion called an “octave” of creation, where the whole process begins again from the harvest of the old, like the phoenix rising from the ashes. In this Confederation scheme, each octave contains seven “densities” or schools for learning and progression. We will discuss the densities in detail later in this book.

Completing the grades of this school takes millions of years. This present grade, which the Confederation calls the Density of Choice or third density, lasts about 76,000 years. We are in the last decade of this long period, heading rapidly toward a planet-wide Harvest in 2012. It is to be emphasized that this is not a “doomsday” date.

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It is the date at which the fourth density, the Density of Love, has its onset.

Whether or not 2012 includes the literal end of life as we know it on planet Earth is unknown to me, of course. However, the Confederation suggests that we have plenty of time to finish out our natural lives here on Earth. The time that is short, and rapidly streaming past, is the time to make The Choice for ourselves. We have only the years between now and 2012 in which to make that choice.

The Confederation and Worship

Spirituality can be seen as what remains after religion is rejected. We would only suggest in this wise that it is helpful to look at the structures of outer paths as what they are: buildings for the seeking spirit, places to sit and look in a certain way at a certain pattern of concepts. Any myth that is so constructed that you begin to see a way to live a life in faith is a good match for you. And if you do not find such a match, then you must turn within and leave the outer world behind, for at that level you are not finding resonance. The peace and the power of the devotional or spiritual path lies not in how happy it makes one, although it often makes one happy. Rather it lies in the satisfaction of an inner surrender, a surrender to the Creator within.³

The Confederation does not suggest that if you are already a person of faith, you must give up your current beliefs and accept their worldview. Rather, it suggests that all religious practice is a very personal, intimate choice for each of us. They find no problem with our having personal beliefs. To the Confederation, our belief systems, whatever they are, are acceptable and are entirely personal to us. Their world view is philosophical rather than religious.

³ The Q'uo Group, channeled by L/L Research January 6, 2001.

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When I was acting as a channel for the Ra group in the *Law of One* sessions in the early eighties, for instance, the Ra group went out of their way to make room for my Christian belief system. They had our research group set up an altar with a copy of the *Holy Bible* on it, opened to the Gospel of John, Chapter One, Verse One, which they noted as the passage most closely in harmony with their philosophy. They suggested that we light a candle and a stick of incense at the beginning of each session. These are the artifacts of my mystical Episcopalian Christianity. Although they asked us not to have any metal in the room we did not absolutely need during the sessions, they let me wear my little gold necklace with its pendant cross. I was much comforted by their consideration.

To their way of thinking, belief systems are for the purpose of arranging the subject matter of metaphysical, spiritual or religious belief in such a way that it makes sense to us, so that we can think about the concepts involved. If we already have a belief system going which works for us, they encourage us to keep that system.

What they do is to put that system into context by calling it a “personal myth” rather than “the truth.” This expresses their opinion, which is that all religious systems of belief are each person’s choice of resources to use when moving into the precincts of the archetypal mind. They see religious belief systems as structures through which we may look at the roots of our own deep mind.

Whatever our belief system, the Confederation encourages all seekers of the truth to act on those beliefs by forming a rule or pattern of living which supports the lengthy and time-consuming process of seeking the truth.

When I go to church, I am seeking the truth. I listen to Bible readings. I sing uplifting songs and psalms. I listen to the preaching. All of the time I am looking for resonance, that spark that says, “Listen to me!”

However the church is not the only place in which the Confederation suggests we seek the truth. To their way of thinking, the truth awaits the seeker everywhere: in conversations with our

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friends; in signs and symbols which pass our eyes; in the appearance of our totems or animal spirit guides and in serendipities of interesting coincidences. They suggest that the entire universe is one interactive system which responds to our seeking and desire. According to what you wish for most deeply, people and situations will be drawn to you. To the Confederation, all of life, in its rich detail, is alive with information.

What religions and the Confederation teachings have in common is that they believe it is important to worship the one Creator, not occasionally but every day. This worship can be very simple. Praying a prayer at the start and end of the day is a substantial beginning to offering daily worship. The basic goal of a life lived in faith is to retrain the mind from habits based in fear to habits based in love and from carelessness in living to responsible stewardship of one's precious time in incarnation.

We are born into a secular world which does not know how to worship higher things. Our culture trains us to value and seek money, property, power, romantic love and security. Yet there remains within us an instinctual, deeply natural desire to live sacredly. If you look at the sweep and range of human societies on Earth, you will find that all of them have created a system of religious or spiritual belief and worship. Fortunate indeed is that person who is able to worship the Creator in the shape of the church of his childhood. Fortunate, also, is that seeker who finds a religious system which, though not native to his culture, nevertheless satisfies that desire for truth and gives him a way to live sacredly from day to day.

For most of us, however, a match is not available between the religious systems that are out there and the needs of our deeper nature to know the truth. Religion, as established organizations offer it, just does not work for many people these days.

The Confederation and the New Age

It is true that a new age has been born and your planet at this time is

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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.⁴

Just as religion has taken over some key concepts like life after death and good and evil and branded them as “religious,” so has New Age spirituality taken over other key concepts like reincarnation, the unity of all things and karma, and made them into dogma. I would like, in this report, to shake the religious and New Age ties off of these concepts and render them emotionally neutral and therefore more helpful concepts for us to consider in seeking the truth for ourselves.

The Confederation talks a lot about a New Age. Like the New Age of our cultural cliché, it is based upon a specific time: the winter solstice of 2012. That is the point at which the Age of Pisces in classical Western astrology ends and the Age of Aquarius begins. That date is our Earth’s graduation day. The Confederation suggests that by that date, it is necessary for each of us to have made the choice of how to live our lives. The following chapters of this book go into that choice.

In this report I will separate these various ideas from their surrounding dogma and give them back to you to think about simply as ideas. The ideas themselves are a part of this overall picture of how things work, which the Confederation teachings have put together into a systematic and internally consistent world picture. Please prepare to reconsider some old and familiar ideas! It will take some stretching! At least, it did for me at first. However

⁴ The Q’uo Group, channeled through L/L Research on February 4, 2002.

the advantages of this world picture are great in that, once you get their “big picture,” what happens to you day by day starts to make a kind of sense that is very refreshing and sustaining.

The Confederation and the Harvest

Ponder death, holding in the attention the principle of perfect love, and know that death is only a transformation. For perfect love does not destroy but only transforms and changes.⁵

At any time, death is a powerful transformation for us all. And it is coming for all of us! Being born is a death sentence. None of us knows the length of his life. We know only that, one day, we shall cease to breathe and shall pass from this mortal world, just as at one time, we first drew breath as we entered it, fresh from our mothers' wombs.

The Confederation describes a normal process of the consciousness leaving the physical body in its soul-body after physical death and entering into a time of healing, where the soul-being that is you reviews the incarnation just past, forms a new plan for learning and service and comes back into incarnation to pursue its goals once again. The soul-body generally separates from the physical body at or near the time of physical death and moves on about its business without any break in its consciousness. Death is nothing to fear, according to the Confederation, but rather a time of liberation, healing and renewal.

However, at this time people have a special opportunity, immediately after their deaths, to be harvested. According to the Confederation, we humans reincarnate within this present world many times, preparing for a harvesting or graduation from this density to the next, from the Density of Choice or third density to the Density of Love or fourth density. We have the chance to

⁵ From the reading for August 24 in *A Book of Days; Channelings from the Holy Spirit*, published by L/L Research.

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move on now, as we pass through the gates of our natural time of death.

The Confederation describes a process of walking the steps of light to test our harvestability. If you like the concept of the Pearly Gates, place those gates, in your imagination, at a place along these steps of light which is between this present world of third density and the “heaven-world” of fourth density. Each of these steps of light has a somewhat more dense supply of light and love contained within the light falling on that step. Therefore each step is “hotter,” brighter, more piercing or fuller of light and love.

These gradations of light along the steps are guarded carefully so that we get a true walk into the thickening sunshine. When we are on the most comfortable of those steps in terms of the light, we stop. If that step where we stopped is still in third density, then we have not yet successfully made our choice, and so we will spend another cycle of 76,000 years working on those lessons which bring us to that defining choice.

If the step upon which we stopped is past those Pearly Gates, then we have made our choice successfully and crossed over into fourth density, also called the Density of Love. We have been harvested! We have graduated!

And indeed, the Confederation channelings say that density is a heaven compared to this world. The veil is lifted and we can remember the whole sweep of our experiences, all the lifetimes and all the learning. Our options increase greatly, so that we can go forward as disembodied spirits in order to teach within the inner planes or incarnate in a much-improved body and seek further learning and service. We can become guardians of Earths like this one. We can act as lighthouses, offering constant praise to the Creator as do angels.

Fourth density is a most creative and free place compared to our Earth world. We can start studying the ways of love and understanding as students in fourth-density light-bodies. We can also choose to come back to Earth as fourth-density wanderers or helpers of Earth, in order to help Earth shift into fourth-density

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love-consciousness. The so-called Indigo Children, in their various groupings, are such entities.

Whether or not 2012 includes the literal end of life as we know it on planet Earth or whether there is still plenty of time to finish our lives out naturally, the choices that we make between now and 2012 will be our last chances in this lifetime to prepare for graduation at this particular time of Harvest.

This book, and the two books that follow it, are short courses in how to prepare for the harvest. In this volume, *The Choice 101*, I will be focusing on the main details of making the choice. It's "the bullet," as emergency medical personnel call that packet of vital information about a patient's health, which is given as a patient is rushed into the hospital from the ambulance.

All of our tribe of humankind on planet Earth is in an emergency situation. If we are to pass through Harvest and graduate successfully, we need to become informed about our situation and how we can most skillfully respond to it. We need to do this fairly quickly, before 2012. And happily for us all, we can do that. There is nothing holding us back. We simply need to form a desire to engage in the learning curve of reading this book, get a grasp of the situation that satisfies us and decide how we will choose to respond to it.

In a way, the picture which emerges is of a certain kind of game. I shall give you what I understand so far about the rules of this game in this book. The rules are simple.

In another way, the picture which comes forth is of a kind of cosmic school with a certain curriculum which is learned in a certain order. I shall share with you what I understand so far about that curriculum and how the school progresses.

My hope is that you will find this information useful and helpful.

CHAPTER ONE

THE FIRST THREE DISTORTIONS OF THE LAW OF ONE

The Unitary Gameboard

Why did the Creator choose to make creations? Our comment has often tended to be that the Creator is attempting to gain in knowledge and appreciation of Itself. The Creator wishes to know Itself. Thusly, it sends forth parts of Itself within illusion to see what will happen and to learn from the colors created in the palette of emotions that you have created through many experiences and incarnations. This palette contains your beauty and is unique to you, so that you can teach the Creator that which no one else in all of Creation is able to teach. For you are the only one of you in all of the infinite universe. Thusly, it is your gift to the Creator that comes from you, that is greatly desired. You cannot please the Creator by being someone else but only by being most truly and deeply yourself.⁶

In the Introduction I suggested that the information in this book helps you to live well. It helps you to become familiar with the rules of the Gameboard. It is about being able to make informed choices in this life. And it is about knowing why.

Throughout this book, I use the capitalized Game and Gameboard to talk about spiritual seeking and making The Choice. I use the lower-case terms of game, gameboard and choice to talk about the choices we make within our flat-gameboard society without regard to spiritual values.

The Game of Life is about becoming an ethically motivated human being. The game of life with which we are already familiar is about getting by, amassing resources and taking care of our families. That lower-case gameboard inevitably brings us to

⁶The Q'uo group, channeled in an L/L Research transcript dated July 17, 2003.

spiritual crises. However, it does not furnish us with clear guidelines for choice.

Getting you familiar with the Game is my job here. As I talk, remember that I am talking about spiritual seeking, which is a whole different Game than the one we play before we wake up to our ethical nature and our desire to know the truth.

In this chapter we will look at some features of the Gameboard which the Confederation sources describe. The first feature of the Gameboard to report is its unitary nature. To the Confederation, the entire creation is one organism, one energy field and one thing.

Each individual thing in Creation has its own energy field. We have many energy fields in our physical body, in its organs and tissues. Our body has a master energy field which contains within it all the sub-fields of organs and tissues, nesting them all within it. The skin represents the boundary of our individual physical energy field. The energy fields within our body cooperate with each other for the integrated health of the whole body.

All other humans, plants and animals which have physical bodies have these nested energy fields too. All of those plants' and animals' energy fields, plus the forces of nature like wind, fire, water and earth, are wrapped into the energy field of the planet itself.

Our sun has its own energy field, and that field wraps our Earth and the other planets and other heavenly bodies which orbit it into its field.

The Milky Way Galaxy's energy field wraps the energy fields of our sun and all other suns and even other heavenly bodies such as black holes, as though they were the organs of its body.

Eventually, through orders of magnitude, all of the energy fields of the universe are wrapped into the one great original Thought or Logos, which is as close as the Confederation entities come to speaking of the Creator or Godhead principle in a personal sense.

The Confederation information suggests that, metaphysically speaking, you and I and this planet are all one being. You and I and every other soul on Earth today are one with every animal and

plant and every element and force of nature that is part of the environment of planet Earth. The connection is unity. The Confederation group of Ra says,

*You are every thing, every being, every emotion, every event, every situation. You are unity. You are infinity. You are love/light; light/love. You are. This is the Law of One.*⁷

All of the major world religions have a mystical aspect to them which proclaims an underlying unity to the creation. Many also have a dogmatic aspect and this aspect typically divides people into believers and nonbelievers of that religious dogma. This division, if unaccompanied by tolerance, encourages the faculty of judgment and also, ultimately, conflict. The believers judge the non-believers as unworthy and in need of correction. When two religiously oriented nation-states choose to act out this lack of tolerance, Crusades and pogroms can occur. The ideology of “true believers” makes it harder to create a peaceful world.

Perhaps the closest the *Holy Bible* comes to a statement of this underlying unity of all creation is at the beginning of the Gospel according to John, which says, “In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men.”⁸

Saint John is saying that in the Creator is the Word. And indeed that Word or creative principle can be seen to be the Creator Himself. This “Word” is a direct translation from the Greek word, “Logos,” which is the term the Ra group uses for the creative principle.

From religion, therefore, we can see hints of this concept of all things being one thing: the creation of the Father. The description

⁷ Ra, *The Law of One, Book One*, channeled through L/L Research January 15, 1981.

⁸ *Holy Bible*, Gospel according to John 1:1.

of us as children of God likewise creates the realization of our unity as one family, one body of humankind.

From the standpoint of our culture, then, the idea that we on earth are all one single organism is not too long a stretch.

The Gameboard, Scientific Version

Taking inner experience as seriously as outer, the new breed of scientists is engaged in research projects inspired by cultures with long experience in studying inner worlds, thus building important bridges with spiritual traditions.

From this new perspective, everything perceivable in our universe and on our planet self-organizes and creates itself within and from a common field of Oneness, now called the Zero-Point Energy Field in physics. New theories are emerging that challenge the doctrine of a universe slipping toward the meaninglessness of entropy, seeing instead a dynamic balance of forces.⁹

In high school we hear about science and the scientific method. There we learn the central assumption of classical science, which is that there is a world “out there” which has nothing to do with us or what we think. The scientific process is to observe the naturally occurring phenomena of the world out there until you have enough information to form a hypothesis about what you are observing. Then you conduct experiments which will support or reject the hypothesis. The classical scientist is as happy with a wrong answer as with a right answer because, either way, the sum of scientific knowledge is advanced. It is a highly appealing and tidy way to look at the universe. We have come a long way by applying the scientific method, in terms of creating our present culture with its many conveniences.

⁹ From an article on the web site www.ratical.org/LifeWeb/#articles; used with the author's permission.

Before this tidy state of affairs existed, scientific and religious studies were connected. Medical and astronomical knowledge, chemistry and the study of the elements were tightly linked to a mystical kind of discipline called alchemy. In ancient times, the great Hermetic thinkers of Egypt and Greece did not separate matters of faith and philosophy from matters of science. The rich, allegorical texts of alchemists still offer a sophisticated and subtle exploration into the interconnections between the microcosm and the macrocosm; man as a soul and creation as a whole.

The classical scholastic discipline of the Greeks and Romans and, later, of the medieval schools thrived as the great churches and various townships founded schools and colleges. Their curricula included grammar, logic and rhetoric, which trio of subjects was called the Trivium, plus music, mathematics, geometry and astronomy, which four subjects were called the Quadrivium. Science and the arts were all studied together in this plan for study.

It was considered quite possible for a student to become the master of all branches of knowledge back then. Our word, “university,” comes from this period, where the student expected to study the entire universe of accumulated knowledge before he was finished with his studies. Indeed, the term “Renaissance man” intends this meaning of one man who knows the whole range of human knowledge.

In the thirteenth century C.E., Saint Thomas Aquinas changed the course of scientific study completely. He chose in his pivotal theological writings to separate matters of faith from matters of this world, which included, for him, scientific inquiry.

This firm separation of the study of faith from the study of all things of this world was critically influential. One may trace the path of modern scientific inquiry to this beginning. To this day the general assumption is made by many people, both scientists and non-scientists, that there exists a distinct separation between the study of science and the study of all the arts, metaphysics, philosophy; and further, that this is an appropriate separation.

When we choose to study science in college today, we take an entirely different curriculum from liberal arts and fine arts majors. There are some core courses everyone takes, but by the end of one's college days, science majors possess an education which is enough different from that of arts majors that often they can barely converse. This is because science uses some words differently enough from the way the words are generally used that these words mean quite different things to scientists and to the general public. Recently I had a most confusing conversation with my web guy because I did not understand the term, forum, as used by web designers. A forum on the internet today and a forum in ancient Rome are two completely different things!

Since science and its applications in technology have created the gadgets which have increasingly made our civilization hum during the past two centuries, scientists have become the "priests" of our culture, taking the niche of trusted judgment over from religious figures. Rational thought and empirical observation have become accepted as respected way to seek the truth. Faith has pretty much been consigned to the interest of the foolish and naïve.

However not all scientists of the twentieth century were thoroughgoing rationalists. Physics seems to bring out the mystic in scientists. Albert Einstein, writing in 1937 in the Reader's Digest, said flatly that "science without religion is lame; religion without science is blind." He was eighty years ahead of his time in making that statement. His unified look at the two disciplines of thought and study was quite prophetic!

The classical algebra and geometry that built the ancient world's wonders of architecture explored the laws of things at rest. Isaac Newton, working a century after Shakespeare, wanted to study the laws of things in motion. He developed the tool of calculus as he pursued this study.

Werner Heisenberg was still studying those laws of motion in the early twentieth century when he found difficulties in the study of tiny particles of matter in motion. He was unable to determine enough facts to form a complete picture. In 1927, he offered a paper exploring his dilemma, which is that an observer cannot

know for sure both the position of a subatomic particle and its momentum, which is its mass times its speed. One can know one or the other, but not both, because one cannot observe both at the same time. If one measures a particle's momentum, one cannot at the same time observe its position and vice versa.

Heisenberg formulated the "uncertainty principle" to express this dilemma. This principle, which is at the heart of quantum physics, embroiled Heisenberg and other physicists of his time, like Neils Bohr and Erwin Schrödinger, in a debate which still continues. Heisenberg stated that the microscopic orbit or path of a subatomic particle only comes into existence when we observe it. Therefore, the observer becomes part of any experiment, since the act of observation cannot be separated from that which is observed. This destroys the classical notion of scientific objectivity. The scientific basis for stating that the entire universe is one unitary thing stems from Heisenberg's "uncertainty principle."

Quantum physics asserts that the separation between the observer and the observed is an illusion. Since the application of quantum mechanics and Heisenberg's principle have afforded us such modern gadgets as the computer and other electronic tools, lasers, superconducting devices and fluorescent lights, the theory cannot be dismissed as "mystical." It produces observable, useful results. Thus scientists already acknowledge the inseparability of the observer and the observed while not yet acknowledging that the source of this is, in the words of the Confederation, consciousness.

One modern theory spawned by quantum physics is the "string theory." In general, string theories posit that after we reduce the physical object into its atoms and then divide the atoms into their subatomic, component particles of electrons, neutrons and protons, we add an oscillating loop in the path of each subatomic particle. This loop can vibrate, oscillate or become "excited" in different ways when acted upon, just as a guitar string can produce different notes when the guitar string is fretted to hold different lengths of tension. The loops, vibrating together, make "harmonic chords" of interaction and all of these strings can hook up under the right circumstances.

The implication of string theory is that everything, all matter and all “forces” (the strong and weak nuclear forces, electromagnetism, and gravity), are unified by the “notes” which the strings can play and the “music” which they can make together. When scientists explore the world these days, their hypotheses are beginning to re-explore the unified ground of being which mystics have proclaimed throughout recorded history. Science and religion now have a common window on the world in posing an underlying ground of being that can only enlarge as new discoveries reveal more new data.

In this picture of a universe made entirely of oscillating, interacting, tiny units of shimmering energy, we can easily see the Confederation’s suggested model of a unified and interactive creation. It is an exciting model, for in it we are literally connected with everything else in creation.

The main difference between the string theorists’ and Confederation’s view is that the string theorists see the dance to be random while the Confederation sees the dance as having purpose.

Physicists and the Confederation agree that the observer, the human in the equation, constitutes a connection point with the observed phenomena which can affect the action of the phenomena. Naturally, physics does not try to address the possible purpose of the observer. It merely notes that the observer influences the action that is observed.

However, the Confederation suggests that in our Density of Choice we humans have the power, by our physical actions, our thoughts and our intentions, to change our physical environment. They state that there is purpose in the choices we make. The environment over which we hold sway starts with our inner selves and continues out into our interface with the world around us. It explains why we draw to ourselves those things we most desire or most fear by merely focusing on them in our thoughts.

This attractive process takes place because the universe, as an interactive, unitary system, vibrates according to patterns of attraction. What we most love or most fear is what we attract, by

the focus of our attention. One of the more subtle choices we make every day is whether to focus on thinking about the things we love or the things we fear and dislike.

According to Fred Allen Wolf, we can change the very fabric of our reality by the choices we make, by the things we choose to see or not see and by what our honest intentions are, as opposed to what we might be saying, when we come to a point of choice.¹⁰ If we focus on the things we love, we attract them. Good multiplies. If we focus on the things we fear, we attract them instead. The heavens seem to pour bad weather on us. What we choose to think about makes a difference!

The picture of the Gameboard drawn by the Confederation, then, is of a unitary, interactive Creation where all of the parts are related and can influence each other according to natural paths of interaction between energy fields.

The position of the human being in the Game is that of a player. He is not a pawn or any other game piece. He is not tied to or bounded by the Board. He is sitting at the Gameboard, observing the flow of play and making his Choices as he makes his moves.

Please note again that this is a holistic, multi-dimensional Gameboard, not a flat, two-dimensional one like a chess board. Our gameboard, lower-case version, is life as we perceive it right now. The trick, in getting ready to play the Game of Life, is to decide to move to a position outside the regular gameboard itself, in order to see the Gameboard. We do this by an act of will.

Free Will

The impact of beginning to grasp the actual nature of the nested illusions of experience is daunting and can constitute a time of adjustment in which the nature of the self is allowed to transform itself according to the ways of this free will that enters into the

¹⁰ A comprehensive and generous web site exists for reading much of his written material. Its address is www.fredalanwolf.com.

creation upon each level of development. The free will of yourself can barely be distinguished from the free will of that Logos that is your higher self, that overarching Logos that is the group mind of that soul stream, that overarching Logos that is the planetary mind, and so forth. The connections that each entity has with other aspects of an infinite being that is the self are unending, so that free will is, shall we say, that icon of deity which expresses the feminine, the ever-moving, the fructifying.¹¹

In general, we assume that we have freedom of choice. We work and live where we wish. We choose our mates and our interests freely. However, to a range of authorities from psychologists to scientists to religious figures, this seeming freedom is an illusion.

Scientists classically assume that the world of nature operates according to fixed laws of behavior, adaptation and evolution. Psychologists follow closely behind with suggestions that our choices are genetically and culturally determined. We may think we have free will, they say, but in actuality we are acting according to our instincts, modified by the training of parents and other cultural authority figures and by the propagandizing and marketing forces of our corporations and the mass media.

Religions also tend to deny the existence of free will, sometimes specifically. They tend to describe human beings as too sinful to be able to make skilful choices for themselves. Human beings, they say, only have access to free will in the decision to throw themselves upon the mercy of their Creator. The religious attitude is that the Creator icon, whether that icon is Jesus, Allah or another figure, is humanity's only hope for salvation.

Both of these models leave the individual human being feeling completely powerless. The Confederation model, in stark contrast, places the individual human being in complete charge of his life, with the ability to make free choices.

¹¹ Q'uo channeled through the L/L Research group on January 26, 2003.

The Confederation entities agree with science and religion in saying that humans are weighed down by all the cultural information and biases they have learned. They suggest that we must wake up from the cultural dream into which we were born. And when we humans do become aware that there is more to life than the culturally accepted channels of thinking, we start from scratch as to what we really know for sure.

We are not questioning things within consensus reality like newspapers being delivered or the electricity being on. We are seeking a new, “outside the box” reality—a new view of the physical and spiritual world in which we live. We come to this deeper seeking process with empty hands. We lay down those cultural religious and intellectual assumptions we have learned. We begin anew with the basic questions: What is really true? Who am I? What am I doing here? When an assumption is tested, what solution is found to work?

That realization that we have drunk in a lot of bad information during our childhoods is often our starting point in choosing to accelerate the pace of our spiritual and mental evolution. Before we begin to play the Game of Life, we consciously choose to know the truth for ourselves. We begin to build our own intelligence.

Breaking away from religious authority, we take personal responsibility for the process of our spiritual and ethical evolution. Breaking away from the scientific view, we claim to have as much of a higher or heavenly nature in our make-up as we do of the lower or earthly nature which is the study of science and psychology. The Confederation suggests that we are every bit as much citizens of eternity and infinite things as we are limited, earthly beings who are born only to die.

When we make that decision to seek the truth, we are knocking on the door of “spirit,” says the Confederation teaching. By spirit, the Confederation means the whole range of spiritual guidance. Some people who are brought up as Christians think of spirit as the Holy Spirit or as Jesus the Christ. Some think of spirit as the world of nature. Some think of spirit as the hidden world of ghosts,

“Ascended Masters” and inner-planes teachers. The Confederation’s term, spirit, includes all of those meanings.

The *Holy Bible* suggests that what we ask for, we shall receive and that when we knock, the door shall be opened.¹² It, like the Confederation, targets that conscious choice to seek as important. When we choose to begin the journey of seeking, we alert spirit that we are ready to become a player in the Game of Life.

The Confederation states that free will is involved in the very first movement of the infinite Creator away from its mystery-clad unity. In their story of the creation, the Creator uses the faculty of Its free will to choose to know Itself.

It then sends forth the Thought or Logos which is Its creative principle and the essence of Its nature. The essential nature of the Logos is unconditional love.

The Logos then uses Light to manifest the Creation in all of its rich detail. Endless orders of magnitude, from stars to subatomic particles, are then formed.

So the first distortion or movement away from the pure potential of the unmanifest Creator is free will. When we awaken to the desire to seek the truth of our being, we imitate the Creator’s decision and turn to free will. We choose to set out upon the Game of Life, which can also be termed the “seeking process” or “seeking the truth.”

It is tricky to choose to seek the truth, because we have a lower faculty of choice which comes with our great-ape body. That great-ape body and mind come with a faculty of fake free will. Our bio-computer minds are able to make our choices—but only from a menu known to it! That is the fake part, because we do not know all the options. We are given only the things we have learned in school and church and at our parents’ knees. We know how to live

¹² *Holy Bible*, Gospel according to Luke 11:9: “And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.”

this life on the level of getting by. That is the usual game of life with a flat gameboard.

When a person delegates to a religion, to science or to cultural norms the power over his personal decisions, he is choosing to play the game, lower-case. A person can thread his way through the maze of dogma and get to the next level from that flat board, but it is harder to play the game when no logical thinking or questioning is allowed. That is the game you choose to play if you do not invoke the free will that comes from a higher source.

True free will is a characteristic stemming from the Creator. It is the principle by which the Creator chooses to know itself. It generates the universe in which we live. When we use this higher faculty of free will, we are moving away from the flat gameboard and are setting up the enhanced Gameboard for a Game of Life.

This faculty of free will imports data from our spirit world sources of guidance into our subconscious minds. We call upon that higher faculty of free will as if it were an angel which has dwelt within us but which we have not yet recognized. Only by that inward reach to the faculty of true freedom of will can we catapult ourselves outside of the box and into a position above the mundane where we can, for the first time, begin to look at the gameboard without getting caught by the muddled emotions of the flat board.

Love on the Gameboard

*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 has nothing been made that is made.*¹³

¹³ Q'uo, channeled in an L/L Research transcript dated April 6, 2003.

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The word love, as we use the word normally, is not the energy of the love or Logos on the Gameboard. We sometimes use the word love to indicate romance with its flowers, poems and serenades. We all understand the iffy nature of romantic love. Who knows? It may last but it may not. That is not the love which created the universe.

Neither are almost any of the other normal usages of the word love. We love our car; our new outfit; our hobby or being able to have a holiday from work. We just love our favorite restaurant; that new movie or the latest and greatest music. None of those emotions begins to uncover the love that created all that there is.

It is not until you ask yourself what kind of love caused the Creator to fling the various bits of Itself, via the “big bang,” out into the universe It manifested just for the purpose of watching it progress, that you are ready to think about the Confederation’s story of how the Logos generated the universe around us.

The Confederation suggests that the one great original Thought or Logos of the Creator is pure and unconditional love. This vibration of unconditional love creates and manifests all of the worlds that there are according to the nature of this Thought.

Unconditional love or the Logos, then, is a feature of the Gameboard, along with its unitary nature and its foundational free-will choice. We know that the Creator’s very nature, Its “I AM,” is unconditional love. We can count upon the Creator to love us unconditionally and absolutely. The Creator will not withdraw that love. It is fascinated to see how its creation will progress.

We, as a player of the Game of Life, have as our core vibration that same unconditional love. The Game’s object is, in part, to discover that great, original Thought or Logos within ourselves. The dogma of religion suggests that we cannot find that love within ourselves. However, the Confederation channeling suggests that as we learn to play the Game, we will find ourselves uncovering deeper and deeper levels of this love hidden within the folds of our everyday natures.

Light

Quantum physicists state that the material world is really variable fields or frequencies of energy. All energy is ultimately reducible to light.¹⁴

The natural process of creation on the part of the Logos, when It has chosen to know Itself, calls forth light, in the form of photons,¹⁵ to match its Thought of love. The physics of this process have been best described by the physics of Dewey Larson's Reciprocal Theory. In Larson's core equation, what quantum physicists call vibration, he calls velocity. Both terms indicate that all particles in the universe are in motion. In Larson's Reciprocal Theory, velocity or vibration is made up in one of two ways to create all that there is.

Both ways involve a slight, necessary mismatch between space and time. This mismatching is necessary for the manifestation of this illusion. Everything we see is actually made of energy. So regardless of whether we are considering unseen things such as ideas or forces, or manifest, physical things which have weight and form, we are talking about illusions. The only ultimately real thing in this Game is the Creator. We as players of the Game are little sparks of the Creator who are also choosing to know ourselves.

The first way the Creator links space and time creates a mismatch between space and time favoring time. That mismatch, called time/space by the Confederation, creates the inner planes. Other terms for the inner planes are the metaphysical worlds, the spirit

¹⁴ Emory J. Michael, *The Alchemy of Sacred Living: Creating a Culture of Light*. Prescott, AZ, Mountain Rose Publishing. [© 1998], p. 163.

¹⁵ In physics, the photon is the elementary particle responsible for electromagnetic phenomena. It is the carrier of electromagnetic radiation of all wavelengths, including in decreasing order of energy, gamma rays, X-rays, ultraviolet light, visible light, infrared light, microwaves, and radio waves. The photon differs from many other elementary particles, such as the electron and the quark, in that it has zero rest mass.

worlds and the various levels of the subconscious mind. That is the place from which the Gameboard for the Game of Life is called by the seeker's free will decision to seek outside the societal box for the truth.

The second way the Creator links space and time creates a mismatch between space and time favoring space. That mismatch is called space/time by the Confederation. This mismatch creates the physical world of our conscious experience. We have been playing the game of that little life within the parameters of that flat gameboard all of our lives. If we are attractive, wealthy, well-mated, well educated, have a good job or otherwise are seen to be successful at what we do, we are winning. If we are unattractive, poor, lack a good mate, are uneducated, do not have a good job or otherwise are seen to be a failure, we are losing that game on the flat board.

When we choose instead to play the Game we make life more interesting. We use the flat gameboard in order to collect material for The Game. Then we make our move on the Gameboard, which is found within the inner world of thought and choice. When that is done we can move back into our regular life and create moves on the flat board which are informed with the wisdom we have gleaned from playing the Game.

As seekers we merge these two realities, the spiritual reality of the inner and eternal life of our soul's consciousness and the consensus reality of the outer and physical earth life and our bio-computer minds' awareness. We can live in both worlds at once. We are intended to do so.

Illusion on the Gameboard

When the infinite Creator wished to know Itself, Its great heart beat out the next creation with all of its densities and sub-densities and all of the patterns of those densities and creations. Time and space were invoked and that which before was immeasurable and unknowable became a series of illusions that, paradoxically, were to some degree

knowable, and these shadows of knowing were much desired by the Creator. And each of these sparks and shadows became agents of the one infinite Creator, thoughts in and of themselves, thoughts rounded and centered in the one great original Thought which is Love. And so each of you is a Logos, stepped down and stepped down until you are able to experience the very illusion you now experience. And each of you has come through many experiences and many densities to this particular time, at this particular place, each balanced exquisitely in the present moment.¹⁶

When my first illusion was crushed I was five and had lost a tooth. My Father, the Tooth Fairy, crept in to my bedroom to deposit his dime and collect my tooth from my bedside table. I happened to be awake. From this information I began to figure out that the Tooth Fairy, as well as Santa Claus and the Easter Bunny, were not literal, physical beings.

I did notice, however, that I was rewarded for enduring the pain of a lost tooth. I received a basket with green straw, colored eggs and other goodies at Easter. At Christmas, I received gifts and also the increased sense of kindness and happiness in the air and on the news. This business of illusions, I decided, was not black and white. Illusions may not be real literally, but they had measurable effects on my life and piggy bank.

On a whole other level, the solidity of the fingers with which I am typing these words is an illusion, as is the solidity of the computer on whose screen I am viewing what I write, the chair in which I sit, the floor on which the chair sits, the ground on which the house and its floor sits, the planet itself and absolutely everything I see with my physical eyes. Like the Easter Bunny, everything we think of as solid is not really, literally, solid. It does have measurable effects. I can move myself around in my individual energy field, which is my body. My world holds together. The keyboard works. The computer works. The chair and my house persist from

¹⁶ Q'uo channeled through L/L Research March 29, 2001.

moment to moment and day to day. Everything is as solid as it can be. That is consensus-reality and accepted generally as fact.

However, science tells us differently, in terms of how things look up close. Under a high-powered microscope, solidity falls away and our cells, as well as the cells or molecules of all matter, whether organic or inorganic, look like the starry night sky. We look, on that microscopic level, as though we were part of an endless universe of suns with planets orbiting them, which are in relationship with other sun systems in various ways.

If one takes the model of a hydrogen atom, for instance, and places a pea-sized proton on the fifty-yard line of a football field, the first particle that orbits it is the size of a dot and sits somewhere in the cheap seats. To the observer of the whirling orbital path of the electron of this hydrogen atom, the so-called solid matter is almost entirely empty space. Mass itself is in heavy question! This is fundamentally a universe of energy in motion or vibration rather than a universe of matter at rest.

The belief systems of the East would say that the entire physical world was pure illusion, which they call *Maya*. They value it at nothing. They suggest that its only use is in being discovered and given over to the growing list of illusions which mean nothing. The goal is to move beyond all illusion and dwell in the peaceful nothingness of no-desire.

To the Confederation, on the other hand, the “empty” space is actually full. The Q’uo group says,

*Your creation and mine is a plenum, a vast infinity completely full of that light which is life itself in first manifestation.*¹⁷

Dictionary.com defines “plenum” as “the whole of space regarded as being filled with matter as opposed to a vacuum.”

The plenum of our seemingly empty space, whether between atoms inside our bodies in our inner universe or between worlds in

¹⁷ The Q’uo group channeled through L/L Research in a transcript dated November 29, 1987.

our outer universe, is filled with vibrational energy. The energy is living. The Yoga tradition calls this energy prana. Older science called it ether. Later scientists call it, among other things, Zero Point Energy. In current science, the ZPE is thought of as “potential” energy. This means that it has the potential to do work, that is, to produce motion, but that it exists in an unmanifested state. By whatever name, it is full of the energy of the one Creator. There is no energy shortage in the one infinite Creation!

Occasionally, regular people have amazing experiences which demonstrate the illusory nature of the world around us. Perhaps you have seen hypnotists pierce a subject’s skin with a needle, with the suggestion that there is no pain. The subject feels no pain. Or perhaps the hypnotist has suggested that a subject may walk on burning coals and receive no burn. The subject receives no burn. Or perhaps you have read of instances where a small woman whose child is trapped beneath a car lifts the entire front end of the vehicle to free her child. Under conditions where the individual believes with his whole heart that the rules of the illusion can change, they can and do change.

It would be silly to operate as though the body, the keyboard and computer, the chair, the house and the earth beneath it were not solid. Within the illusion of consensus reality, everything is solid. This can be trusted in the general run of waking reality. However, in order to get a grip on the nature of the Gameboard, it is necessary to remember that the universe is one of vibration and motion, not solidity and rest. Some scientists still cling to the notion of “equilibrium,” which they think of as an infinitely persistent state. According to the Confederation, however, each piece of the universe is affecting each other part all the time and these vibrations never reach equilibrium during the billions of years while the creation itself proceeds through its densities.

Catalyst on the Gameboard

It is very difficult to think of the main and centrally constituent service to the one infinite Creator as that of being. And yet that is

CHAPTER ONE: THE FIRST THREE DISTORTIONS OF
THE LAW OF ONE

what you came to Earth to do. You came here to be yourself; to breathe the air; to participate in the illusion of planet Earth; to go through each and every detail of receiving catalyst, responding to catalyst and moving through the periods of joy and suffering that this catalyst offers you.

And always your chief responsibility is to be yourself; to feel truly; to examine yourself as fully as you can and to know yourself to the very limit of your ability. You wish to know yourself not to judge yourself or to condemn yourself or to pat yourself on the back but simply to become aware of who you are.¹⁸

In this first chapter we have begun to build some idea of what the universe around us is really like. In the eyes of the Confederation, we live in a unitary, interactive universe where everything is alive and all is one. We have found that the Creation as we know it stems from the Creator's desire to know Itself and that the creative principle, or the essence of the Creator, is the Thought or Logos of unconditional love.

We have seen that the Logos uses primal light; that is, the photon, to build the creation, and that we have a creation of energy rather than matter; a creation built of light in its natural generation of the elements¹⁹ and all of the combinations of elements that dwell in every created thing. And we have seen that all of these created things form a physical creation which is illusory. The things we think of as solid are not solid, if we investigate closely enough.

This is not the flat gameboard of consensus reality. The Gameboard presents a far different picture of our world. On this larger, metaphysical Gameboard, we players are not caught within

¹⁸ The Q'uo group, channeled through L/L Research in a transcript dated May 17, 2005.

¹⁹ For a detailed exposition of how the elements are built in the Reciprocal System of theory which the Ra group stated was the closest to accurate of existing Earth physics in 1981, see *New Light on Space and Time* and other works by Dewey E. Larson.

the illusions of consensus reality. Knowing that things are not what they seem, we release our eyes and ears from having to believe everything we see and hear.

This includes what we see and hear about ourselves. Who are we? Our parents have told us. Our teachers have told us. Whatever other important figures populated our world as children have also told us. Not only that, but also close friends, mates and other people have continued to define us as adults. And we can believe none of it, at least not to the extent that we allow these opinions to define who we are.

I can remember, as a child, trying to write a complete return address on a letter to my parents from summer camp. I wrote my name, the road, the town and state, the USA, and then I added "Earth" and "The Universe." Somehow the address still felt incomplete.

Similarly, at a young age my ever-teaching mother asked me to write a little essay on who I was. I wrote down that I was a person named Carla born in Lake Forest, Illinois on July 16th, 1943 at 6:42 AM. I was the daughter of Jean and Ted Rueckert. I was a female. I was an American. And I was a child of the Creator. Again, my self-definition did not yet feel complete. Nowhere did I find the glorious certainty of the Creator figure of the Old testament of the *Holy Bible* with its "I am what I am." Or more succinctly, "I am."

We all try to define ourselves, to ourselves, many times as we go through life. Our culture, focused on outer things, tends to define us by what we do. No one at a party asks us who we are. They ask us what we do for a living or what our interests are. Such conversations tend to remain somewhat shallow because we are not what we do! Our career or job does not come anywhere close to defining us. Neither does our marital status, our sexual preference or any other outer thing about us.

In the midst of this web of nested illusions in which we are living, we are searching for an ever deeper understanding of who we are. If we are not our biology or our IQ points; if we are not our work

and interest preferences; if we are not defined by where we were born and into what class within society, and if we are not the rest of the many ways we separate ourselves from each other in our minds, then who are we, indeed? And how do we start to investigate that question seriously?

To investigate who we are, we can rely on the always-available present moment and what it brings us from the illusion around us. This is one great thing about the Game of Life. You can play it anywhere! You take the Gameboard with you wherever you go, once you set it up in your deeper mind. Remember, the illusion is not literally real, but it does have real effects on us. The illusion brings us what Baba Ram Dass calls “grist for the mill.”²⁰ The Confederation calls this grist “catalyst.” We discover ourselves as we respond to incoming catalyst.

In chemistry, a catalyst is a substance that enables a chemical reaction to proceed at a faster rate or under different conditions, as at a lower temperature, than otherwise possible. The catalytic agent is not, itself, necessarily involved in the chemical reaction. We get incoming catalyst all the time from the people and the events surrounding us.

Catalyst can be a simple thing which does not tell us about ourselves. When I sat down to write this morning, my physical catalyst was that the sun was still low enough in the sky that it was overly bright in my eyes. My response was to close the Venetian blinds in the upper half of one office window in order to rest my eyes from sun-strain. There was almost no emotion involved in this response to catalyst. A lot of things that happen to us have no power to move us emotionally. They are random, neutral catalyst.”

Usually catalyst that is going to give us information about who we are is either positively or negatively emotionally charged. Positive catalyst tends to make us happy. Negative catalyst tends to make us unhappy. Perhaps someone cuts us off in traffic. We have to brake suddenly in order to avoid a collision. Do we curse the other driver?

²⁰ Baba Ram Dass’s book, *Grist for the Mill*, published in its revised edition in 1988, is available from www.amazon.com.

Or do we brake while thinking to ourselves, “Here’s some room for you, Buddy.”

I confess that most of the time I would, if not curse, at least mutter at the offending driver! My Uncle Marion, now gone to glory, was a saint who once, when jammed for space by an encroaching vehicle on the expressway, actually said in my presence, “OK, Buddy, here’s some room for you.” The ensuing braking sprained my wrist as I was thrown against the back of the front seat of Marion’s car, and I was angry. My Uncle Marion never expressed any response to that event—other than slamming his full body weight onto the brakes—except pure compassion. I believe wholeheartedly that my Uncle Marion passed from this illusion having won his Game of Life.

My attitude towards that driver was not loving. I did not see him as being one with me. I had failed in that instance to use my catalyst on the gameboard in order to make a choice on the Gameboard.

As I look at Uncle Marion’s response to that situation, I see that Marion’s identity and essence included his conscious, disciplined awareness that the other guy and he were one. The essence of Uncle Marion’s response was to balance that moment of fear when a car suddenly loomed in front of him, impossibly close, with an outpouring of conscious awareness of the truth. Fear and love cannot abide together. One or the other will win. We all tend to start from a position of fear in situations that feel risky to us in some way. Balancing that response by bringing it around to love is the basic ethical challenge of many of our rounds with catalyst.

We will be looking at choices a lot in this book. Indeed, the subtitle of this volume is *The Choice*. What brings us to the moment of choice is our catalyst.

The main problem we have in responding skillfully to positive catalyst is that we find it so pleasant. We get lost in the enjoyment of it. Romantic love wipes many surrounding details off of the face of our internal map. Friendship, the pleasures of good company and easy times and all the blessings of life come into season in our

lives to find us appreciating them as they pass. In this daze of happiness it is a challenge to remember to give thanks. Taking things for granted kisses them good-bye in terms of the Gameboard. Even if they last all of our earthly life, they are never part of the Game of Life. Giving thanks for things lifts that catalyst to the level of the Gameboard. Gratitude seats positive catalyst metaphysically so that it works within our evolutionary process.

The catalyst we human beings really notice tends to be negative catalyst. We get fired, or our mate leaves us, or we are insulted or some catastrophe strikes us. We feel depressed, or angry, or guilty, or unworthy because of—fill in the blank.

Catalyst in and of itself is not remarkable. It is coming at us all the time. We share it, actually, on a deeper level than the conscious mind. We all know what the emotions of jealousy and envy, sloth and anger are. We as humans hold these emotions in common.

What shall we do with these emotions when their energy is activated within us by incoming catalyst? If our response is anger, do we immediately turn to the catalytic agent, probably another human being, and express that anger without regard for that person's feelings? Do we turn anger inside, instead, and hone it to a fine edge—into a crafty, sweet revenge? Do we let it slide off of our backs without taking it in or caring about it? Or do we point the anger inside, targeting ourselves, and call ourselves unworthy? What do we do with this energy that our catalyst has generated?

It is a creation of energy. The choices we make about what the Ra group calls energy expenditures are absolutely crucial as we play the Game of Life. We have just so many seconds to live. We have just so many heartbeats before our environment changes and we drop our physical bodies. And in those times of our life's heartbeats, we have just so many opportunities to feel, sense, think and choose how to respond. Each incoming bit of catalyst is a precious gift. Here, in this present moment, is a fully sufficient environment for playing the Game of Life.

One more point about the search for the true self: The unitary nature of the creation and the essence of the Creator being

unconditional love, it is logical to infer that the true self is made of the essence of unconditional love. And the Confederation gives us this assurance specifically, encouraging us to realize that we are sparks of the Creator and possessed of Its nature. We are Its love made visible. So is all of the rest of creation.

But how to discover that in an authentic way is the question! It is a real challenge. The Game of Life is a long game. It is a challenge to play it through, a challenge worthy of extreme sports, marathons or the Olympic games. It can be played, and played well, however, by anyone.

The principles are simple. Once these principles are understood, it is a matter of using the inner discipline of the true Player to become a metaphysical athlete.

This all sounds pretty hard. And a challenge it is, indeed. It is a life's work. But its rewards—graduation into a new life and adventures surpassing the imagination—are worth it.