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**CHANNELING INTENSIVES**  
**CONFEDERATION CHANNELING QUOTES<sup>1</sup>**

**HATONN, FEBRUARY 10, 1974**

We of the Confederation of Planets in the Service of the Infinite Creator are here for this express purpose: to serve those who seek. Our service is, unfortunately, very limited, but these limitations are limitations impressed upon us by those who are dwelling upon your planet. We are limited to the use of a channel such as this one in order to serve those of the people of this planet who are seeking our service; who are seeking truth.

**HATONN, FEBRUARY 20, 1974**

I would address those of you who are receiving conditioning at this time. We are attempting to form the word "I." We will attempt to form the words with your mouth that we are attempting to communicate to your mind. This helps you to realize the thought that we are sending. In time, we are sure you will be able to act as an instrument to channel our thoughts to others. It would be of assistance if you could constantly remember why we are doing this.

**HATONN, FEBRUARY 23, 1974**

There will be conditions manifesting shortly upon your planet, conditions that will be obvious to many of the people of your planet. They will be conditions of physical change. These conditions will bring about much seeking among the peoples upon your surface for one reason or another. It will be that in this time there be many channels such as yourselves there to speak, using our thoughts, for we have an understanding of these conditions and of their consequence.

There are problems that will confront the people of this planet very shortly. We have said this before, but the time now grows very short. We have ways of telling this. There will be a need for channels of communication, whether they be of the type of this instrument, who can directly channel our thoughts, or whether they simply be of the type able to relay this information from groups such as this one to groups who seek it and direct them to a group. We have far too few groups of this type to accomplish that which we seek to accomplish: to bring to the people who desire our aid the aid that they desire.

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My friends, many of the people of this planet will know, for the first time in their present life, that there is a creation, because, my friends, the illusion that man has created upon this surface will suddenly become totally insignificant. They will be awakened from their slumber and look about them in amazement, and see about them the creation of the Father for this first time in its reality.

Unfortunately, this awakening for most of them will include the reaction of fear. And this was never intended by the Creator. And this reaction, my friends, will be because of their ignorance. These of you who wish to serve with us of the Confederation of Planets in the Service of the Creator will have the task of educating those of the people of this planet who would seek an education. And, my friends, many, many will do this. For, as I say, many will have been awakened.

It will not be an easy task, and there will be many at your door. And there will be much misunderstanding. My friends, there is one thing that is always understood, and that is love. Your demonstration of this principle will be the greatest benefit that you can offer to those that seek to learn.

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<sup>1</sup> Updated May 23, 2009.

The process of giving information to you through a vocal channel such as this one is at times quite varied, and is only a small aid in creating a condition by which you can avail yourself of the total knowledge of the creation. We do find, however, that in using channels such as this one, that there is a service performed in helping those who desire it to seek the knowledge that is within them.

There are some misunderstandings about the uses of instruments. For this reason, a new instrument sometimes has difficulty in channeling our thoughts, for he confuses his thoughts with our thoughts. But in all of these processes, we are simply awakening in you the part of you that is us, and the part of us that is you. It is what you might consider a reduction of your isolation, so that instead of being isolated, you are in unity with the creation.

For this reason, it is sometimes difficult for those of you who are so much conditioned by the illusion that is created on this planet to understand within the boundaries of the language that we are forced to use when speaking through an instrument the concepts which we are attempting to give you. It is necessary that an instrument such as this one spend much time in meditation, so that these concepts may be developed within him. A new instrument is able to communicate relatively simple concepts or messages of a completely controlled nature. If he is to develop into an instrument such as this one, or such as other instruments who are able to communicate concepts of a more involved nature.

**HATONN, MARCH 28, 1974**

Telepathy is the normal technique for communication. It is simply that it is necessary to be in tune with the intended expression of love that created this universe to be able to use what you would call telepathy as it was intended.

We of the Confederation of Planets use this form of communication and we are able to contact any of our brothers as easily as you would use your telephone. It is something which we are quite accustomed to doing. It is as simple for us as breathing or listening or speaking is simple for you. In the illusion in which you now find yourself, you find that you are isolated from your brothers except by the medium of the illusion. It is necessary in order to communicate to express yourself verbally and then transfer through the air by means of sound waves to express to your brothers, or it is necessary to use some electrical or electronic device. In other words, there is a separation between your consciousness and other consciousness that is the illusion. The separation is illusion and is not reality.

It is possible through meditation to reduce totally the illusion that you now experience that creates the separation—an illusory separation—to what it actually is—a total illusion.

**LAITOS, APRIL 10, 1974**

We of Laitos will continue to condition each of you that desire this conditioning. This conditioning, my friends, is not a unified phenomenon. It is a variable one, for it depends completely upon its effect on the individual who is receiving it.

The conditioning wave, my friends, is sent in a blanket wave. Some physical vehicles are attuned to accept the conditioning wave in a certain way so that it shows up immediately as certain feelings of energy. Others may not experience immediate sensation. Yet they too are receiving conditioning and their physical vehicles are becoming more closely attuned to the conditioning wave. There are many reasons why some people experience variations in the conditions however it is sent and it is received.

There are varying lengths of time necessary in individual cases for the conditioning wave to begin to manifest in the manner recognizable within the physical illusion as conditioning, as you call it. We are, however, satisfied that the wave is doing its work as we see each individual who is seeking the conditioning making progress towards a full ability to receive the wave in its most efficient form for producing instruments. This is, of course, only given upon request.

**HATONN, APRIL 17, 1974**

We are aware that you desire to become channels. My brothers and I have been constantly with you and we have been pleased with progress made in your conditioning thus far. We are aware that neither the one known as E nor the one known as T is pleased over the progress he has made. My friends, there is much to be done sometimes when one begins the process of conditioning to become a channel.

This does not have to do, my friends, with your basic vibration. This does not have to do with the level of awareness, except in a very general way. What it has to do with is the amount of intellectual activity which the individual who desires conditioning is allowing his brain to function with.

In the case of the instrument known as E, the amount of intellectual analyzing is considerable. The habit is very strong and each imperceptible wave of conditioning received moves such a strong habit of analysis only very slightly. The one known as T is somewhat closer to experiencing a physical manifestation of conditioning. This is due to his attempt from time to time to refrain effectively from analysis of data.

It must be understood, my friends, that to become a channel is to temporarily trust another entity with the use of one's vocal mechanism. This involves letting the control go completely and not retaining any amount of judgment over it. This is very difficult or impossible to achieve, if there is any thinking going on at all on the part of the channel.

The conditioning is sent out and is deliberately intended to be effective only to those who have accepted the form of meditation which precludes analysis of thought. This, my friends, is a challenge indeed, and one which we are aware is very specialized and can be very difficult. However, my friends, there is no doubt that each of you may be instruments if you desire to become instruments. It needs only complete relaxation and a complete ability to refrain from analyzing any thoughts that you receive.

It may take some time, as you know time. However, it is not only possible, but inevitable, if you continue to desire this service. We will, my friends, attempt to help you in every way that we can, as always, and we are extremely privileged to be allowed to be conditioning you

**HATONN, APRIL 29, 1974**

Channeling, my friends, is something that is available to all but not sought by all. It is necessary that an individual truly desire to become a vocal channel in order to do so. This, my friends, is the most important of all of the factors involved in channeling: that the individual who is to be a channel desire to be one. This desire also governs the ability of a channel to channel different types of messages and different contacts.

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There is, on occasion, doubt about the validity of this form of contact in many of the minds of those who have become channels. This doubt acts upon their desire to channel the information which we give to them. Their desire, let's say, therefore brings about a lesser ability to channel and those upon your planet understand but very, very little about the action of desire.

But, my friends, we can assure you that Creator intended that all of His children be able to have exactly what they desire at all times. Man on Earth, as we have said before, is at this time experiencing exactly what he desires to experience. This is always the case. What is necessary if man is to desire what he desires ultimately is for him to understand his ultimate objective.

**HATONN, MAY 5, 1974**

I am aware of the instrument known as Carla as to her concept of the source of the thoughts which she channels. This is a personal message. We of the Confederation of Planets in the Service of the Infinite Creator are here to serve you. We do this in giving to you certain thoughts that are generated within us. My friends, these thoughts are also generated within you.

If you consider that the source of your thoughts producing the messages that are said to be from the Confederation is within yourself, then you are correct. However, you are also correct if you consider the source of these messages to be Confederation of Planets in the Service of the Infinite Creator. There is confusion among those of the people of your planet who act as channels for that which we bring to the people of your planet. We are real, as real as yourselves.

Our methods of communicating with the people of your planet are varied. In some instances, there are thoughts that are given to you from us. However, these thoughts are then your thoughts, for they were given to you to keep. And they were given to you by yourself, for we are you and you are we. There is only one consciousness. There is no separation.

We are here on your planet and we are part of your consciousness, for we are a part of the Creation's consciousness. It is impossible to separate anything in this creation from anything else except in an illusory manner. Therefore, if an instrument believes that he has himself generated the thoughts which he channels, then he is correct, he has generated them. If he believes that they have been generated by us, then he is correct, we have generated them. But, my friends, both of these have been generated by the same consciousness. Which of these thoughts is then to be considered valid: a thought generated by the instrument or that thought generated by us or a thought generated by some other entity?

All thoughts, my friends, are valid. There is no such thing as a thought that is not a valid thought. The only question, my friends, is whether the thought that you are aware of is a thought that you would wish to use for your own edification.

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There is much for each instrument who channels the Creator's thoughts to learn. There is much for those who listen to these thoughts to learn. For these thoughts carry within them not only the apparent meanings but many other meanings, for each individual that becomes aware of these thoughts becomes aware of a meaning for himself. And each individual uses each thought in his own particular way. And yet, each of these individuals and each of these individual's thoughts are part of the same thing.

And so we have conditions of an infinite entity communicating through its parts to its parts and evolving through this process and yet its parts in many instances do not become aware consciously of the reality of their condition of being in unity with each of the other parts and therefore consciously create the separation which is erroneous.

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There is no separation. There is a single consciousness. All separations are illusory. If we speak of being from elsewhere, we speak to you using terms that are appropriate to your illusion. There is no possibility of separating our thoughts from your thoughts except in the illusory manner that is practiced by many of those who dwell upon this particular planet.

**HATONN, MAY 13, 1974**

Channeling is a very simple process. However, it does require some practice. This instrument has learned to go ahead and speak the thoughts that we give him. He has also learned to clear his mind to almost a 100% extent. This varies somewhat depending upon the conditions that are surrounding him. At this time the conditions are quite good and he is receiving my thoughts almost in a word-for-word fashion, since I am familiar with your language and am also able to transmit the words that I wish for the instrument to speak.

In the case that you are now witnessing, the instrument is receiving the words that I wish for him to speak. In some other instances when I am using this instrument, I use him by giving him concepts and allow him to verbalize these concepts using words that he chooses. Each one of these techniques has its own merit.

This one is extremely valuable in communicating information of a specific nature. It does require, however, a greater degree of control of the environment. In other words, the conditions for reception for my thoughts at this time are quite good and this instrument is able to repeat word for word what I am giving to him. This

is a very high-quality contact. And it is possible to have just as high a quality contact with each of you here in the room. It is only necessary that you learn, like this instrument, to clear your mind of thoughts.

It is a little trick that must be practiced. You practice this through daily meditation and also through use of the channeling technique. You will not arrive at the fluidity at which this instrument has arrived without practice in doing so. For this reason, we recommend that you simply relax and allow us of the Confederation of Planets in the Service of the Infinite Creator to impress our thoughts upon your thinking. And then as these thoughts enter your mind, instead of analyzing them, simply repeat them.

The analysis that you make of what you are doing is detrimental to the type of communication that we are making. This instrument is doing very little analysis of what we are giving him at this time. He too, in the beginning of his channeling, had some difficulty because he analyzed at that time what he was saying. For this reason, it took a great amount of time to transmit a thought through him and there was but very little success in using this form of communication which requires no muscular control at all and is a technique, as I have said, that gives to you our thoughts in a verbal fashion as we arrange the words.

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We come because we feel the desire that brings us here. And we give what aid we can to those who wish it. Our thoughts are available to all who desire them. However, we attempt to do this in such a way that no individual is ever in a position where he cannot accept or deny our thinking as he so pleases. Those who are vibrating within the level that will appreciate the information that we give surely recognizes that which is truth.

At the present time, we are far behind where we had hoped to be at this point while helping Planet Earth. We had hoped to have been much more successful at reaching the people of this planet. It is possible that there will be a smaller graduation than we had hoped.

However, my friends, it is our greatest pleasure to be working with those of you, however many or however few, who are seeking. It is only necessary to seek, and the spiritual path shall roll behind you, and open before you. And what you desire shall be yours.

**HATONN, JUNE 5, 1974**

There is a program now in progress to awaken the peoples of your planet to their rightful heritage. There are many facets to this program. There are many of those of us from elsewhere in the Creation who are involved in doing this. It is very difficult to progress in an exact and direct way

**HATONN, JUNE 9, 1974**

We wish to assure you that the service of channeling will be one which is very valuable in your immediate days to come. It is not only that you will be asked specific questions by many who seek, although this will certainly be true. It is also that this contact will give you confidence. And with this confidence you may the more carefully carry on your own program of seeking in such a way that you will recognize that which is there for you to do, for you to know, and for you to be aware.

Much of the attempt which is initially made by those who begin seeking to discover their inner selves is such a confused attempt that it must be simply guided into another attempt. Therefore, many questions which you will receive will have very little meaning to you in light of your contact with the knowledge and understanding of the One Who is All.

That which you say under those circumstances must toe a very careful line. You must not give false information. You must not be discouraging. You must be encouraging and somehow understanding within the light of that which you know to be true. In many cases, my friends, this will entail an answer that is not an answer, which may temporarily confuse the person you are attempting to help.

In this contact with us it is good, therefore, in your service in two ways; firstly, in giving specific answers to specific questions which have an answer which can be given. And secondly, in giving you confidence as a

channel for the thoughts of the original creation, so that you are able to speak as its servant rather than as your own limited, earthly self.

There is much in this work ahead of you which the world will not understand. And this, my friends, is precisely the difficulty. Because the world does not understand, my friends, we are here. For it is seeking to understand and we hear its cry. The service that you are performing is truly, truly an important one. Have faith that your seeking is in the direction of progress and continue, my friends, if you desire. We are very, very grateful to you for your attempts to serve and we welcome you to our company.

**HATONN, JUNE 11, 1974**

There are more people upon this planet seeking than there have been in the past. However, many are quite confused in their attempts to seek and there is a need at this time for many more channels such as this one who can receive directly the thoughts that so many of the people of this planet are now seeking. We are attempting at this time to generate greater numbers of proficient vocal channels who can receive our thoughts quite readily. This requires daily meditation. This is all that is required: daily meditation. It is assumed, of course, that as this daily meditation is performed there is a desire for our contact.

We have been contacting people of Planet Earth for many, many of your years. We have been contacting at intervals of thousands of years those who sought our aid. It is time for many of the people of this planet to be contacted, for many now have the understanding and the desire to seek something outside the physical illusion that has for so many years involved the thinking of those of this planet.

The process we are stimulating is one which is self-generating. As more and more of those who desire our contact receive it and pass it on to others, then those who receive this passed-on information will they themselves be able to reach a state of thinking and understanding sufficiently in tune, shall I say, with our vibrations in order to receive our contact.

For this, my friends, is how contacts work. It is first necessary, if the entity is to be able to receive our contact, for him to become of a certain vibration as a result of his thinking. This is greatly speeded by involvement in groups such as this. And then it is finally done through meditation.

In other words, the verbal communications given to the entity by the channels such as this one create a system of thought and a desire for spiritual awareness that raises his vibration. Through meditation he is able to attune his thinking to those of us who serve planet Earth. He then can receive and repeat what we give to him, in order to regenerate, from its beginning, the process of teaching and of instructing others who will follow in the same path. Through this technique there will be many more of the peoples of the planet Earth made aware of the truth and the love that is theirs, as it is the will of their Creator.

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We of the Confederation of Planets in the Service of the Infinite Creator are very sorry that we cannot step upon your soil and teach those of your people who desire our service, but, my friends, as we have said before, this would be a very great disservice to those who do not desire our service at this time. And we are afraid we would have little effect in bringing understanding even to those who desire it, for understanding, my friends, comes from within.

We can only guide. We can only suggest. We are attempting to do this in such a way so that the seeking of the individual will be stimulated to turning his thinking inward, inward to that single source of love and understanding, the Creator that is part of us all, part of everything that exists, for everything that exists, my friends, is the Creator.

We are very privileged to have those of you who join with us in this great service at this time in the history of your planet. For, my friends, this is a very great time, a great transitional period in which many of the Earth's people will be raised from their state of confusion to a simple understanding: the love of their Creator.

**HATONN, JANUARY 6, 1976**

Not all channeling is the same. You have observed with the channels within your particular group a type of concept channeling which is given by a type of electromagnetic vibration which actually can be felt above the head of the channel. It has a physical manifestation within the consciousness of the channel's physical vehicle, in that as each individual experiences this particular electromagnetic condition known as the conditioning, this will call forth some reaction within the vehicle.

Within some, there will be the feeling of heat; within some, the opposite feeling of cold. There are many completely different reactions to this conditioning wave, these differences being due, my friends, to the status of your individual spiritual centers within your several vehicles. You know of these centers as chakras. In someone whose chakras are to some extent open, there will be quite a different experience from the one whose chakras are not for the most part opened. And each is at a different stage in his development. This is why every reaction differs.

Now, we have never used with this channel, although we have with other channels within the group, a stronger and more physical type of beam. We do not like to use this beam, because it causes discomfort within the instrument. We can actually use the instrument's voice-box, speaking with our voices, shall we say, in that we exercise the muscles of the speaker. We do not like to do this. It is not necessary that we do this, within this group, for this group is concerned with philosophical and spiritual concepts, and this is most desirably done through the vocabulary and concepts which we can give to each individual.

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The channeling wave, although it is conceptual, will be expressed in vocabulary. It is an electromagnetic wave. It is within the physical illusion, and it is attempting to coincide the vibration of the channel with the vibration of our thought. It is, shall we say, a cut-and-dried, limited and intellectual wave. We are not putting it down, as you would call it. It is very useful and is totally given in love, and with a spiritual desire to aid you.

But, my friends, the basic vibration of the Creator, perfect love, is a vibration which is given not only through us, but through your aides and guides, whom you would call angels, through your own inner self, through teachers upon your own spiritual planes, as you would call them—everywhere, everywhere, my friends, within the creation. This original vibration of love is reality. In meditation you are seeking not an electromagnetic wave from us. You are seeking perfect love. What we can give you in this channeling wave is a means of service to others. Also, it is, as we are well aware, a comfort to some of you to know that we are present. For, indeed, our presence is a supporting one in that we love each of you, and wish only to comfort you and help you through your experience.

**HATONN, FEBRUARY 1, 1976**

**Questioner:** I would like to know if I could have some way of knowing, physically or absolutely, that I am channeling, really channeling, when I think I am channeling from the Confederation. I need to be absolutely sure that I'm not channeling myself, because I would hate to give anybody wrong advice or say something that's not right.

This is a difficult question to answer, my brother. There is no channel that does not dwell within doubts many times. Moreover, due to the type of beam that we are using with you, although it is electromagnetic in a physical sense, it is not the type of wave in which total control is ours and you have no free will. We have experimented with this beam and we do not like it, even when the instrument is fully willing to give over to us. It is uncomfortable to the instrument, and it is not necessary in order to give to you philosophy.

We prefer using a type of communication which deals within your free will. We see your vocabulary as spread out within your awareness, and we pick out of your awareness the closest concepts to what we are trying to say. This is why different channels give different messages to a certain extent.

Now, it is partially their subconscious, and it is partially us. Do you understand this? Do you see what I mean, my brother?

**Questioner:** Well ...

This does not answer your question, but it tells you the basic answer, which is that you will never know for sure whether it is us until such time as channels are not actually necessary.

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Channels are necessary because we cannot and will not go against the free will of those upon your planet. Some of those upon the planet are seeking the truth. To those people we come to give our message. Many, many of those peoples upon your planet are not seeking the truth at this time. This is their prerogative. We do not wish to upset their applectart. We do not wish to make them know that our reality is superior to theirs, they are inexorably headed for our reality, and they will be forced into learning our lessons. We do not wish to do this to anyone. We wish only to talk to those who wish to listen.

We cannot appear among you at this point for this reason. So we use telepathic channels which no one can prove are actually speaking. This un-provability is essential to the vibration upon this planet at this time. We must not be proven to be here at this time, until the majority of those upon your planet want that information to which we have come to bear witness.

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We ask you, my brother, simply to have confidence. When you feel a desire to help, to give service in this way, pray, as you would call it. Speak to the light within you in a way which communicates to your own vibration. You might say to yourself, "I wish only to do work for the Creator." Or you could say to yourself, "Let me be an instrument of Thy peace." Say to yourself whatever is your true desire, in the Father, to do this work. In that way, there is no possibility of your channeling that which is not of the Father.

It is when one is not careful of one's vibrations that one begins to channel those entities which are quite astral and which, while sometimes very high vibration, are also sometimes not. If you wish a spiritual communication, set your vibrations to that. Then, speak what comes to your mind.

The essence of channeling is not to worry about what you are saying, but to go ahead, catch those balls, and throw them on, catch those words and speak them. You have arranged your vibration. You have set yourself to do the work of the Father. Then do it! You need not question intellectually something that is not intellectually happening to you.

This may sound very difficult at this time. What will make it easier for you is experience in this service. As you begin to have a backlog of experiences in which everything came out all right; in which that which was given to you was well-received, you will begin to realize that once you prepare yourself as the instrument, then that which is given through the instrument is not of your concern.

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Is there another question?

**Questioner:** Yes. I am having trouble channeling. How can I practice? Usually I mediate alone.

The best route for you to follow, probably, my brother, is that, instead of trying a full-scale message—we do not suggest this when you are without at least three in the group—you attempt a much more informal and brief type of channeling. This is actually the best type to do alone, at least until you have developed the ability to make contact with us in a solid way. It is for your own protection, so that you will not get astrals.

We discussed this earlier, and suggested that before initiating contact, the instrument pray. We suggest this to you. If prayer is not your chosen word for what we are suggesting, we give you the option of considering yourself a radio, and tuning yourself consciously to the very highest frequency, so that you take in only the purest of light frequencies.

If you wish to test your abilities to channel, take your problems of the day, your questions and your unmentioned but simply felt mood, and say, "What have you to say about this?" You will receive an impression. This impression will be a very short answer. Listen to it, and evaluate it. Do not take it as read or disbelieve it, but in an open-minded and careful way, evaluate your answers. See what you think about the source, about the level of response. In this way it will not be very long before you begin to build up some confidence in your contact. Answers given in this way are quite short, but to the point.

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Within conversations with others, it is entirely possible to ask for words, so that you might, shall we say, plant a seed while not formally channeling. It is not necessary to sit in a dark room with your eyes closed in order to get our words. Our thoughts are simply the thoughts which are within you but which are amplified by the spiritual vibration so that you may hear them. Therefore, it is only necessary to make a momentary contact with the desire to be of service. Then, that which you need to say will be forthcoming.

Again, it is not necessary that this be sustained. Very often, those people who have come to you with a question will not need very much but only the seed that they may take with them and let grow on their own. These things may be done without ever becoming what is known as a vocal channel. They are done because of desire to be of service.

This type of channeling is just as important as the more formal type of vocal channeling, and in the case of the seed-planting, is very helpful in cases where the person asking the questions is only beginning to seek. This person would not come to a meeting, and would be uncomfortable if he did come. We could not talk to him through a channel. We would not be able to get through, for his free will would then be violated. Yet the seed can be planted, if he asks a question that has a spiritual answer. This also is a service, my brother, and can be practiced in any situation.

#### **HATONN, OCTOBER 30, 1976**

Frequently, my friends, we have difficulties with channels, and it is almost always due to their desire to monitor our message. There are many reasons that this interferes with our message, but most often it is due to fear on the part of the channel, for the channel often feels that he is speaking his own thoughts.

The relationship between the source of the Brotherhood and the channels who are the instruments for that source is one which is difficult to express in the concepts of your language, for we are truly one. We use those concepts which are within the channel's mind. We play on the instrument that we find. If the instrument has powerful biases, he may find himself repeating, due to the fact that we are attempting to establish better contact through the means of repeating familiar material.

We say all of this due to the fact that even the most experienced channel suffers difficulty in communication due to analysis of our message.

#### **HATONN, DECEMBER 12, 1976**

We can only give information in certain limited ways. We give information through channels such as this one simply because the channel is receptive and has allowed the information to pass through him. Had he not allowed this, we could not give this information. There would be no way available for us to speak through him), for we must follow the desire of those whom we serve. That which is desired, and only that, will be given. Only that which is desired will be received.

For this reason, those upon your planet will be receiving, as always, precisely what they desire. It is a problem, we realize, to give precisely what is desired to those who desire it and not infringe upon those who do not desire what we offer. We have to offer what we understand to be a truth/beauty far beyond that which is experienced upon your planet. Yet, we can only offer this in a very limited way.

My friends, free will must be at all times the criterion for our communicating, for our contacts, for any of our peoples' contacts. For this reason, we are dependent upon those upon your surface who would reach out

for us. My friends, we have much to do and yet, it is difficult, in a sense, for your peoples to understand the simple truths that we bring forward to you.

These simple truths, my friends, will, as it is said in your holy works, set you free. For you are truly in bondage: bondage to an idea that is false; an idea to which the peoples of your planet have clung steadfastly for many, many generations; an idea which led them down a road of confusion; an idea that brought them to the present state.

We implore you to act with us to help those who seek our help. And yet, we realize that you yourself have limitations and barriers. We feel sad that these limitations must always be upon us. And yet, these limitations are the essence of our being here, for without them you would not exist. These limitations, my friends, are the essence of the creation. For in His total understanding, the Creator is creating a perfect balance, a perfect freedom of experience.

For, my friends, even though that which you experience may seem to be far from what you desire, it is precisely what you desire. You would not be experiencing it, my friends, if you did not desire it. You desire it for purposes of growth. You desire it for other purposes. And yet, it is the essence of your life. Join with us to improve that essence at as fast a rate as you can possibly afford. This is our mission: to aid you on that path at an ever increasing rate and an ever increasing understanding.

**HATONN, AUGUST 10, 1977**

We are attempting the transformation of beings through these speeches. We can do so very little, my friends. We can only urge you to meditate and possibly inspire you through our descriptions of those things in which we have the greatest faith; in which we feel the greatest belief. In our vibration, these are not inspiring words. These are the sober truths. Our vibrations, my friends, must come through the mists of the material illusion. They must be filtered through your words. And all we can hope is that through the magic of your imagination and your desire to seek the truth our words will inspire you to meditate.

As we said many times, we do not know it all. We are not very wise. We have simply been a little farther up what you might call Jacob's Ladder. And we know that the journey is far, far more beautiful, more rewarding, and more deserving of faith than any possible journey to any possible place in space, in time, or in imagination.

The journey for truth, my friends, is a journey for love, a journey for yourself, for you are truth and love. We hold out our hands to you on this journey and if at any time you wish the simple strengthening of our vibration, request it mentally, and I and my brothers will be there. That, my friends, is another thing in which you may have faith.

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We are very, very pleased to make contact with the one known as M. It is an exciting thing for us and for the instrument and we assure the instrument that it gets easier to maintain contact as one becomes used to the shock of speaking one's thoughts out loud for it is very different to speak out loud than it is to hear within without having [put one's] thoughts into words. We are most pleased.

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It is a great shift from the intellectual to the intuitive, as we have been speaking about this evening; to speak thoughts without knowing ahead of time the direction of the thought. Thus it is almost like, shall we say, a noise in the head which cannot be separated into words at first, and the noise blurs the words. However, if you desire this service and persist in attempting, you will eventually become able to, shall we say, decipher the signal from the noise.

The noise is [the] background of your daily existence. There are many, many small thoughts and constant pressures which are attendant upon living within a chemical body and having the responsibilities and social ties through which your life within this illusion has its dynamics and within which you learn. We [are] attempting to say that this noise is not in itself evil or to be banished, for you are here not entirely to learn,

but also to groove, shall we say. Or, shall we say, you are here to learn and groove, but not one at the expense of the other. In meditation, this background noise will gradually sift away. And all of the messages will begin to come through a little better, including ours.

We thank you very much for the privilege of working with you.

**HATONN, SEPTEMBER 4, 1980**

May we thank all of those present for the desire to serve and for your patience as we do this careful work with the new instruments. We are very happy as we begin to blend various tonalities and vibrations of the Confederation with the somewhat more complex vibratory needs of capacities of each new instrument here present. We have been able to blend with those energies already existing in what seems to us to be a most satisfactory manner using the fellowship of those entities with whom each new instrument had already been in contact, sharing concepts and allowing the one great message of love to find [the] new channels.

**SEPTEMBER 4, 1980**

*(Carla channeling)*

... vibration, thanking this instrument for the privilege of this work. I am Hatonn.

*(N channeling)*

I am Hatonn, speaking from this instrument with greetings of love and light to my brothers and sisters. For the receptivity of this (*inaudible*) is such that our vibrations may be shared more readily due to the willingness of this oneness. From that point of light within we are one and in that love which we extend we bid you adieu. I am Hatonn.

*(Carla channeling)*

I am Hatonn, and am again with this instrument. We thank the one known as N for the flexibility and desire to serve which enabled our contact. We would at this time share our vibration with the one known as (*inaudible*), offering to her also our humble thanks that we may share with this new instrument in service to the infinite Creator. I am Hatonn.

*(Carla channeling)*

I am Hatonn, and am again with this instrument. May we thank all of those present for the desire to serve and for your patience as we do this careful work with the new instruments. We are very happy as we begin to blend various tonalities and vibrations of the Confederation with the somewhat more complex vibratory needs of capacities of each new instrument here present. We have been able to blend with those energies already existing in what seems to us to be a most satisfactory manner using the fellowship of those entities with whom each new instrument had already been in contact, sharing concepts and allowing the one great message of love to find [the] new channels. We shall be with each at any time that you may mentally request our presence.

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We would at this time transfer in order that queries may be had. I am Hatonn.

**Questioner:** Hatonn, was it your vibration that I felt this morning in this morning's meditation or was it Laitos? Is there anything you can say?

I am Hatonn. My brother, during the meditation of which you speak you were experiencing the vibration of our brothers and sisters of Laitos. For it is their task to work with the new instruments in familiarizing the new instruments with the lighter band of the Confederation vibration. We of Hatonn have blended our vibrations with you on a specific basis this afternoon for the first time and shall be most honored to blend them at any time in your future in which you request our assistance.

**LAITOS, OCTOBER 16, 1980**

We would say to those who wish to experience our contact for the first time or on a new basis, so to speak, that our vibration is somewhat less intense, so to speak, than is the vibration of Latwii. We always work with those who request conditioning in meditation for it is our purpose to serve as intermediaries, so to speak, between the newer instruments and the Confederation.

We are able to make our vibration known to any who request it because we have what might be termed a more simple wavelength that is easily perceived by those who are able to quiet their minds for a few moments and who wish to receive this type of contact. We are most pleased in every instance to be asked to join in each person's meditation and are always honored to be asked to join in meditation such as this.

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We are always overjoyed to be able to speak our words through yet another instrument, for, as you all well know, the people of your planet are in great need of words of love and of light and we are especially honored to be able to provide even our limited understanding of the love and the light of the infinite Creator. Therefore, we are always overjoyed at the prospect of being able to utilize one more instrument in this service to the people of your [planet.]

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As you know, it is especially important that we establish good contacts at this particular time with those who are grounded in themselves as seekers and who cannot be moved. There will come times in which your faith will be shaken and it will seem that you have too great a task to accomplish, too many unanswerable questions to deal with. However, that which is needed will be provided. That which is to be, will be.

Although there will be miracles, we shall not safeguard the physical lives and the artificial values of each of those who seek our information. Our concern is for the things of the spirit and that is why we urge you who seek to be the shepherds to know that it is only important to have a state of mind in which the Creator is remembered as the center, as the giver, as the source and as the identity of the self. You must have covering for your feet and protection against the cold and food to fill your bellies while you are in the physical. We ask you not to be overly concerned but simply to work upon yourselves, your desire, and your sense of will.

**LAITOS, AUGUST 6, 1981**

**Questioner:** Can you give me some idea of the accuracy of my channeling?

I am Laitos. The accuracy of channeling is always imperfect. We assume you intend to discover the percentage of channeling which comes from your own resources and the percentages which come from the Confederation resources. This ratio of percentages varies widely but at present you are beginning to reach the level where your percentage remains within acceptable Confederation limits for clear contact. It is our intent in this type of contact to retain at least 25 percent of the contact for the use of the channel. This enables our message to find the unique expression in each and every instrument while maintaining the basic simple tenor of what our group has to offer—that is, the explication of the original Thought of love.

Thus, this channel, for instance, is normally using her own resources approximately 30 % of the time. In your case, you are beginning to stabilize at using your own resources approximately 35 to 37 % of the time. This is a plateau which must be reached.

Once stability is reached, it is then possible through experience gradually to approach the 25% which is considered by us to be the limit beyond we would not wish to go. The lower acceptable limit is using one's own resources 50% of the time. So you may see you have advanced in your own work to a great extent. Therefore, we thank you for your desire to be as pure a channel as possible and request that you never be concerned if you find some material from your own experience worked into the channeling, for it is our precise intention to use experiences which illustrate the basic love and light of the infinite Creator.

**HATONN, OCTOBER 11, 1981**

We assure each new instrument that the contact which it experienced this evening was our contact. We are aware that each instrument experienced varying degrees of doubt, unsure of whether the words perceived in the mind were our transmission or were merely thoughts running through the mind of the instrument's own manufacture.

We have said before and now reiterate that each instrument shall experience this phenomenon in varying degrees. The doubt shall be diluted as practice is begun again and again within this group.

We suggest to each new instrument that the opening as a channel for our thoughts is both quite simple and quite difficult. It is simple for those who are willing to appear quite foolish and to allow our thoughts to be spoken by their own voices as they appear within their minds. It is quite difficult for those who would wish to maintain a certainty that they shall not appear foolish. For, my friends, upon your planet at this time it is the experience of any who seek to love that this experience shall render one quite familiar with the feelings of foolishness.

For upon your planet it is quite foolish, it would seem, to love without the expectation of return, to give for no reason other than to give to one who needs and it is true also that for those who seek to be of a specific type of service, that which you call the channeling, that the experience of foolishness shall also be reflected, for it is, apparently, it would seem, to new instruments not a particular energy associated with that instrument which is being allowed to pass through the channel.

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We of Hatonn are your brothers and sisters on the search and the journey for love and unity with the Creator. Thus, we are none other than your other-selves and that which we transmit through your instrument is none other than the love and the light of the one infinite Creator which exists within your very being. Therefore, it is not something which is alien to you, but that with which you are most intimately acquainted when you open your being to the experience of the love that resides within. May we thank each in this group for the patience and the desire to be of such service.

**LAITOS, OCTOBER 15, 1981**

As you come into this place of peace and dedication to service, let all those things slide from you that cause you to be caught in the world of illusion where it is difficult to see the one infinite Creator. For here, as you are banded together to seek to be of service, is the Creator. There is a spirit of which we are messengers and of which you wish to be messengers also. As you offer yourselves to this service, my friends, know that you are among the great many friends of we of Laitos, and those of the Confederation of Planets in the Service of the Infinite Creator and many of those whom you call angels are all of a single wish, and that is to be of aid to those who wish to offer themselves as channels of the love and the light of the infinite Creator.

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We find a good deal of blockage due to some concern on the part of the instrument that the contact may not be controlled and may be false. May we suggest, for the first fear, that the instrument, in meditation, visualize a deep violet shade surrounding, in particular, the rear and sides of the portion of the body known as the head, but extending more generally throughout the head area.

For the second fear may we suggest the imaging of the opening of the pea pod. As one pea rolls away from the pod, the rest follow. There is an inevitability about this particular process which is felt by the finger or thumb as this is done. So it is with a phrase as we give it. We give a phrase which is easily spoken, then the pod is tossed away, shall we say, and another ready to be given forth.

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May we offer to the instrument the suggestion that with this instrument also there is a visualized color which may be somewhat helpful. If it is desired that the meditation be pointed towards communication and the deepening of the contact to include the conditioning of the Confederation, as the request is mentally sent

for our presence the golden color may also be sensed as that which is about the instrument, for this is compatible with this instrument's meditative state.

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Desire, my friends, is the key to the contact. The greater the desire, the more we are able to work with you. If the desire is sufficient we will be there. We will be there at any time, any place, when you have the desire for our contact.

Sometimes it is difficult to establish what we would call the original contact. This is understandable, for quite often the individual who is receiving our contact analyzes that which he receives and quite often interprets that to be thoughts of his own, generated from within his own being. We suggest, my friends, that you do not try to discriminate between our contact and those thoughts generated within your own being, but simply say what is available for the saying.

My friends, it matters not whether those thoughts are generated within your own being or from us, known to you as Laitos. Relax and simply speak those words that are available during that period of meditation when you desire our contact. After you have gained some experience in simply letting flow that which is available, regardless of its source, whether it be yourself, whether it be us, or whether it be another source, you will then begin to realize that all sources are one. Information, my friends, is information. It is the information of the Creator. It *is* the Creator. It is our understanding. As you receive it, the greater the desire, my friends, the more the understanding.

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**R:** How deep of a meditative state is necessary for contact?

I am Laitos. My brother, it is not necessary that one enter any great depth during the meditation in which contact is sought. The necessity, rather, is for the clearing of the mind and not in the deepening of its perceptive ability. The clearing of the mind, as we have mentioned, consists of removing the tendency towards analysis, which is natural for your peoples and for any new instrument which is attempting to perceive thoughts transmitted from any other source than its own being.

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**S:** How can one be certain when a contact has been made?

I am Laitos. My sister, we do not deal in certainty, for this is a phenomenon which has no proof, proof, as you know, being the greatest of infringements upon your own free will. But we may suggest to you that if you should desire some simple sign that contact has been made, you may ask for conditioning in whatever degree you deem appropriate prior to the contact, and upon receiving this conditioning, this shall be your signal to yourself that the contact is about to be initiated.

Of course, you may also note that any entity who wishes to persist in the analysis may also decide that the signal was not the proper signal. This is why we say there is no certainty, but you may, yourself, during the time that contact is sought, be assured as much as we can assure you that if you desire our contact, it is our contact which you shall perceive. May we answer you further, my sister?

**S:** Yes. Why was I not able to perceive the rest of the message? Was there a bad contact? I became somewhat anxious. Is that responsible for my not being able to receive the contact?

I am Laitos. My sister, we would confirm your discovery and assertion that the anxiety does indeed serve as an inhibitor to the perceiving of our contact. It is much likened unto what you might perceive as the static upon the radio. Anxiety within your mind does block that further perception of the contact. That is why we suggest the relaxing of the mind. This is why we have previously suggested the taking of deep breaths and the simple speaking of the thoughts as they are perceived within the mind, without analysis or doubt.

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**D2:** I'm seeming to have more trouble with the contact this afternoon than I have had previously, although I did not perceive any difference in my own particular mental state today from I have had before. Are there any adjustments that you would suggest that I could do to make contact better?

I am Laitos. My brother, in this regard we may simply reiterate those suggestions which we have made in the past, those being the relaxing as much as possible, the clearing of the mind of all extraneous thought and the refraining from analysis. These are the basics which any new instrument must be able to master before the contact can be clearly perceived.

**HATONN, NOVEMBER 12, 1981**

When you seek service as an instrument—a vocal channel for the one Creator—you are attempting to condense or crystallize the experience, knowledge and beingness of the one Creator into what your peoples understand as words which form concepts upon the written page. These words are more easily understood at one level when read. But, my friends, we hope you will also realize that the crystallization of the concepts into words also distorts the concepts in some way, for there are no words which can fully express the beingness of the one Creator which resides within each iota of your beingness.

Yet we of the Confederation of Planets in the Service to the One Infinite Creator continually seek new instruments through which to speak. For it is our understanding that this is a most efficient method of imparting some small part of the love and the light of the one Creator to those entities who wish to hear such words for inspiration. We remind those who wish to serve as instruments that this is not necessarily the most efficient way, and certainly not the only way to serve. We suggest the adding of this technique/method of seeking to one's fully developed repertoire of techniques and methods of seeking.

**LAITOS, FEBRUARY 11, 1982**

We of Laitos know that for many of those who attempt to serve as channels there come times when the individual begins to regress somewhat in the progress they have made. The ones who choose to serve as channels often find doubts in their minds about their abilities, doubts about whether they are truly receiving, doubts about whether they are speaking randomly or not and soon with the message that the Confederation offers.

As you continue, however, to exercise your abilities these doubts will begin to smooth out and you will once again be able to relax and allow the words to flow freely without attempting to examine each and every phrase, each word.

We do not speak of doubts as a handicap, for doubt is a very important part of your seeking. Without doubt one does not question. To find answers, unknowns, one must question not only others but oneself. Questions will aid you as well as we of Laitos. Each insight, each thought, offers opportunity to increase one's awareness, one's knowledge of the Creator, of the self. We of Laitos encourage the doubts to be used and not avoided.

**LAITOS, FEBRUARY 25, 1982**

We are happy, as always, to be allowed the chance to help those who seek to serve in the capacity of channels for the humble message of the Confederation. Each voice that is lent is greatly appreciated and aids more than can be hoped for.

As each receives and speaks the words and thoughts, each will express these in their own way as their store of knowledge allows. Each speaks as his orientation allows. Each channels using his vocabulary and background knowledge. Each has his own form of expression, his own way of conceiving the message that is transmitted. Each message may sound a bit different from one channel to another, but the differences in the presentation of the words are not as important as the basic meanings of the whole. While one may be able to use words

not in your peoples' common vocabulary, they say no more than the one whose knowledge of words is small.

As each channel remains open and flowing, that channel will speak an uncontaminated message in his own way. Each of those present at this time has totally different backgrounds, varying interests, individual phrases and mannerisms. Yet each in his own way and style is able to transmit the message he receives in more than acceptable clarity and preciseness. A channel need not feel that he is changing the message if he does not use the words and the phrases used by others. Each is unique, and each has his purpose. Each speaks, acts, in his own unique way.

We are indeed privileged to have so many who actively seek to serve in the channeling capacity within this group. We are privileged indeed to be able to work with you and any others seeking to serve as channels. We of Laitos are always at hand and will join with you in your meditations whenever asked. You need but call and we shall be with you.

**HATONN, FEBRUARY 25, 1982**

It is necessary to be aware that a contact can become, shall we say, swayed towards the bias of the one serving as instrument. But to be overly concerned in this area does then present problems of another nature. Those problems are more your current concern.

Specifically, we speak now of your doubt which has caused you some concern in the area of perceiving the initial contact, recognizing it, and beginning the transmission at what you consider the proper time. We would suggest that you set a certain level of conditioning which, when reached, would be your signal from the Confederation entity attempting contact that contact is now ready to be verbalized.

The conditioning vibration can be provided in any degree of strength or frequency, shall we say. When you have experienced the strength of the vibration which will assure you that you have made a good contact, then simply speak without concern for that which will follow.

The desire to be an instrument, we have found, is the key ingredient in this process of channeling, as you call it. We have found also that being overly concerned about the success, shall we say, being demonstrated by the new instrument is that ingredient which is most detrimental to the steady development of a new instrument.

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We realize, of course, that each time you endeavor to channel you are in fact playing the fool, for you are out on a limb, so to speak, without assurance that the limb will hold you. We can only suggest at this point in your development that you release your doubts and simply take part in the process. Speak the thoughts as you become aware of them and you shall clear the way for the thoughts which follow, and the limb shall indeed support you as it has thus far.

**LAITOS, MAY 13, 1982**

We would like to say a few words about this service of being a vocal channel, a messenger of love, a voice for those who serve the Creator with all their strength. First we wish to acquaint you with the concept that a messenger is a servant, one who is humble and who bows the knee before those to whom he speaks. A messenger is not involved in the outcome or the result of the message. The responsibility of the messenger is to the source of that message, that it may be given as truly and as well as the messenger has the capability of doing.

In any situation, all are messengers, all speak from a source. All are channels, my friends. You are offering to be a channel to aid the Confederation in the service of the one infinite Creator. This service differs from these unconscious channelings of your race in that you have a conscious desire to focus your message in such a way that it reflects a deeper source, that you may speak more truly, and that your message may originate

within the realms of service to others. This is indeed a very blessed decision, for the desire to serve will open the door to that service.

My friends, there is no question as to your ability to function as channels once your desire has been summoned.

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As you serve, you grow, and as you grow, it may seem to you that you have been blessed with more information, more depth of understanding and more realization of that great source of love which is within you than some others. We ask that when these thoughts come to you, you bless them, and then release and remember instead that each understanding brings with it a responsibility. Each responsibility brings with it an understanding. Therefore, my friends, avoid either praising or not praising your progress. Simply continue to seek. That service which has been prepared for you will be yours as you take it up moment by moment and day by day.

**HATONN, JUNE 10, 1982**

We ask each to remember that all of us who call ourselves by the name of the Confederation of Planets in the Service of the Infinite Creator are but messengers, so that those who speak our thoughts are also messengers. That which comes through us and through you is, therefore, a sometimes simple and sometimes more complex rendering of one basic concept and its implications. The concept is the original Thought, its nature, its unity, and its creative power. Its implications are infinite, and are expressing themselves all about you and to the ends of the endless universe of the Father.

We do not speak with any remarkable powers or absolute knowledge, but rather out of what we are aware is a limited grasp that is just a bit wider than your own. Therefore, we turn to you to aid you as you attempt a wider grasp of the original Thought of love.

We would say to each instrument that desires to be of service that the mechanism by which we produce concepts through instruments is one which is not discernibly different than the method which your own deeper self uses to produce concepts which your conscious minds and then clothe them with words. As we send concepts to the higher regions of the subconscious levels of your mind, we release them to come forth into your conscious mind just as do your own thoughts, so that you, with your unique background of experience, of language and of attitude may clothe our simple thoughts in your own unique way, so that our message may be offered to those who seek in an ever-changing and ever-varied manner.

And therefore, my friends, the very first concept to remember as you begin to work with the brothers and sisters of Laitos is the concept of non-analysis. We shall in the beginning be very careful to be specific in what it is that we intend to do in regard to using each as instrument. But then, my friends, because you have become familiar with our words, when you hear the familiar salutation rising to thought in your mind, you may analyze this thought and say to yourself, "I am making this up. I know that is what I should say, and so I shall not say it. I shall wait for further recognition."

And yet, my friends, to do this is to block the contact completely. For unless you speak the first concept, the second shall not arise. When you speak the second, the third shall rise, and so forth, until you have spoken all that you may be capable of funneling through your instrument at a given time.

Just as a musical instrument in the hands of an inexperienced player may make only a few notes in the beginning, so you shall perhaps be able to begin only slowly, although, my friends, there are natural musicians who play well immediately and there are natural channels who speak fluently immediately. So, have no expectations of yourself, good or bad. Do not hesitate to speak if you hear in your mind the rising of the thought. Do not analyze, and do not be concerned, for each in this group is here to support this process, and we shall be with you as our brothers and sisters of Laitos work with each new instrument.

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We ask that the practicing of the opening of the instrument be attempted only when there is a supportive group of at least two other entities, one of which is preferably more experienced.

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My sister, an instrument such as you, which has the natural capacity to receive and transmit the thoughts of entities such as those of the Confederation, is open, shall we say to a great variety of impressions. The natural vibration of your being, being that of a joyful and carefree nature in most instances, does then attract entities of like vibration. You will note that from time to time, when you are in a meditative state and have opened your instrument to contact such as you have done this evening, that you shall experience a variety of impressions if you continue to leave your channel, shall we say, or your receiver, open.

The entity which contacts you now is of no specific orientation, but merely greets you in joy. We would suggest that as you perceive various impressions or contacts that you develop some means of determining the nature of the contact, so that your instrument does not become utilized by entities which are of what might be called the negative nature.

Therefore, it is helpful for new instruments to ask of any entity which attempts to transmit through the channel a general type query which would ask if that entity desires to be of service to others, or is of positive polarity, or is of Confederation origin, or by some means the new instrument might utilize some form of challenge.

**HATONN, JUNE 17, 1982**

Each of you as a channel shall indeed be of a unique service, for each of you will interpret our concepts with different language, different examples and different experiences. For such is the nature of our contact that the use of your own personal vocabulary and memory is encouraged. Thus, that within you which is inspirational shall be added to our simple message. And you may one day find yourself thanked by yet someone else whose time it now is to have become aware of this particular kind of meeting, meditation and message.

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Do not feel that the service of being an instrument, of receiving material such as this instrument does, is the best or the finest service. My friends, your finest service is the very vibration that causes the atoms of your being to dance in their energy fields as you move in your own special way, through your own special light, moment by moment by moment. We rejoice in your company and give great praise to the Creator for this opportunity to share our thoughts with you, and to work with each channel.

**HATONN, JULY 15, 1982**

It seems that often we greet you several times during one evening, but each time we indeed feel the love and the light in which we greet you. We are pleased to feel the love surrounding all of us as we join together in our efforts to serve the one infinite Creator. It is a journey that we are on as well as you, for are we not all walking in the same direction? Are we not all seeking the same thing? Do we not all see the same light and enjoy the same love?

We are always aware that you are with us. And we also hope that you are aware that we are with you. We are honored by the calls we receive from each of you and are indeed pleased to spend some of what you call time with you, as it is very rewarding for us. It lets us know that we are serving in our way, and we are indeed happy for the opportunity that you allow us. For, were there no seekers that were calling upon us, we would indeed be in somewhat of a fix! For we would have no one to aid. It is for this reason that we are indeed humbly grateful to you for sharing your love, your light, your time, and your meditations with us.

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The new instrument will most often find some difficulty in determining when contact has been made for the purpose of the vocal channeling as opposed to the conditioning which is necessary when asked for as a preparation for this vocal channeling.

We suggest, therefore, that each new instrument ask for some type of signal from the Confederation entity providing the conditioning vibration, that will signify to the new instrument that the vocalizing of the thoughts is now appropriate. This may be a simple intensification of the contact in whatever means it has been experienced, a dropping of the jaw, a rushing of the pulse of the heart or an increase in the sensations of the forehead. Whatever is a new instrument's unique configuration, then let this be that signal for the beginning of the contact in its vocalized form.

Do not be discouraged, my sister, if this technique also takes time to learn. The new instrument that is full to the brim with the desire to be of service in this manner has opened itself to such a degree that the sensitivity is quite finely tuned, and therefore the next step becomes necessary, that is, the discrimination of the sensations which are experienced. With practice, you shall become most adept at this as well.

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**M:** Tonight I've been experiencing, I guess it's conditioning, that feels different than any conditioning I've ever received before. Could you shed some light on that?

I am Latwii, and am aware of your query, my brother. We would suggest that, with any new conditioning, the entity so experiencing the conditioning begin that process which you have lately come to know as the challenge. Offer unto that entity which conditions your instrument the challenge so that it might reveal to you its source. We cannot, as you know, provide that service for you, for to do so would be to rob you of the opportunity of growth that each such situation presents.

**HATONN, AUGUST 12, 1982**

When an entity such as each of these instruments decides that he or she desires to be of service by receiving concepts and passing them on, these concepts being of a recognized spiritual quality, the decision for this service has an emotional content. In some cases this emotional content is not great, and in these cases, as the novelty wears off, the instrument ceases that particular service and moves on. This is, of course, perfectly acceptable to us and we are grateful for being able to work with any instrument for any length of time.

Others who come to recognize our vibrations discover within themselves an emotion which can be described as dedication. In these particular instruments there has been developed a love of service which does not grow on compliments nor fatten on praise, but rests instead on the desire to be of service as each instrument has been served in his or her own turn.

And we say to each that it does not matter greatly whether or not an entity has determined to be of service by learning the skill of more and more precisely tuning the receiver so as to transmit our messages. What matters, my friends, is that, in whatever service you are attempting to perform, there lie beneath the surface an inner dedication that is not a veneer which washes away with constant use nor is rubbed away with idle chatter and stray thoughts, but instead remains, a kind of inner lodestar, guiding the servant on to seek an ever more precise rendition of whatever service he or she has undertaken to perform.

**HATONN, AUGUST 6, 1982**

We are pleased, as always, to be called among you to be of service in this method you refer to as the channeling technique. We gladly offer our services in exercising the new channels as their desire deepens and grows with each day that passes on your planet.

We often hear your calls to us, my friends, in each day as you progress through the rounds of your daily activities that make up your life and experiences. We hear your calls and we are with you in each moment that your desire is open to us for our service, for our love, we are there. Never doubt that our presence is always close to those who strive as continually and with such diligence as the ones who are gathered this

evening. We are always close, my friends, always close enough should you ever put out a mental hand, a thought, and we are there.

We know your desire is strong to serve in this fashion of channeling and to spread the light among the peoples in the service of your planet. Time grows short and ever more often there are people who see and seek the light. There has been much done and much still that needs to be done. But even if one person is reached, my friends, then that has been a job well done. For in reaching only one person and sharing your light with that one person you have done a great service to mankind.

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We most humbly and heartily thank you, each and every instrument present, for we are aware, at least to some small degree, of the many demands upon your time and your energy and we know the hours that you have spent privately and in meetings with a group such as this one working on your service to others.

We speak one single, basic message. And in each instrument it has its own overtones and harmonies, so that as many as possible might hear some portion, some version, some idea of our great fundamental theme of love and service and be inspired thereby to the wild and perilous belief that such a thing as love does exist in the world.

To the casual eye, such a belief may seem foolhardy. We encourage you in your foolhardiness. It is the path, well trodden by pilgrims from the beginning of creation. It is the one path, call it what you will, which circles back to the source of all that there is.

**HATTON, SEPTEMBER 9, 1982**

We are pleased to see the progress of each of the channels. You are no longer new channels. You have grown in confidence. Your desire has been steady. You have worked and prayed to attain as pure a channel as possible.

You have an opportunity, brothers and sisters, before you to use this channeling medium to continue to share with those that are around you. Your group will grow and it will become small. It will grow and become small again, perhaps. For such is the nature of your group, always to be willing to serve others that pass through; always to have the watchful eye for someone in need; always to have the helping hand for someone who may have stumbled.

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You have grown strong, especially through the bonding of the friendships and your love for one another. While many of you will be physically separated, surely you know by now that you are not separated at all. Just as we are with you at your call, your brothers and sisters in the spirit of your cause are also with you at your call. They share in your joy, they share in your sorrow, and especially they share in your strength.

And this is the strength that will help you carry on many times when the distractions are great or the interest wanes, and you wonder, "Is there still a need for this type of service?"; when weeks may pass and many of the members that have frequented this road of learning have gone their separate ways. But your desire is strong, my brothers and sisters, and it will always bring you back together.

You are a family in unison who will serve those in need. Each time you come together you grow in the strength of your commitment to serve. A legacy of sorts is left to you, and as a very able and willing group you are to take it upon your shoulders. Our blessings are on all of you.

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**S:** How will I know when it is you in my consciousness and not my own input? I am fearful that I will say what is on my mind and not what is knowledge from you.

I am Hatonn. My sister, your concern is indeed well-founded, for it is most helpful for the desire of each new instrument to be strong in purity. This you have achieved. We suggest that in order to initiate the

vocalized channeling process that you speak those thoughts which appear in your mind while you are meditating within a group which has devoted itself to this type of service.

You will not know with any degree of what you call certainty whether the thoughts belong to us or belong to you. This is necessary so that each contact is what we call free-will contact. That is, no truth of any reproducible or certain nature may be given. In what you call the long run, this aids the new instruments much more than having absolute proof that the thoughts belong to us and not to you.

For the exercise of faith and will together are most helpful to any entity's growth. To have the work done or the proof given without some doubt being overcome, shall we say, on the part of the entity is not most helpful, for it does not take any faculty of will or faith for an entity to have proven for it that such and such a phenomenon exists. Therefore, we suggest that while you are attempting to make the contact with any member of the Confederation of Planets that you speak those thoughts which appear in your mind, and only later attempt to analyze their origin.

**HATONN, SEPTEMBER 24, 1982**

If you are a conscientious instrument, you will find that each group with which you meet flavors and colors the vibrations of, shall we say, the atmosphere of the contact. It is then a more advanced ability to be able to have the inner personal tuning that allows for communication if there is a group desire for this communication, regardless of the variation in the group dynamics.

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It is often the situation that a new instrument will perceive the first few words of our greeting as being of personal origin and then be unable to determine whether this perception is correct. We would therefore advise each new instrument simply to speak those words which are well known as our greeting, so that the words which are not as well known, and may be more fully understood to be of our origin, might then proceed into the consciousness of the new instrument.

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We have always said that desire is important for this contact, and that if the desire is strong enough, there will be a strong contact. We know that there is a strong desire on your part.

**LATWII, OCTOBER 24, 1982**

What you might do to insure positive contact in future sessions is precisely the same as what any instrument might do; that is, the challenging of any contact by whatever means has meaning to you, whether it be in the name of Jesus Christ, in the name of the Christ consciousness, in the name of the service-to-others polarity, or by whatever means carries weight within your perception.

Therefore, let this means be used so that each instrument, at each sensing of contact, might then challenge that contact and continue the challenging until a firm response in the positive polarity has been received. This may take some small portion of what you call time, but if you will pursue this general suggestion, you may rest assured that only the positive polarity entities will remain to use your instrument.

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**M:** If a person is worried about negative influences entering in his channeling, if he channeled for shorter periods of time in the beginning, might there be less chance for the negative influence to invade him?

I am Latwii. My sister, we might suggest that this would not be effective as a means of reducing the possibility of that influence. To reduce that possibility, one might begin by removing the worry. To respond to such a potential with fear or worry is to open the door yet wider. Rejoice in your positive choice. Praise the one Creator. Give thanks for each opportunity to serve. Seek within the heart of your being to serve others with every fiber of your being. And then when the opportunity to serve as vocal instruments approaches, challenge that contact which approaches and persist until the feeling of confidence grows within your being. Then speak to the best of your ability.

**HATONN, MAY 29, 1983**

This instrument has no idea of what we wish to say through her this evening, and one of the things which we would like to say is that this willingness to speak without concern for the product of the speech is necessary for those who wish to serve by being vocal channels.

There are many, many ways to serve, and this is but one of them. However, in each way that you serve, one of the keys is the same sort of relaxation into a faith in the process of a kindly universe at work within your life. Just as this instrument speaks without knowing the next sentence, yet because she has tuned and prayed, she opens herself with the intent to do this service. So, in your chosen service to another, the greatest efficacy may be found in relaxing into the flowing of a kind of communication from your heart and the deeper portions of your mind to your actions.

In such a way you become inspired, and, indeed, you become inspiring. That is, you may inspire others by your lack of fear and concern, and by your wholehearted desire to serve, as well as by the radiance which is peculiar to those who have learned the value of faith governed by a carefully tuned desire.

**LATWII, JUNE 24, 1984**

**S:** Could you comment on the advisability of channeling what would seem to be local entities or spiritual guides of some sort, providing that one's intentions are to seek knowledge and truth and that one is especially careful of tuning?

I am Latwii, and, my sister, we believe that you have answered your own query, for if, indeed, one is desirous in the utmost sense of seeking and serving the one infinite Creator, and wishes to more specifically to seek and to serve in the means of the channeling experience, then it is of little concern whether the entities that are channeled are of distant galaxies or your own neighborhood, shall we say.

The primary point of concern is, as you have noted, the tuning of your own reception through your desire, and the refined tuning of whatever means you utilize so that the entities which are then able to channel through you are of the greatest positive polarity possible.

**HATONN, NOVEMBER 30, 1984**

The questions upon the mind of all new channels are the same. It is difficult to know illusion from reality, falsity from truth. It is possible to convince oneself to a certain extent of an untruth. The one known as R [who works as a disc jockey for a popular morning drive-time radio show] has this duty and honor each day as he does his work of unknotting the painful charley horses of life, causing laughter by satire and untruth. It is a good service and it is provided with a heart of hope, and in these things we commend the one known as R. The length of, shall we say, time during which this has been done has engendered within this particular instrument a lack of respect for the illusion which borders upon the unbalanced.

We explain in order that we may aid the channeling process's beginning. When one is so aware of the gullibility of others, one's own gullibility comes into question. If others are easy to fool, is not the self? Therefore, the channeling process is aborted, for it is impossible to progress while feeling that one has basically been had, as this instrument would put it. We may not break through the mysteries of time, space and silence. That which you receive, you shall receive subjectively. Each gives of himself in order that those things might come through which will feel like nothing more than one's own thoughts. This is a part of the process of learning to channel.

**LAITOS, JANUARY 22, 1985**

We would like to speak a bit about channeling and about being an instrument. 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 as 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 we know, forever.

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We thank you and we bless you in your efforts on behalf of your brothers and sisters of third density. 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 you feel this greater self is 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.

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.

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Let your body relax and let your mind rest, but let the consciousness be one-pointed, as if you were attempting to catch a long thrown baseball. You catch the baseball and you pitch it again as accurately as possible. Only when you have pitched it and your glove is empty can you catch another baseball.

So it is with the channeling. When you receive a concept, say the concept that you receive. At that point you will be available for another concept to be let forth within your mind. It is this technique which we use with almost all channels. The type of contact which the new instrument wishes to experience is completely adequate to the delivery, explanation and exploration of the one message that we have come to bring, a message that can be said in countless ways, and each new spirit which dedicates itself to offering these messages thus gives the one message of love and light a new voice that is very precious. Again we ask you to stop analyzing, my brother, and simply speak those words which you hear.

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One who channels is a fool stepping off the cliff into thin air. It is necessary for the preservation of free will that our contact not be unmistakable but be subtle. Once the first step is taken, subjective proof may begin to come forth. At first, however, it is usually the case that there is a great deal of faith involved in speaking the first few words and messages.

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N: Are there others that take many sessions before they can adequately channel?

I am Laitos, and am aware of your query, my brother. We might say that your progress is quite good. We have worked with many instruments over a long period of what you call time and have noted that your experience is quite normal. We are most pleased that you have been able to receive our vibration and speak our identification. Many there are who take a good deal longer to accomplish these feats.

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N: The message just seems to be there, but I'm not really sure whether it's there or whether I'm repeating the introduction that I'm expected to be repeating. It's sort of an unusual consideration for me.

I am Laitos, and we feel that within your comment there is a query upon which we might also comment. Your perception of our introduction and our vibration is quite accurate, for though we are indeed quite real, the reality of the metaphysical realm is a reality which is not tangible or provable within your own

manifested material reality. Your senses, your perceptions, and your thoughts are all focused upon a world which might be held and touched and seen and tasted and smelled. Our reality, on the other hand, is that which requires a sense quite beyond any of your five common senses, but we must operate as best we can through those means of perception which are at your disposal.

The most effective manner in which we might contact those of your peoples is in this manner now being utilized; that is, the mind-to-mind thought transfer. In this manner of communication we speak our thoughts, we send our concepts, and they are received in your mind in much the same manner as your own thoughts become apparent to you.

If you will take but a moment to consider the phenomenon of your own thinking and speaking, you will discover that at each moment in which you partake of speech you are channeling thoughts of a nebulous nature from some portion of your being which you attempt to translate into words in order to communicate with another entity. You are not consciously aware of the source of these thoughts. You do not know the next complete sentence which you will speak.

In much the same manner, we contact your mind and transfer our thoughts. You will not be able to discern a great difference between our thoughts and yours; thus the concept of the fool who steps into space, unknowing of whether there shall be a place to put the foot, unknowing as to whether the next word shall make sense when viewed with those words previously spoken; thus the necessity for faith that such can occur. This faith balances the will, the desire which you have expressed to learn this service.

**LAITOS, JANUARY 27, 1985**

We were attempting to open through this instrument, which gave her some surprise, and she continuously challenged us in every way she could think. We thank that challenge, and we want the instrument to note that any time she is being greeted, or anyone is being greeted, to take the time and to challenge in whatever way is important to them. It need not be speedy. This new instrument feels that she must have a quick sentence in which to accomplish this. It need not be a one or two word phrase. For we, too, like the welcome of the warm, loving greetings.

As you note, our greeting to you is not, "Hello." We welcome this opportunity to exercise the nervous one known as S, and we do appreciate her desire to be a channel as a way of serving.

We do realize that she puts both a lot of expectations upon herself as well as a lot of feelings of, "I can't do it." Both are true. The important thing for this instrument to remember is that she is but the telephone. We have given her a picture of a very old telephone. She is not sure if she appreciates that, but the old telephone is still useable although it may not have been used or spoken through for a very long time. The wires may be a little tattered and the connection somewhat weak, but the operator is on duty.

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**S:** Laitos, can you give me any help or suggestions as to how I can remain more calm and stop jumping in, waving red flags?

I am Laitos. My sister, we are in the position of observing a student who has run the good race and is, shall we say, out of breath. We may suggest that the service you are learning is one which includes, as a natural portion of it, the characteristics which you find somewhat disquieting.

Your desire to be of service in this manner is of great proportion and purity and shall be your primary concern. That you express a portion of this desire in the form of anxiety and intellectual analysis of the process as it occurs is natural to new instruments. Yet, you can utilize this anxiety and let it fuel your desire without the need for the intellectual analysis. Allow the analysis to remain dormant until the process has been completed and you look back upon it in your own discrimination to see how it has worked and how it might continue its working through you.

Do not be overly concerned with your nervousness, but, as with all learning, observe those anxious moments within your being and allow them to move at their own pace without holding onto them, shall we say. You are undergoing a process which is not common among your peoples and your nervousness is quite natural. Allow this process its natural movement within your being.

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S: Laitos, last week Latwii said that those of Latwii and those of Laitos were available to me and to the others in our times of meditation, and I think I need to have some of that clarified a little bit more. I understand not to call upon your services in the way of channeling without the aid and the support and the tuning of others. How can I call you in meditation and not channel? I felt a mental conversation in my meditation and later wondered how was that different from channeling, other than it wasn't spoken out loud. Can you speak on this?

I am Laitos and we shall do our best, our sister, to speak on this concern. When we join you in your meditation, it is for the purpose of blending our vibrations of seeking the truth with your own vibrations of seeking the truth. This deepening of your meditation, then, has the hoped-for result of allowing your inner seeking to find more and more of that which it seeks, in whatever forms or feelings have meaning to you and are therefore perceptible to you.

We seldom partake in any type of verbalized contact in these blendings of our vibrations with yours and those of this group on an individual basis. Yet there are some, such as yourself, who are so dedicated to the service of vocal channeling that our offering of our vibrations is then filtered through the desire to feel a contact and frequently takes the form of the mental thought.

We can suggest that this is not necessary, for it may be confusing to the new instrument. Our vibration in its basic carrier wave form is intended in these cases simply to enhance your own seeking, much as the joining of a seeker with another seeker upon a long, mountainous journey provides a comfort to both. Though words are never spoken, the hearts know each other.

**LATWII, FEBRUARY 23, 1985**

S: Latwii, do you have any suggestions as to how I could be a better servant in this process as an instrument?

I am Latwii, and am aware of your query, my sister. The subject is one upon which we could speak at length! But we feel that there is a short answer which is most appropriate. That is to persevere, my sister. It is not that difficult to become an instrument, as you are well aware. What is more difficult is to become a foolish instrument; that is, one which is willing to step out upon the limb not knowing whether there shall be another portion to support the stepping again. If you can, in your own mind and heart, then, learn to step fearlessly out with no assurance that there shall be support, you shall be developing that ability of surrender which is most helpful in this type of service.

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S: Latwii, I live very far from here, and it is very difficult to come here to train. I have support and love where I come from but I do want to learn the right way and the right tuning to receive your messages of love and light. Is there anything that I can do to speed this process? I have very little patience.

I am Latwii, and am aware of your query, my sister. This is the usual case for the seeker. Seekers begin with a great desire and very little patience, and when the seeker becomes the adept it has then great patience and very little desire.

Upon this journey and this balancing we can continually recommend a healthy dose of patience but can also suggest that as your abilities in this area proceed, you may be able to find those very close and trusted friends in your own geographical location with which you may practice this particular skill after a certain amount of its refinement has occurred to your own satisfaction.

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S: How am I doing as a beginner? Is there a fine point that you can give me to help me to better this process?

I am Latwii, and am aware of your query, my sister. At this point we feel that your progress is that which is to be commended. We cannot suggest fine points at this time, for at this time the basic process of becoming the fool, the one who opens the self to another with the tuning completed, is that process which you have undertaken and undertaken well. May we answer you further, my sister?

S: I guess it's the old story of practice, practice, practice!

**LAITOS, FEBRUARY 26, 1985**

The process of channeling is in some ways simple enough that it confuses those who are attempting to learn the techniques involved. We do not ask you to refrain from discrimination. Indeed, we ask each entity who wishes to learn to become a vocal instrument to tune carefully, to remain surrounded in white light, and to challenge each and every entity each and every time that entity appears.

There are those who become overconfident, believing that they recognize the vibratory pattern of a certain contact. This is not the case. There are those who would wish to eliminate yet one more light-giver by the simple expedient of mimicking the vibratory patterns of those such as we who wish nothing except to serve you.

Once that is understood, the simplicity of the channeling process is almost stunning. If one has the catcher's mitt and the baseball is thrown, the catcher will catch that ball. However, he will immediately have to throw it again, hopefully with careful direction, in order that his glove is empty once again as the next ball hits the glove. It is difficult to catch ball after ball in the same glove. The contact is lost just as the concepts or the balls are lost if they fall upon the ground and the catcher who pitches is no longer able to function either as a catcher or a pitcher.

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We work within the levels of the mind which throw off to your conscious minds the concepts which you then clothe consciously with a vocabulary. We do this for two reasons.

The first is that the state of mind in meditation is such that this is the level which is most properly used.

The second is that the one who channels must experience the thoughts and then have the responsibility of using his power of visualization, his vocabulary, his experience, and his being to produce a unique communication. We by no means wish to be one hundred percent responsible for the content of the message. We wish approximately twenty-five to thirty percent of the message to be shaped by the instrument who calls upon his vocabulary, his imagination, and his special gifts as a person.

Thus, our very simple message gains a multitude of various conveyances by means of which the person which cannot grasp the poetic will yet have the opportunity to grasp the practical and down-to-earth, and the person who cannot grasp either of those approaches easily still has an opportunity to listen to a scientific or technical mind analyzing and giving forth the same message. This is why vocal channeling is a partnership. Unlike a trance channel, the vocal channel is alert, and though relaxed, quite awake and able to discriminate. This is our chosen method of speaking to those who would wish to hear.

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This is not an exercise in so-called psychic phenomena. This is an exercise in sharing information about metaphysical subjects. There is no phenomenon except the material itself which is being recorded. There are no bent spoons, there is no healing; we are here only to inspire. Therefore, we use always the light touch.

However, in order to be a channel, in order to join those who wish to offer light on a non-judgmental or non-dogmatic basis, it is necessary to refrain from analyzing and to feel trust in the process itself. However, the process itself will not begin until, the tuning and challenging having been done satisfactorily, the instrument clears the channel through which thoughts will come, and then speaks the things which come

into the mind freely and without thought, using the faith that such information is worthwhile and that our techniques are designed to infringe as little as possible upon the free will of the instrument.

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**Carla:** How could I help new channels more than I am helping them?

I am Latwii, and, my sister, we find that even with one such as yourself who is experienced as an instrument, the process of aiding another is always and ever the same. For you as an instrument wishing to be of service can only do that which is available to you through your own opening of desire.

As you attempt to be of service to others there will be the opportunities that you will note. You will, without hesitation, seek these opportunities and offer that which is in you and with you and which can come through you, offering that as the bread cast upon the water without the dedication to any particular outcome, for that which is freely given is the true gift. To worry overmuch about forming the fruit of such a gift then tends to distort that gift in some manner.

**HATONN, MARCH 26, 1985**

Each entity had a good deal of busyness to the day and there was much relaxation that would be fruitful for the adventure of attempting the vocal channeling. Indeed, the relaxation of the body is most important.

It is often the case that one does not know how very caught up in one's physical vehicle one has been in the daily round until one first sits down to relax. It is as if the physical vehicle does not communicate perfectly with the mind of the individual. This is unfortunate, my friends. There is much illness or disease among your peoples that could well be solved if entities were aware of their bodies all the time and responded appropriately when the need arose.

**LAITOS, MARCH 26, 1985**

These vocal contacts are services that may be performed for the benefit of others. It is one of an infinite array of ways to help another. There is no extreme rightness or cachet to the ability to channel, nor is there any lack of service if one wishes to serve in other areas. To channel is not to be spiritual. There are times when to be spiritual is to desire to channel. We ask all of those who may see or hear these words to keep this in mind.

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When a new instrument begins to speak, it is very frequently the case that the contact becomes lost because of analysis of the message or because of the distracting "rush," as this instrument would call it, of feelings that accompany the contact.

In order to maintain contact under these conditions, there is a simple trick which one uses. That is to refrain from speaking in the first person. The one losing that finely tuned contact will be instructed as part of the package deal we are offering these days in communications. However, the instructions will be in the third person, as you are channeling about yourself in the third person and not as yourself. This has aided many a new instrument until the confidence is there to stride forward in a more authoritative way.

**LATWII, MARCH 26, 1985**

With each new instrument with whom we work in the providing of the conditioning, we are able by an unspoken, in most cases, agreement to utilize some portion of the instrument's sensory system in order to become noticed, shall we say. In each instrument this manner or means of making our vibration available is somewhat different, though each new instrument will share much with others in how a conditioning is experienced.

As any new instrument proceeds along the path of balancing distortions, there become available finer and clearer means of making our presence known. This is a process which is congruent yet has a separate identity to the instrument's own ability to perceive with increasingly greater clarity those contacts available to it. Therefore, as your own progress upon the evolutionary path proceeds, and as you make additional attempts

to perceive our contact, there grow from these two closely intertwined processes an increased ability upon your part to perceive our contact.

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N: I wonder if there's any way that we individually can increase our perception or, as Laitos once said, this group can increase the volume, so to speak. It seems that I know the words are there but I just can't quite pull them out. Even though I'm not trying to analyze, it just seems as if I'm reaching for the words but can't quite pull them in. Do you have any suggestions in that respect?

I am Latwii and am aware of your query, my brother. We may suggest that as the newness of the vocalized channeling begins to wear off, then you will discover through your own patient persistence the ability to perceive that which seems at this point just beyond your ability. You are as one who has come in from a brightly lit day and has retreated to the darkness of the meditation room and yet looks with the eyes in a darkened room, attempting to make out the furniture in order that you may recline upon a comfortable piece for your meditation. It takes some, as you would say, of that called time for your eyes to become accustomed to the darker environment, and after a period of time and adjustment, then you perceive the furniture around you, dimly lit as it is. This is the process which you now experience in an analogous form as you attempt to become the vocal channel.

**LAITOS, APRIL 3, 1985**

The concepts which we are able to offer through an instrument are quite unique to that particular entity. This is the great strength of the free-will communication. When one is in trance, one is an instrument with only the tuning of the instrument as a measure of the excellence of the message. When one is working with the conscious channeling, one may use far more discrimination, and be able to put into expression those half-formed thoughts which are part of the basic nature of that unique individual. We use the thoughts, the experiences, and the nature of each instrument.

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Each instrument has a different personality. Each instrument has therefore a greater or lesser amount of defensiveness and privacy. The ability to remain a private person in such a public world is, as we have mentioned, quite variable. Therefore the amount of effort and time needed to free an instrument from its own defense mechanisms is widely various. The instrument known as J shall certainly be able to channel. There may be more of a time factor, as you would call it, which means only in our point of view that that which is precious is worth the effort.

**LAITOS, APRIL 9, 1985**

We appreciate the discussion that you have given to this topic previous to the beginning of your meditation. It is helpful in such discussion to focus one's intention more clearly and purely upon that which is the goal. As each shares each understanding and experience of this service of vocal channeling, each then learns from the other, and together you progress more quickly than if experiences were not shared and examined for their content. This is true, of course, my brothers, in all portions of your life, and is especially true as you set your feet upon this path of serving others by means of providing vocal channeling.

We will repeat that which you have come to know in some degree as instructions, those being to simply relax the mind and the body shall follow, and then to speak thoughts that appear within your mind without analysis, become indeed the fool, step out without knowing if thin air or earth awaits.

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We are most pleased that we have been able to speak a few sentences through this new instrument. It is always a joy to be able to express the love and light of the one Creator through a new instrument, no matter how many instruments have previously been utilized, for the unique point of view that each entity has to offer as instrument is as yet another beautiful vessel which holds the nourishing waters and offers them to those who thirst.

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The speaking of our identification and our greeting is the first major step in becoming the new instrument. The next, of course, is yet another step in this process, that being speaking a thought which is not previously known to be identified with beginning the contact.

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N: Is there any way through meditation or focusing that we can amplify the thoughts? They seem so distant, like pulling them out of the ether.

I am Laitos, and, my brother, we can only suggest attention in those areas which have been previously mentioned. You are, of course, correct in assuming that the focus of the attention is of paramount importance in being able to perceive the thoughts which we transmit. We would not suggest any particular technique for attempting to amplify our thoughts, for that is, shall we say, our task, for we are those who send and you are the, as you might say, receiving station.

To become the more successful, or shall we say powerful receiver, it is merely necessary to be able to clear the mind to such a degree that its entire field or scope is open to reception. If any portion of this scope or field is concerned with a thought or a sensation or a response to either, then that portion of the field provides, shall we say, a static which makes the perception of our thoughts somewhat more difficult. You become able to increase your ability to perceive or receive our thoughts as you are able to widen the availability, shall we say, of your scope or field of perception. As you clear your mind and relax your thinking, then you are as a still and deep pool which can then become aware of any ripple upon its surface and focus its attention upon describing speaking that ripple.

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N: When we meditate, can we contact you, Laitos or Latwii? And if we do contact you, do we know that we contact you? Or do we just state our intent? I don't seem to be able to get what I would consider an acknowledgeable response that I am in contact in any way whatsoever.

I am Laitos, and concerning your query and its parts, my brother, we may begin by saying to you that you shall not know anything within your incarnation for sure, for yours is not the illusion of knowing with certainty. Thus the factors and faculties of will and faith are the sure and steady rod and staff of the seeker of truth, in your vocal channeling, as in all portions of your seeking, as you attempt to discern what is before you and the nature of your reality.

If you in your meditations ask for our presence, we are most happy to join you and will make ourselves known by our conditioning vibration. Yet your perception of that vibration is unique and is also open to any doubts which you may have as you attempt to serve as vocal instruments. Again, if you simply request our presence, it is suggested that no verbal channeling be attempted, but simply the request for our conditioning vibration. For in a group of this size or larger, there is protection that is necessary. This is omitted or not possible, shall we say, when you are alone in your meditations. Therefore, it is best simply to ask that we join you in your seeking, and then attempt to feel our presence as the conditioning wave.

#### **LAITOS, OCTOBER 1, 1986**

There are many, many ways that an entity may seek to enrich its own process of growth. We encourage a wide-ranging spectrum of choices for any who would seek to be of service in whatever manner, and most especially the vocal channeling, for in this process of transmitting our thoughts to you, we feel that it is most necessarily a part of the process to use those experiences and avenues of seeking that you have found of value in your own journey of seeking the truth.

Thus do we ratify and call upon the validity of your own patterns of seeking and being and use them in these messages that have as their purpose the inspiration of others to walk yet further upon their own paths of seeking.

Thus, do not be surprised if during the process of receiving our thoughts, if we should use your own experiences, whether recent or distant, in our messages. We feel that a blend of our thoughts with yours in a ratio of approximately seventy percent ours and thirty percent your own is that ratio which maximizes both our and your abilities to be of service to those about you. It is well for any instrument to be able to share its own beingness in as clear, concise and open manner as possible with those about it.

For in truth, all are instruments. Each person channels from deeper and deeper portions of its own being at various times in the life experience and when the desire is found within entities to be of service in the vocal channeling manner, this basic nature of each entity being an instrument then becomes more finely tuned so that there is possible the infusion of words and thoughts such as our own upon that frequency or desire to serve instruments that the new instrument manifests in this effort.

**LAITOS, OCTOBER 2, 1986**

While the contact is being sought and while it is experienced, it is well to reserve analysis and judgment of the process and content in order that both may move in their own way through the instrument and thus exercise it, so that it comes to know that vibration which signals the contact and that feeling of surrender that allows the contact to move through the instrument.

We are always hopeful that simple instructions such as these will suffice to allow an instrument to serve as an instrument, for it is not a difficult task and further complexity in explaining the nature of such contact is, in truth, unnecessary unless the questioning mind of a new instrument might be put to rest by further words. This is also acceptable, yet is not necessary when looking at the experience of vocal channeling itself, for the world in which you move and the incarnations which are your vehicles for movement through this world of illusion is one which by its very nature is formed of complexities.

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

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Continue in that attitude that might best be described as a combination of bravery and foolhardiness. For to speak words which seem to exist in a vacuum, shall we say, unconnected to others of their kind, puts a new instrument in the position of moving further, it would seem, out upon a limb with no assurance that the limb will support one's weight or that the words spoken will be followed by others which together shall make what you would call sense.

This is the heart of the nature of the vocal channeling process, for it is not possible for most of the population of your planet to receive a complete message which then would be dictated line by line. For the receiving mechanism of the peoples of your planet has not been developed to that degree at this point in the evolution process. Thus, in order to utilize the capabilities of the receiving instruments, we must provide small portions of a larger message and follow each portion with another portion of roughly equivalent length in order that the entire message may eventually be transmitted.

This makes the process somewhat more, shall we say, challenging for any instrument, and most especially for the new instrument. Yet it is well that such a challenge be presented, for the opportunity to serve as such an instrument and to be of service to others in this manner is one which requires to be the fool, shall we say, in many, many instances where one shares that of greatest value with others who may or may not share similar views. Thus does any entity who seeks to serve others by sharing what is within the heart without reservation call upon that quality of foolishness that does not ask any return for what is given, nor does it ask that what is given be accepted or acted upon. All that is asked is that the opportunity to serve be available.

Thus, we encourage the one known as K to persist in this foolishness, if we may call it that, for within the illusion which you find yourselves now placed, nothing may be known with certainty, for that which is the

foundation of all creation and inspiration is shrouded in mystery and hidden from all but the most persistent inward-seeking eye.

**LAITOS, OCTOBER 3, 1986**

We have listened with appreciation and affection to the conversation which you have shared prior to this meditation and we wish to express our gratitude at the careful consideration of this kind of service by each present.

It is quite true that it is not a difficult service to perform, but that there is indeed a certain kind of caring that is difficult to find in many who would seek to perform this service. It is the desire to be of service to others and to do so in a manner which serves to the best of one's abilities, that is the most appropriate motivator, shall we say, in our opinions for this service.

For many of your people it is a service which seems somewhat glamorous, for it partakes of that which is unseen and yet felt by many of your peoples to be a portion of the underlying truth of the illusion that they see as the daily life. To many it speaks subtly yet convincingly of a greater reality, shall we say, that towards which all move in heart and mind, and to give voice to such a power seems to many to be that which must be reserved for the few.

And yet in truth we say to you that each in some way contacts this same source of energy and power each day of the incarnation and chooses in one fashion or another to channel that power in a manner which may or may not be conscious, may or may not be understood, and yet surely is a reflection of the One through a portion of the One.

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

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**K:** The contact feels very tenuous and faint to me. I don't know if it gets stronger, but I was getting the feeling that I was supposed to be listening for it, somehow. Do you have any comments on that or suggestions as to how I might do that better?

I am Laitos, and we might comment by suggesting that, in our opinion, you are perceiving our contact with unusual clarity for a new instrument. Indeed, in the beginning of this practice it is usual that a tenuous feeling be associated with the perception of our thoughts. As you are able to quiet the inner conversations, the over-nervousness and any doubts that you may carry with you into the meditative state, you will discover that the signal, shall we say, seems amplified, and will eventually be as easily perceivable as any of your own thoughts.

In the beginning of this practice we cannot suggest too frequently that the new instrument simply be patient and continue with the process as if it were practicing its scales upon the piano. There is a certain amount of exercise that is necessary in order to develop the concentrative muscle, shall we say.

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**K:** When I start to feel like I'm losing the contact, is there anything that I can do at that point, other than just to continue to quiet my mind?

I am Laitos, and am aware of your query, my sister. We would suggest that the quieting of concerns, thoughts and analysis is the most helpful thing that one might do in order to begin to perceive the thread of the contact again, and, once having perceived it, to await the next concept or phrase. We might characterize this state of mind as a simple and quiet confidence, realizing that one is partaking in an event which is, as it has been observed, actually occurring.

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**K:** As you are contacting me during these practice sessions, is there a way that I can know when you have finished transmitting to me?

I am Laitos, and this query, my sister, we find quite easy to answer. We do not mean to be facetious, but we will tell you when we are finished by suggesting that we are finished.

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We wish not to give any further message except to note to the one known as K that it is well to observe carefully when the naming is done, to discern the sentiment of love, peace, joy, light and blessedness in some close conjunction with greetings and farewells, for we do not wish to leave any with a name alone, but rather with the name of that principle, as this instrument would say, in whose service we come to you. For we are but messengers, bearing news, news of complex things and news of the very simple things that underlie the complexities. We greet and bid farewell of that which is simple, that which is unified, that which we worship and are—love and light.

If those concepts do not rise in your consciousness, challenge immediately, my sister, for the source is questionable in that event.

**LAITOS, OCTOBER 6, 1986**

We were, before contacting this instrument, attempting to initiate a contact through the one known as K. From time to time we use this technique with an instrument who has progressed to the point of being able to speak a phrase or two after identifying our contact. It is always helpful to be able to make one more step upon this journey by expanding the abilities whenever possible.

We do not wish to rush any new instrument past the point of confidence. Yet we shall always provide the opportunity for a new instrument to continue to expand its abilities. This is true for all instruments, in fact, for even with an instrument which has practiced its art for many of your years, there is the constant opportunity to expand such an instrument's capabilities by presenting concepts of greater scope and, shall we say, intricacy, though we do not mean to suggest complexity.

**LAITOS, OCTOBER 8, 1986**

**K:** I feel a sort of confusion, more an unsettledness about what the whole process—I guess I've been feeling more nervous, I guess, than I did before, and I don't understand the way I'm feeling. Do you have any comments on that at all?

I am Laitos, and, my sister, we may reassure you that this feeling is not that which should alarm. For as you have become more firmly aware of the nature of this process of becoming a vocal instrument, it is becoming apparent to you both intellectually and emotionally that the process is indeed occurring, and that there is the transfer of information proceeding through your instrument.

As you begin to realize that this process is ongoing and is a process in which you play but a minor part, you now begin to feel something of what we might describe as a combination of excitement and anxiety. This is a natural response to a process which is quite unlike most experiences which you have had during your life and is one which tends to move toward the center of your being and resonate outward with a feeling of recognition that is not completely accepted by the conscious mind complex as yet.

We can recommend that you simply allow these feelings to move through you, much as you allow the information which we have to transmit to move through you, without undue concern as you become more and more familiar with this process and are able to accept its validity completely within your being.

As you gather those subjective verifications of which those present have discussed, you will become more comfortable at the emotional level, shall we say, and this shall then become more of an accepted experience for you.

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**K:** I'm still feeling the doubt, what Carla terms as the great conspiracy, the fear that I'm just saying things that are coming into my head from myself. I guess I still wonder, am I really vocalizing the thoughts that you're transmitting to me?

I am Laitos, and we would suggest that in our work with any new instrument we also play a part which tends to cause a new instrument to feel that this great conspiracy, as it has been called, is indeed just that, and that the new instrument is providing material that is merely from its own resources, the conscious and the subconscious minds.

This is due to our, shall we say, experience at working with new instruments and our finding that to be able to initiate contact through a new instrument most easily, it is well to use more of that new instrument's experience, both the current experience and previous experiences, and to utilize the new instrument's manner of phrasing as it communicates in its normal day-to-day life.

This is a process which we find enables a new instrument to speak the words which are given to it, and to allow the contact to remain open long enough that it is slowly able to gather confidence. This confidence will continue to build as new concepts are able to be offered through the new instrument.

Always, however, do we continue to use, even with new concepts, the phrases, words and experiences which the new instrument may be able to provide to aid the communication.

Thus, you are partaking in that which seems to bring up the possibility of a conspiracy within any new instrument's mind. We may assure you, however, my sister, that you have been quite accurately representing our thoughts, using, of course, your own words and means of phrasing.

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**Carla:** Why have you been stimulating me so strongly? I've been getting a lot of conditioning, and I haven't been getting any words or anything, just a lot of conditioning. Just a keeping the hand in? Every time I asked who it was, it was Laitos. That's you, right?

I am indeed Laitos, and have been working with you, my sister, as we have been working with each instrument within this dwelling. Each, however, receives a different kind of assistance, for each is working upon slightly different facets of the same phenomenon.

With your particular instrument, we find that it is often helpful to stimulate, as you call it, the more experienced instrument in a manner which will allow it at any future time, as you would call it, to pursue the practice of vocal channeling with increased facility. In your particular case, we are working with the deeper levels of your mind complex in order to aid the transmission of word-by-word thoughts. We are, you might say, at once sensitizing your instrument and stabilizing it as well.

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**Carla:** People have an incredibly array of ways of registering conditioning. A lot of the ways can scare people, even though they're harmless. The hair on the legs stands up, or people cry or their eyes water uncontrollably or they see a zigzag of green on the left side and a zigzag of blue on the right side. It just goes on and on. And these things can scare you if you don't know that it is merely the side effect of another intelligence settling into your body, metaphysical to physical.

What I fear is that people will start manufacturing these symptoms because I told them what they're supposed to feel. I don't want to give people troubles that they wouldn't otherwise have. Could you comment?

I am Laitos, and we may agree that your analysis of the conditioning phenomenon is basically accurate; that is, any means by which our contact is perceived by an instrument is a means which is a by-product of both our actual contact with the instrument and the instrument's chosen—and this is usually of a subconscious nature—manner of perceiving such contact.

Often an instrument will have a subconscious belief that any contact from entities that are unseen would be one which would cause a certain amount of fear or discomfort or a sensation in this or that location which then would signify such contact had been perceived. These beliefs are often difficult to trace to their origin, for within the subconscious minds of all entities of your density there resides what might be seen as a group consciousness that is aware upon the subconscious level of the ability to contact a great variety of entities which may be removed by distance and density from the one of third density who perceives this contact.

Thus, if suggestions are made to those who might become new instruments that a contact with those who would speak through such a new instrument might be felt in such and such a manner, this then might indeed influence the manner in which such an instrument would perceive a contact if it were to pursue this type of service in its future.

This is not a great difficulty, but could in some cases confuse a new instrument in that it would be consciously overlaying a preconceived idea of how the contact would occur and this preconceived idea then might for a period of time interfere with the inborn, shall we say, choices or beliefs which the entity had provided for itself in the event that it would choose to serve as a vocal instrument.

This confusion would at some point need to be resolved within the entity so that one manner or another of perceiving a contact such as our contact might be set upon as that way which becomes familiar and comfortable to the instrument, and becomes then an aid in its gathering of confidence and proficiency in serving as a vocal instrument.

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Insofar as we are able, we seek to bring each instrument to the current limits of its ability, and then provide an opportunity to extend those limits in some degree. Thus, the practice and the art of being that known as the vocal instrument is that which is dynamic, in that the surrender of the personal will is that which is ongoing. This surrender may continue for each instrument at any time that it is willing to open yet more fully to the opportunities which are naturally presented to any entity who seeks to be of service to others, no matter the vehicle chosen, whether it be vocal channeling, healing, or any other service.

#### **LAITOS, OCTOBER 10, 1986**

We have been working with each instrument present as each needs and requests such assistance. We have found that with each instrument there is a firm foundation which has been built of desire to be of service to others, and this foundation has been elaborated upon by each present as experience in this way of service has been gained.

Each instrument, then, upon the same foundation of desire to be of service to others, fashions a structure, a framework, a channel, if you will, through which our contact and other contacts may move. As each of you is unique in the makeup of what you feel is significant, in the life experience in general and in the spiritual seeking in particular, the form that your structure or channel takes is completely unique unto each of you. In this uniqueness, we take our joy, for we are through such individuality able to impress our message which is always and ever the same.

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

Thus, from each we find a great library of resources of experiences, of thoughts, of joy, of sadness, of what you call success, what you call failure, and much, much more. All of that, we may utilize in expressing the

simplicity of the great Thought of love, the one Creator as a general principle which motivates all of the many complexities of your illusion and of others.

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

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

We thank you, my friends, for offering yourselves in the full range and depth and breadth of richness which you have fashioned for yourselves, and which we find a most valuable portion of this manner of serving others.

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We are very happy that we have been able not only to join this group this evening, but also to make our contact known to the one known as K. It is a joy to work with an instrument which is so eager to be the fool. We are also fools, my friends, and find great mirth and happiness in such foolishness, for in this way of being, one may see the creation as indeed being a joyful unity in which all may play any part that might be chosen, and these parts may be traded, may be enlarged upon, may be discarded, may be ignored, and may be enhanced in whatever way or manner has meaning to the entity. And indeed the play of each entity is that which glorifies the one Creator in a manner which is only possible because each moves as freely and as happily through the creation as foolishness allows.

**LAITOS, OCTOBER 11, 1986**

We have greatly enjoyed working with the one known as K, for in this session we have been able to exercise the instrument to its full capacity, so that the instrument may begin to have confidence in the limb upon which it sits. Or more properly we should say, since the instrument and each instrument jumps off of the limb each time it channels, that it is the experience of moving out of control to which you may hope to get used. It is a blessed thing to be able to blend our experience with yours at this time.

We can think of each other as the other torn half of a perfect shape, for each entity that you encounter is your other half. Each of you is a miniature of each group to which you find yourself belonging, to your culture and your race, your species and your archetypical souls, and finally the universe itself. Is it any wonder then, that you are all such good channels for each other, sharing with each other one universe in so many wondrously various facets that the picture seldom stales and wonder is but an eye-blink away?

We have been urging the new channel to open the mind, to let down the armor, to become vulnerable and without fear so that we may touch her mind with our own. Each of you could use this frame of mind that your mind may be touched by the thoughts and the hands of the Creator in every entity you meet.

**LAITOS, OCTOBER 13, 1986**

The process of working with new instruments provides those who are more experienced with an opportunity of expanding that experience and becoming a new instrument on another level, shall we say. We have been happy that this instrument has offered itself in the capacity of serving as somewhat of an anchor in this particular proceeding. We look upon the vocal channeling type of service as one which offers increasing kinds and depths of service to all those with whom the process is ongoing.

LAITOS, OCTOBER 14, 1986

The new channel must be vigilant concerning the challenging of entities. We would suggest that it is never as important to speak as it is to assure yourself of a strong contact. If there is a feeling of varying of energies, it is well mentally to request that the energy be regularized.

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We realize that the new instrument is struggling still with the analysis of thoughts. We find no fault in this, as it is inevitable given the instrument's habitual method of ratiocination. There will be that personality trait to accept and manage regardless of how much experience this particular channel may gather. Therefore, it is not a negative but rather a challenge that can be turned to good use, for if one knows one's challenges, one may properly meet them.

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Perhaps more than any conditioning which we have noticed to do with this channel and for which we are grateful, it would be better if the instrument were signaled to our presence not only by call to the instrument hailing it, but also by a certain feeling which pervades the inner seat of compassion when mind, body and spirit greet a loved acquaintance.

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

We hasten to point out that many fifth-density entities who are of the Confederation do not have nearly as strong an emotional carrier wave due to the nature of wisdom and the wisdom density. However, many do and we feel that the one known as K has the sensitivity needed for this type of conditioning to work well for her.

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We would commend both the new instrument and the new teacher, realizing that for both this has been partly duty as well as honor, partly responsibility as well as pleasure. In the realm of spiritual work, as in any endeavor, the two go hand in hand, for all that is alive has the question of what to spend the life upon, what to offer the life up in aid of. If it is an offering of pleasure that it is to be, then the responsibility remains small for most, the honor of pleasing the self by distraction equaled by the responsibility of polluting the physical vehicle by excess.

If an individual is polarizing either towards the positive or towards the negative poles, both the pleasures and the responsibilities increase and the life becomes, shall we say, enlarged in its proportions, not altering that entity inside which is the seat of consciousness, but rather enlarging those things which may impinge upon the recording, analyzing, processing and evolving entity.

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**K:** There are times when I have felt that the strength of the contact varied. Can you tell me what the reasons behind that are and what I can do about it, if anything?

I am Laitos, and we might suggest, my sister, that the process of learning to serve as a vocal channel is as any other kind of learning which you might undertake in that there are rhythms and feelings of comfort and confidence that are not always conscious which yet affect the ability of the learner to demonstrate that which it is learning.

This applies to the vocal channeling process in regards to one's mental preparedness, shall we say. As you enter the meditative state, and as you prepare yourself to serve as a vocal channel, there is a certain centering, shall we say, which is necessary in order to perceive any contact in as clear a manner as is possible for you to perceive. The day's activities, the conversations, the thoughts, and so forth are with you as you enter the

meditative state. In some degree they tend to remain unless one with care sets them aside or moves aside from them sufficiently enough that the ability to perceive is enhanced as much as is possible.

Even the most pleasant of conversations and feelings can become a hindrance to the new instrument or any instrument if they are allowed to remain within the conscious mind and filter, shall we say, the contact which is offered the instrument. Thus, it is well to focus one's desires as well as one's attention as fully as is possible upon the process which is being undertaken.

The vocal instrument must always place the desire to be of service at the fore in one's mind so that the concepts which embody the contact might be perceived clearly.

In short, my sister, what we have been attempting to say through this instrument is that the concentration and the attention and the desire must be focused as cleanly and clearly as is possible, as well as must the challenging of spirits be conscientiously accomplished. In this manner the conscious mind gives itself over that it might become a part of the service which the new instrument or any instrument wishes to offer.

We do not mean to sound overly concerned, for this is a common experience of the new instrument. The focus of attention is that which can be learned more and more efficiently as one practices this art and the simple desire coupled with practice may then allow the new instrument to function in a way which is sure and purely offered.

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**K:** I don't seem to have developed much facility yet at ignoring the thoughts that bounce around in my head. Can you give me any ideas as to how I might better do that or how I might better practice on focusing my attention?

I am Laitos, and we are aware that there are many ways which peoples of your culture and others have devised that will be of aid to one who wishes to still the mind for the purpose of increasing the concentration of attention. We find that there have been useful suggestions made in this regard previously by those present this evening. We might suggest that as your thoughts become apparent to you that, whatever technique you choose to still them or ignore them, you not be overly concerned with the application of the technique, though technique is most helpful in refining the desire to do that which you seek, that is, the stilling of the thoughts. It is the desire to be of service and to focus one's attention which is most important in doing so.

The thoughts which move through your mind may be seen as a kind of momentum which has been built up during your daily round of activities. It might be helpful to spend some time in silent meditation before any contact and vocal channeling is attempted in order to allow this momentum to run down. This is an exercise, you might say, in which one does less and less in order to gain proficiency. Therefore, we might suggest that in order to practice this exercise that you develop some time or times during your day during which you give over yourself to a meditative session. It is completely your own design which will determine the manner of practice, that is to say, the choice of time and the length of time will be of your choosing and your progress will also be a function of your desire to accomplish this task.

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The process of serving as a vocal channel is one which is continually surprising, shall we say. The instrument who has practiced its art for however long it has done so, at some point begins to gain a certain amount of confidence which at once assists further progress and can potentially inhibit it as well if the confidence is that which does not allow for the dynamic nature of serving as a vocal instrument. Thus, if one wishes to continue to progress in the ability to serve as a vocal channel, one may expect what seem to be anomalistic situations to occur within the practice of the art.

We would suggest that one who experiences such surprises and anomalies not be overly concerned that something is wrong, shall we say, but rather look upon each situation as that which can teach one further lessons that will enable a service to be enhanced, for, indeed, that which we have offered as our contact to each instrument this evening is but a portion of what is possible. Indeed, each of you and many, many

others who serve as instruments of this nature contain the possibility of growing in the art of serving as a vocal instrument continually throughout the span of your incarnation. We can assure you that there is no end to what is possible to offer when serving as a vocal instrument.

**LAITOS, OCTOBER 15, 1986**

In general, it is a helpful thing for a new instrument to have periodic exercise in the presence of an experienced instrument so that the small and sometimes medium-sized difficulties which occur in the practice of vocal channeling might receive the attention of experience and a sure hand at the appropriate time. This is the ideal situation and one which we endorse whenever it is possible.

We are aware that the one known as K has moved quite a significant distance in her experience and practice in serving as a vocal channel, and has in many ways achieved enough proficiency and confidence that the exercising of her instrument would be possible in a carefully guarded situation, shall we say, in which there was not present the more experienced instrument. However, we would also suggest that this guarding of the situation would take the form of utilizing the presence of at least two other entities who were not only in harmony of a stable nature with the one known as K, but also felt the open-hearted acceptance of this type of information and this means of its transmission.

This kind of a situation is not that which is easily obtained, for the vagaries of the seeker's path and the choices that may be made upon it by any who travel it make gathering such a grouping of entities somewhat difficult.

Even if such a situation were available to the one known as K, it would also be our recommendation that this new instrument also avail herself of periodic contact with this particular group for the purpose of reinforcing those basic principles which she has gained in this period of study and for the answering of those queries which are undoubtedly a part of her practice of this part, for as the practice continues, new experiences arise and there is often confusion in the mind of the new instrument as to the most appropriate means of resolving each new experience, be it simply new and untested or a difficulty of some kind.

If the one known as K does not feel that there is available to her a stable situation of the nature which we have described, we might recommend that there is still work that can be done in the practice of a portion of the art of vocal channeling. That practice does not, however, take the form of the actual vocalizing of our contact as is ongoing at the present moment, but would rather take the form of setting aside regular periods of meditation on a preferably daily basis, during which our conditioning vibration might be mentally requested and we might continue to familiarize ourselves and our contact to the one known as K and allow this new instrument to refine her ability to perceive our contact though there would be no transmission of thought other than our identification. The experience would be primarily one of recognizing our contact and experiencing the conditioning vibration.

**LAITOS, FEBRUARY 4, 1987**

The service of vocal channeling is one among many and we encourage each to evaluate it not only for the comfort with which each may offer this service, but also in terms of an honest opinion as to its relative degree of service, for there are many, many ways to be of service in a creation of love of which you are a part.

Love has many faces. And though the Confederation of Planets in the Service of the Infinite Creator comes always in the name of love and through the manifestations of light, yet nevertheless we value and treasure each new instrument whose mind and heart we may plunder of its many treasures of experience and previous knowledge.

For our message is so simple as to go almost inevitably unnoticed and ignored. All we have to offer is our opinion and belief that the Creator is all that there is, that each is the Creator, and thus all who dwell in the creation are not only part of the Creator, but a holographic representation or miniature of the Creator, thus becoming co-creators with the Father.

The unity of all things suggests many pleasant conditions which should be prevalent among all peoples, yet you will find that the value of channeled information in general is that it looks at the illusion of your experience with an eye which sees beyond the experience to the reality which lies behind the illusion, for it is our opinion that most of a life experience of an entity which dwells in your density consists in those things which are not visible to the eye.

We have been working with each to attempt to make as comfortable a connection as possible with each of you and would request that any experience of discomfort of any kind be mentally noted at once that we may work to mitigate whatever the problem may be. Do not let a stiff neck or an odd position cause discomfort, when the request will bring adjustment. It is not necessary to make the request in the manner this instrument is speaking—a mentally projected thought is all that is necessary.

We are concerned as we begin working with each that each realizes that we are as you, seekers after truth, lovers after love. Our eye is fixed upon the ultimate, thus we are enveloped and fascinated by mystery. We do not know the truth, but have only approximated our opinion as to some of the truth's characteristics. Our words are not meant to be stumbling blocks or replacements for other beliefs, and if anything which we have to offer is unwanted, we ask that it be rejected without further thought. We wish only to serve.

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It is not in our control to compartmentalize the contact in such a way that we can know for all people what experiences shall occur with contact. We do not know how each new instrument will perceive our thoughts. The beginning instrument is not predictable. Thus we cannot tell you to listen for a voice or to recognize a presence, but can only say that whatever thought occurs immediately after the contact has been recognized and challenged is to be spoken forth without thought.

Thought is left at the threshold of the contact after challenging and is picked up in all of its discriminative power upon the surcease of that same channeling. During the channeling the instrument is just that. Portions of the instrument's mind, opinions and heart are used to form the contact, yet the contact is a creation of cooperation, offering something that neither we nor the instrument could offer by ourselves. The instrument's position, then, is one of passive yet anticipatory readiness.

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The gathering of the self about an ideal or principle for which one lives in a fundamental sense, and would indeed give the life if necessary, is the beginning of this principle and its exercise when contact with thought entities is noticed and felt. Then it is necessary to speak in the strongest mental terms to such perceived contacts and to challenge them with the full force of your belief and the core of your being in order that those of the positive nature may be discerned from those of a negative nature and the nature which might attempt to trick or confuse a contact in any way.

Thus, we might suggest that contemplation and meditation upon the core ideal, by which you shall in future times challenge such contacts, be instituted upon a regular basis in order that you may increase your ability to discriminate between contacts in what you would call your future.

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W: I was wondering if I was doing the challenging properly, and if not what I can do to change that?

I am Laitos, and am aware of your query, my sister. We find that the means by which your challenging has been exercised is one which is quite efficacious at this time. But we may also suggest that the strengthening of the sense of self and the ideal about which one orbits the life pattern is most helpful in strengthening the ability to offer the challenge and to make the discriminations necessary in order to begin the vocal channeling process.

**LAITOS, FEBRUARY II, 1987**

We are not skillful at making new contacts which are immediately comfortable, for the blending of our vibration with yours requires that we be able to perceive your vibration in a stable manner and become as

familiar with it as you are with ours. This takes practice and patience on both our parts and we welcome any mental requests for adjustment which any instrument might need.

We would also suggest as a general rule that the ability to relax not only the mind but the physical vehicle as completely as possible prior to contact and especially during contact is most helpful. It is sometimes the new instrument's stance, shall we say, that it prepares itself for contact in the same manner as one might prepare for a cold shower, shall we say, and brace the self in order to withstand contact. We would suggest that the relaxation of the physical vehicle through mental suggestion is most helpful to any instrument and most especially to those new instruments experiencing contact for the first time.

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N: Laitos, I felt a weight on my neck and head pulling me forward. I do not feel that that is discomfort. I feel that it is more of a sign that I have a contact with an entity. As time progresses and I continue channeling, is this alleviated? Or it should it be considered not good to have a pressure in my head?

I am Laitos, and we might suggest that this sign or indication of contact is just that, my sister. It is that sensation which is most helpful to you at this time in order that you are made aware that there is a contact which is about to occur and is indeed occurring. You, through your own level of comfort, may request that the indication be made more or less apparent. You will through your own needs in future experiences make this determination and through mental suggestion allow our contact then to become adjusted in whatever manner serves to both make you aware that the contact is available and to make you comfortable as well.

There are many different ways in which new instruments may experience the contact with our group and we are happy to work with any manner of alerting a new instrument that has meaning to the new instrument.

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N: Would it be okay for a channeling entity to perhaps lie on the floor and have the whole body relaxed?

I am Laitos, and though this holds promise for the relaxation of the physical vehicle and the removing of strain upon its various portions needed, as you have mentioned, in order to maintain a certain posture, it is not a position which we recommend for the new instrument, for it is a position which through years of experience one of the third density such as yourself has associated with the activity of sleeping and the tendency to move into the sleeping state in that position is somewhat pronounced. Thus, we would suggest for the new instrument that the sitting in an upright position with the spine held reasonably erect is most helpful for the meditative state and the attempt to offer the service of vocal channeling through that meditative state.

**LAITOS, FEBRUARY 18, 1987**

We wish to strike just the right balance between comfort and the reassuring feeling of contact being available to make the contact supremely comfortable as possible. We find that most instruments prefer to have some small conditioning, a name which has been used by this instrument before to describe some physical manifestation of our presence. This includes pressure and movement upon the head, neck and various portions of the jaw as well as certain other visual and bodily experiences.

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We thank the one known as N for working with us and commend this instrument for its care in challenging. It is much appreciated, for we who wish to serve the Creator by being of service to others have no desire to reduce our polarity by wrestling with any other who may wish to contact an entity. When the challenging and tuning are done there is no need, for one by one the less desirable, in terms of the channel's own tuning, contacts are simply removed so that in the end your choice as a channel is either singular or a very good selection of energies or vibrations from which to choose.

We operate upon what you may call a carrier wave which is much stronger than some vibrations used by Confederation members. We are what this instrument would call a broadband contact, and therefore are

relatively easy for your instruments to perceive. We are of your fourth-density vibration moving upon vibratory patterns of love seeking wisdom.

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The one known as N is experiencing some surges of good contact and some periods where the contact is difficult. This is normal. We shall be continuing to adjust as the instrument continues to attempt to make meditation a daily habit, so that the necessary concentration of mind for channeling on a steady-state basis may be more dependably possible. The amount of concentration necessary to carry a channeling is not necessarily great, but persistence is extremely helpful, for only through practice can one develop the confidence necessary to begin speaking without knowing the whole of what one has to say.

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**Questioner:** Are you making adjustments on us during our meditations?

I am Laitos. Where it is appropriate we have in some few cases adjoined each of those present in the meditative state without making our presence consciously known or identified. We have chosen simply to offer the service of aiding the meditative state by harmonizing our vibrations with it in a manner which offers the possibility of deepening the meditation. In this manner we familiarize ourselves with the vibrations of each new instrument and increase the probability that we will be able to utilize the new instrument in a manner which is more comfortable to that new instrument.

**LAITOS, FEBRUARY 24, 1987**

We acknowledge to the one known as W that it is possible and perfectly acceptable that, at the end of our tutorage and assistance, this entity may well desire to be in relationship with a non-Confederation contact. We have the most cordial relationship with many of your so-called inner-planes entities whose intentions towards incarnate individuals of your planetary influence are identical to our own. Thus we ask the instrument to channel what of our ideas and concepts it can by virtue of its own biases of mind, heart and spirit, knowing that there may well, if the entity experiences all appropriate stimulus, be more comfortable and more highly efficacious channeling of another entity which of its own self desires to speak through the one known as W.

**W:** In regard to the information which you just gave us, I would like to make sure I understand correctly what you just said. You said that, by continuing to work with you through this weekly meditation group and by continuing on my own in terms of just meditation, I can learn to be an effective channel. And if I so wish, I can channel what entity feels most comfortable for me. Is this correct?

I am Laitos. This is basically the thrust of our suggestion. You are, as you are aware, able to engage in the service of vocal channeling with greater ease than most new instruments due to a preparation, shall we say, which has become more visible and usable within your incarnation at this time.

We are aware that there is the possibility that the kind of contact which you have now begun to enjoy through our working with you is that which may continue in your future experience. As you discover further abilities to expand your service, you also may add work with entities which may or may not be members of the Confederation of Planets in Service to the One Creator.

There are many entities who are a part of the inner planes of this particular planetary sphere who also seek to speak through instruments for the purpose not only of inspiring an instrument but also of sharing information through an instrument with those who may seek in a fashion which is congruent with the entities making the contact.

Thus, in whatever manner you choose to continue this service, we wish you to know that we appreciate the opportunity of working with you and we join you in expressing the desire to be of service to the one Creator and to those about you through this kind of service.

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W: Are there any suggestions which would aid in developing communication or receptivity?

I am Laitos. At this point in your study of this particular service, my sister, we find that the groundwork is well accomplished and the foundation is laid carefully. When a new instrument has been able to open itself to the contact which we offer to the degree that you have been able and to speak those concepts as clearly and freely as you have spoken them we can only add that the perseverance and the effort is the point most in need of focused attention.

The daily meditative time which has been set aside is that time in which the desire not only to seek the truth, as you call it, but also to serve as an instrument through which portions of that truth may move in inspiration to others, is most helpful in the continuing deepening of such dedication.

It is in these moments of communion with the one Creator that one may double and re-double the intensity of desire to seek and to share the truth. Take those times, then, and within the boundaries of your meditation seek to know more and more the heart of your own being and to continue the intensification of the desire to know and to be and to share greater and greater portions of truth.

LAITOS/QUANTA, MARCH 25, 1987

We have chosen to offer our contact to this instrument [Jim] in order that it might also work upon its art, that of refining the abilities of the vocal instrument by the use of a technique which more approaches the word-by-word means of transmitting concepts. This is a new phase for this instrument, for it is one of those which functions as a rule by the clothing of concepts that are transmitted with words in order that that which is given in the contact is then mated with the ability of the instrument to utilize the choice of words in the chiseling of the message, shall we say. This is a function which we also enjoy offering to instruments which have the desire for continuing to improve the means of service which they have chosen.

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We thank each instrument for working with our energies and for allowing us to blend them with your own. From our viewpoint we find it a creation of much beauty, the blending of vibrations betwixt entities, and especially betwixt the groups of entities. There are many, many overtones and undertones to a unified group which create ever more varied and beautiful designs throughout the vast panorama of energy patterns in the infinite creation.

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We would commend each upon the mechanics of channeling and request only that the reaction to the pauses between ideas and subjects not be a hasty one. To the relatively inexperienced channel, the pauses between thoughts and ideas may seem so very long that it may seem that the contact has been lost. However, each will find that we produce thoughts upon a subject in increments which are quite unpredictable, in such a way that if only the first train of thought is channeled, the basic message will be offered, or at least as large a portion of it as can be subsumed within one paragraph.

The next train of thought shall be the second priority or the next most central thing which we wish to deal with, and so on, until the experienced channel sometimes has the patience to come to the end of all that we prepared to offer upon assessing the energy patterns of the group and of the individual channels.

The service of vocal channeling is aimed towards inspired speaking. It is designed not only to allow our voices to be heard, but to allow each instrument to make full use of its own instrument, full use of the tools offered by experience, education and any other asset which may be translated into spoken words which may aid those who seek the truth. It will not therefore be surprising that we hope more and more to sail off with each channel upon the voyages of thought rather than discourses only upon channeling itself.

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There were those portions offered to each of those within the circle which were missed, and we include the instrument now speaking, who misses perhaps not as much as it once did, but remains over-hasty due to lack of experience.

Indeed, we might encourage each to be more and more conscious of the self as channel at all times, for there is a channeling process that operates within any conscious entity which desires the channeling process to be contained within the self, opening to the self all of the usually hidden resources of the deeper mind.

The same clearing and focusing of thought, the same tuning and the same challenging turned inward are tools which may aid a consciously speaking person to be, though conscious, yet also in an augmented state due to the process of deepening the clarity of the energy centers and the state of concentration.

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We say to you straight that no matter what your service may be, the clear perception of it and the wholesome unfolding of it rely heavily upon the process by which a channel becomes transparent before an acceptable, inspired contact.

We do not mean to make ourselves proud by calling our contact inspired, but only to express in a brief way that many, many inspirations may come from clearing the mind and seeking the will of the Father. For there is and has been and shall be agreement made betwixt each pilgrim and the Creator which it seeks, agreements to which you shall not often have conscious access, but agreements which come to one and feel appropriate. May these lessons bless each as we are blessed by your presence as we give them.

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**W: ARE YOU SAYING THAT YOU'RE SENDING US A LOT MORE INFORMATION THAN WE'RE PICKING UP AND VOCALIZING?**

I am Quanta, and this is correct and is a normal state of affairs for any new instrument, and indeed for many who are quite experienced in serving as vocal channels,\). For that which we have to offer may be seen to be offered with various levels of meaning and expression possible to the discerning inner ear.

We may liken the message which we offer, or which any contact may offer through an instrument, unto one of your own beings; that is, composed of a foundation which may be seen as the skeleton, and to have upon these bones flesh which fills in certain areas and brings a continuity to the being, which may further include the life blood and thinking mechanisms which enliven the being and give it a vitality that is quite easily recognized as being more than mere bone and flesh and blood.

New instruments and those still refining the art of vocal channeling must easily perceive the more general of the concepts and means by which they can be expressed. This is likened unto the bones of the skeleton, the basic fabric of the message.

As an instrument becomes more practiced in its art, it is able to open itself so completely that more and more of what is available is able to be perceived by the instrument and expressed in a manner which gives more life and richness to the basic message that is being transmitted, for though we are limited by the very nature of words in contacts such as this, we can assure each that words may be used far more fully than most of your peoples realize in expressing those concepts which are able to be expressed and in pointing towards those that are quite beyond expression and capture by any word.

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**W: Are there any suggestions about my challenging and my tuning?**

I am Quanta. At this stage of your experiencing of the vocal channeling, we may recommend that the practice upon that which you have devised is by far the most efficacious means by which to improve your art. As you choose that means by which you tune your instrument and the means by which you offer a challenge of the nature of any spirit or entity who wishes to speak through your instrument, you then intensify this technique by practicing it. Thusly do you empower that which you have chosen by the repetition.

**LAITOS/QUANTA, APRIL 15, 1987**

It is the perseverance that is most helpful for the student of meditation and the student which seeks to utilize the clarified mental attitude achieved in meditation for the exercise of the vocal channeling art. Thus, we may only suggest at this time that the dedication to the regularized meditation be continued. This type of perseverance shall prove to be the greatest ally, we feel, for any instrument, be it new or more experienced.

**LAITOS, APRIL 22, 1987**

Each time that the instrument practices and exercises its channel, the pathway of interlocking vibratory complexes is made clearer and more strong. Thus, we continually adjust the contact as we are able, just as each instrument learns more and more to tune itself to the highest and best that it may receive in a stable manner.

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The practice of channeling is a very specialized form of a general practice which we would also call channeling. For is not each a channel in every thought, idea, emotion and speech which it makes? Is each entity not always a channel, either for love and light or for some darker force of separation?

There are some, indeed, which do not wish to be channels at all, but rather to deaden the senses. And to those we say, sleep and be comfortable, for there is an infinite amount of time. But to those present who wish indeed to progress, we say, "We rejoice with you, and would speak with you about love."

For the face of the Creator may be seen in many, many shapes. In your springtime the face of the Creator is seen in violet and snowdrop, in daffodil and hyacinth, in fruit tree blooming and lilac. Yet other ways there are too of seeing the love of the infinite Creator.

**LAITOS, MAY 6, 1987**

We continue to be pleased with the gradual adjustment of the contact with the new instrument known as N. The stage is now set for a movement in channeling which mimics the same movement within the spiritual life of any seeker.

When a seeker is new, it assumes that all information, realization and knowledge impinge upon the self as it is experiencing itself consciously. This is a mixture of the present moment with heavy overlays with thoughts of the future and disturbed thoughts about portions of the past. Seldom is the consciousness of the seeker a clear mirror of what is actually occurring at any given present moment.

So it is with the channeling. Although we have thoughts which seek and hope to inspire to offer, yet first must we make sure of the mechanical portions that insure a comfortable and stable contact. There is much training which must be done, and it is largely specific.

There comes a time when the new channel is no longer new and it realizes that the technique is basically learned. And now it is time to open the self to new thoughts and to the potential, subjectively speaking, for disaster! For how can one speak thoughts which one has not yet thought? Thus, it is that there is a crisis anew, and the fear of being a fool keeps the magic at bay.

Again, we urge the new instrument who faces now the graduation to take heart and to analyze before and after each occurrence, but to refrain from analysis during. We have thoughts to give from the first thought to the last, which any instrument may channel from the Confederation of Planets in the Service of the Infinite Creator. Those thoughts will ring with what we believe to be the truth, and that is that all of creation is one thing—one great Thought which thinks itself out in infinite portions.

The unity of all creation is not something that is unusual or new as a thought, but it is all we have to offer. We hope and trust that our humble gifts may find favor with those who channel them and those who listen as well.

We thank the one known as N for listening to our lecture. We are afraid that we do give them from time to time. It seemed to be a good idea, for we find in the one known as N's thought processes a very clear train of thought which tends towards logic. Thus, we thought it would be a simplifying thing if the instrument knew what comes next, and be perhaps ready not to analyze and not to be afraid when an idea comes which is not linked directly to the progress of the self in channeling. This shall occur soon if the instrument continues as it is now in these sessions.

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**N:** Laitos, I feel that in channeling one is trying to become closer to one's inner self. I heard a phrase the other day, "breaking down the barriers," referring to taking a mind-altering substance such as LSD or acid, or mushrooms. My question is, do they have any helpful purpose to breaking down the barriers and finding out more about oneself or the world?

I am Laitos. We consider the possibilities of this query for the infringement upon free will, and may speak in a general sense concerning the use of the substances which have the capacity to, as you have stated, break down those mental constructions that hold the mind/body/spirit complex upon a certain course within certain distinct boundaries for the purpose of its gaining of experience.

It is quite true that there are various substances, including those which you have mentioned, that may be utilized in the expanding of the point of view and the gathering of the fruits of that expansion for use in personal evolution. We find that for those of your population that utilize such substances that the effect is that which is most usually random in nature, for the barriers, as you have described them, which continue to hold the focus of the mind and the experience within certain distinct boundaries is a function which is difficult to affect or control, shall we say, by most of your peoples, and the circumstance of the ingestion of such substances, as in regards to the current mental attitude and the environment, are those faculties which in a general and uncontrolled sense lay the groundwork for the experience. And oftentimes the groundwork is not solid enough or well enough constructed to support the increased energies that are available upon such occasions. The experiences thusly are randomly generated and vary greatly in their effectiveness and ability to increase the seeking of the student.

There is great care necessary in utilizing such substances. This care is that of the magical nature which utilizes ritual in the dedication and consecration of such an experience to a specific purpose related to the student's personal pattern of evolution. And in such cases there is always the possibility that the student will not be adequately prepared in its normal rhythm of evolution to adjust its perceptions to the increased influx of energy available.

Thusly, it is not our recommendation that such substances be utilized, for the barriers, indeed, will be altered in a significant fashion, and the increased opportunity for learning which is presented the student must be, in our opinion, balanced with the increased opportunity for utilizing such an experience in a metaphysical manner that is adequate to the opportunity offered.

**LAITOS/QUANTA, MAY 13-1987**

When the basic and more mechanical aspects of the vocal channeling process have been mastered to a sufficient degree, the new instrument may find itself in the position of needing to refine the means by which contact is recognized and transmitted, for the new instrument begins to make a progress which then is less mechanical and more inner or metaphysical in nature, this refining having to do with the careful alignment of the inner sensing which will become the most vital tool for the new instrument as it begins another stage of its work.

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**W:** I'm experiencing a deeper sense of a meditation than I have since we've been working, and I'm curious about that. And I'm wondering if the entity which chooses to channel through me is also present?

I am Quanta. The deepened state of meditation is that which has been achieved through a combination of your desire to serve in this fashion and our desire to aid in your service. The entity which awaits the possibility of speaking through your instrument is not at this time in the appropriate configuration, shall we say, to utilize your instrument, but instead observes from a position that allows it to experience some of your contact circuitry, shall we say, which is a way of describing the configuration of mind and beliefs and desires which arrange the deeper mind in such and such a fashion that makes it unique. Thus, this entity begins to familiarize itself with this configuration as you travel deeper into your own subconscious mind.

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**W:** I've yet to feel connected to my guides and my higher self. Are they present? What would facilitate the establishment of a better contact?

I am Quanta. We might suggest that the contact of which you speak is one which is not normally a comfortable or easily established and proven state for the third-density illusion. Such contact is that which has its season, shall we say, according to need and opportunity.

The conscious efforts of the seeker to establish a mystery-filled contact are often the primary obstacles in the accomplishment of this contact. We might suggest the calm and peaceful relaxation into the knowledge that such contact is always available and need not demonstrate itself in any fashion which is consciously perceivable.

**LAITOS/QUANTA, MAY 20, 1987**

**W:** We're going to be having a break in our meditations for a short period of time. Is there anything in particular other than the daily meditations which might facilitate the establishment of connection with this other entity I'm attempting to channel?

I am Quanta. We can only suggest that the daily meditations be pursued with the regularity and desire for service that you have thus far demonstrated. It is the regularity of perseverance which prepares each seeker to become crystallized enough to transmit those higher frequencies of love and compassion which each has incarnated to do. Thus, the seemingly mundane nature of setting aside a few moments each day dedicated to seeking and serving is most helpful in this regard.

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**W:** During a discussion we had earlier this evening, we were talking about channeling and were questioning whether the person's channeling could result in a divergence from the spiritual path because of getting too involved in the channeling and therefore not continuing on their own spiritual path and become too dependent on channeling. I'm wondering in what ways my pursuance of channeling will either distract me from or enhance my spiritual path?

I am Quanta, and this cannot be said, my sister, for it is a function of your free will. We are aware that many give great weight to the words that are spoken by those unseen sources who utilize instruments such as those gathered this evening. When one allows any portion of the path of seeking to take on proportions that are larger than one's own discrimination, then it might be suggested that other avenues of investigation be pursued in order to balance that which has been overemphasized.

Any seeker may take any portion of the one creation and follow it to the source of all that is. The seeker who travels the trail most efficiently is one who moves with the lightest of touches and does not feel overly attached to any portion of the creation, seeing it all as portions of the puzzle, giving each portion its due and moving further onward.

**HATONN, JULY 13, 1987**

We feel it is important to stress that channeling is not alien to the condition of humankind, but is inherent in the nature of mind, body and spirit which is called personality. For the spirit dwells within mind and body and expresses itself and receives nourishment in such distorted or clear fashion as the body chooses to

channel to it and accept from it. All of the life experience is, in essence, a channeling of some force, either within or without the self into each action of the self.

Thus, it is the nature of humankind to be receptive, as a channel is receptive, and then to be a broadcaster, so that those who may find aid in your words may have access to them.

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Needless to say, the varieties of channeling are endless. There are those souls who channel such healing into the pie or roast that each bite that is taken at the dinner table fills not only the stomach but the heart with the love of the one who channeled perfect love into food.

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The vocal channeling is one way of being of service—that is all. It may be that the new channel, once having discovered channeling, may feel that its gift does not lie properly within channeling. This is acceptable to us, for we feel that the experience of moving energy from the subconscious through the conscious with the intention of being of service is a discipline which will inform and improve whatever form of service is undertaken in whatever subsequently.

We are always extraordinarily appreciative of those who wish to channel our words. They are humble words and in large part our opinion only. We have been wrong in the past and shall be wrong in the future, for though we are many steps ahead of you upon the path of seeking, yet still we are finite and prone to error.

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You shall be surprised by the love that is mirrored back to you from time to time, simply because you have a wish to be of service. This wish is the legacy of the kingdom within, that kingdom which is often called heaven. Yet, does it not lie within, my friends? And do you not bring to channeling the very essence of that which is to be channeled? For are you not in God and the Creator in you? Thus, fear not the experience of channeling, nor be concerned what you shall say.

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We shall be taking time in the next few sessions to attempt to correct any discomfort which may be felt by any of the channels, especially those who are new. May we ask that if there is a discomfort in [the] neck or any other portion of the physical vehicle, that you mentally request that we adjust the contact.

We attempt to be aware of comfort in the channel, but must confess that we are not perfect by any means at correcting an uncomfortable position or influence about the electrical field of the body and consequent muscle reaction. Please realize that we wish for the channel to be comfortable and not simply to live through an uncomfortable experience. A mental request is usually quite enough. Repeat that request mentally as many times as necessary to adjust the contact, and if the contact is not comfortable after [a] small length of time, we urge the channel to relinquish the contact and we shall continue to work to adjust comfort while other channeling is going on. You see, my friends, there are advantages to being a social memory complex—we can do many more than one thing at one time.

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Be sure that your physical vehicle is quite comfortable so that there may be the focus upon the brow chakra and the crown chakra, for you see, we are moving through the violet-ray chakra of the crown into the indigo ray chakra of the brow, and when we have been able to journey, welcomed, through these ports of entry, we may then activate the blue-ray energy center and communicate our humble thoughts.

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It is like a game of pitch and catch. First one concept cluster, ranging from one word to quite a few, is thrown or tossed at the channel. The channel catches it with the metaphorical hand of consciousness and then throws it on just as it was received, leaving the catching hand empty for the next concept to occur. When this realization of concept occurs, then simply repeat that which has been heard, refraining from analyzing the message, evaluating it, doubting its reality or any other thought which will move one from that

point of concentration which is focused entirely upon catching the concepts that flow one at a time from the subconscious.

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You form a ring, my friends, as you sit about the room of your domicile. The domicile forms a ring about you, and the yard about the domicile and the town about the yard, and the continent, then [the] world in which you have lived. Then that great round, the galaxy, and the timeless, convoluted roundness of the creation itself. And each of you wishes to serve the roundness of the galaxy and of all creation. And the roundness of one circle sitting in light wishing to be of aid to fellow seekers is equally powerful. We know you will seek to be stewards of the power which is yours for good or for ill, and we rejoice greatly.

HATONN, JULY 14, 1987

Each has in general a path which shall include opportunities for service and opportunities for the gaining of experience. To some a gift such as the vocal channeling may be given, just as to some the ability to produce music from a complicated instrument such as the piano or the guitar.

If the seekers which are within this domicile at this time were to compare their attempts at vocal channeling with the mature vocal channeling of one who has started with the gift of far memory of previous concept communication, it is likely that there would be some disappointment. However, in discovering vocal channeling, the seeker is discovering a portion of his or her own birthright. Vocal channeling is a way of linking three levels of being: the deep mind, the conscious mind, and the mind of the Logos.

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We are messengers of this Logos, imperfect and often befuddled, yet we come to you as those who may have some small portion of wisdom to offer from our experience. We speak not to your conscious mind, but to your deep mind in concepts. This conversation betwixt the deep mind and the cosmos is going on all the time. Almost no one in the physical vehicle of third density is aware of this communication, however, when the channeling occurs, pathways are being made deeper and clearer each time the channeling is practiced for the greater and greater facility of the conscious mind to have access into the deep mind and thus have access to the collected wisdom of the cosmos. Indeed, both we and you are in essence an entire and complete Creator, an unlimited creation and the most powerful force in that creation.

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Let these experiences flow naturally and evaluate in relaxation at other times the degree of attraction which channeling itself actually holds for you, keeping in mind that the work that you are doing is most helpful both to yourself and to others who you may serve as you become more and more aware of the wisdom and glory which lies within and to which you do indeed have access.

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We appreciate the opportunity to utilize each new instrument this evening, and we hope that each will bear with this sufficiently as we move about the circle and attempt to exercise each new instrument in turn. The process that each goes through is much the same, though each entity will find that there are various strengths and weaknesses that may be noticed within the other instruments, and thus each may learn from each in a manner which would not be possible without each new instrument seeking together a means by which to be of service through vocal channeling.

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We encourage the tuning, the challenging, and the reprimanding of all contacts. You who serve as channels have a responsibility in this fertile and crowded metaphysical universe to choose the contact that is the highest and best that you may stably choose. Thus, the challenging is something we do not at all begrudge, but rather encourage, for we wish each channel to feel that it has control of the conversation which proceeds during the channeling process.

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It is also important to complain mentally and to nag ceaselessly if the physical vehicle is uncomfortable for one reason or another. Each instrument is wired differently, in this instrument's terminology, possessing various locations for ingress, and thus when we first begin working with a new instrument, we move in with a standard adjustment. Like most standard things, it seldom fits anyone but is, shall we say, close enough for a beginning.

We ask each instrument to take responsibility for controlling the contact, refusing it if [it] seems less than what it should be and certainly refusing to accept discomfort. There is no need for this to occur as long as we are not working in the trance state. Work in the trance state requires a physical toll for the production of words. Conscious channeling, which is actually done in a light trance, does not require this cost and the instrument should not accept discomfort but should persevere mentally until comfort is established.

**HATONN, JULY 15, 1987**

We ask that each channel remember carefully the tuning and be conscious also that those who are not channeling at the time, but are in the circle, may be of great aid to the one channeling at the moment by offering such visualizations of light and healing, energy and power and compassion as will aid that instrument in the regularizing of the energies which it is receiving.

A newer channel usually has more difficulty retaining a steady vibratory level. This is why we ask that you continue tuning whenever you become conscious that you are not totally involved in the meditation. A simple phrase that is of meaning to you will suffice.

We find this instrument to be just as nervous as the rest of you, as she has no more idea than any what we may be about to tell.

It is in just such a way that the seeker receives realization. The seeker cannot know what he seeks, for that which is named is not worth seeking. And when it comes, it is a surprise, and yet that which must be, and must be just as it is.

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We intend for a portion of that which is said by us to be drawn from the experiences, the reading, and the vocabulary: in other words, the resources of the instrument. We have a very simple message, yet because of the richness of your languages and the infinity of uniqueness among peoples, we find that the portion which is added to the basic concept material by each instrument creates an excellence which we by ourselves could not achieve. That is the great advantage of concept communication in a conscious manner.

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**Carla:** I would welcome any suggestions that you could give on the teaching of channeling, anything that I might be able to learn as a teacher.

I am Hatonn, and, my sister, we are very happy to be able to move within the boundaries described by the desire of each seeker within this circle this evening, and can only reinforce the means by which our contact is recognized, prepared for, challenged and spoken, as these means have been utilized in your past, as you would call it. The channeling of the desire to be of service to others is that which we see as being of the greatest importance for each who would seek to become that known as a vocal channel or instrument.

Thus, your role as one who serves as teacher is to share that which is yours to share, the experience which you have gained over the many years during which you have served as a vocal instrument, and to share that experience in the manner which makes the most, shall we say, sense to you. For it is your own fruits of seeking that provide the greatest nourishment to those who wish to learn from it.

If you were but one which parroted that which we or others gave you, there would be no vitality within that which you share, and the impact, shall we say, upon the student would be but short-lived. Thus, my sister, we take much of your time and use many of your words to suggest to you that you may do that which you

do and know that it is that which is most appropriate and efficient for you, as one who would teach this service to others, insofar as it can be taught.

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**D:** In establishing a connection with me a while ago, I wonder if you became aware of a degree of fear which stands in my way of opening up. And, if so, can you give me any suggestions about the source of that fear and how to minimize its effect?

I am Hatonn, and, my brother, we have found within your beingness the general desire not to become that known as foolish, which each new instrument may be expected to contain in greater or lesser degree, for the process of serving as a vocal instrument is that which requires a certain gullibility in that one speaks the beginning of a thought, the ending of which is unknown. Thus, to step upon such seemingly shaky ground is that for which any new instrument may feel a certain fear.

We may suggest to you as a new instrument, and to each new instrument, that you cultivate the desire to step upon such ground and to risk becoming foolish. For, indeed, it is a foolish endeavor to speak words that are not heard from entities that are not seen to those who may not understand a message which begins and ends in mystery. And yet, so each desires as a means of service to others to penetrate the difficulties, the confusions and the mysterious nature of being itself, in order to find a surer center to the self and a firmer framework for the mind to make its expression of the quality or character of being in order that experience may be gained, knowledge may be acquired, and service may be rendered to others.

Thus, my brother, we encourage you to become foolish and to step upon the shaky ground, for, indeed, with each step the ground grows in firmness and the feet find support and a path is fashioned which may lead one to the desire to serve and the means by which to serve. The faith to follow this path, the faith that such leads to a destination, that offers inspiration and encouragement to the self and to others, and the will to persevere beyond difficulty are those qualities which serve each seeker and each new instrument well; the faith and the will to continue to move into that which is unknown and to begin to know that which is unknown as another portion of the self.

**HATONN, JULY 17, 1987**

We ask all new channels, when practicing, to tune your instrument and be careful with the challenges to all spirits, just as though it were a group meeting, for you need to be far more fastidious when working alone than when supported by the group energy, which is phenomenally greater than the energy of one alone. We are most pleased with the subjective rise in each individual amount of trust in the benign nature of our contact and the benign nature of channeling itself.

Channeling is actually a fourth-density commonplace. Since each entity is aware that within it lies the glory of the Creator, it naturally makes the choice to channel that energy. Those of you in third density can often not see with the physical eyes the seeds of wonder and godhead in yourselves and each other. Yet, that resource, pure and undistorted, lies full-blown within each consciousness' heart.

As you learn to channel the best that we have to offer you, and we offer it in all humility as our opinion only, realize that we are only attempting to aid you in learning to channel your own divinity, that impersonal, caring and life-affirming portion of the self which, with great compassion and justice, gazes upon a fruitful and beautiful creation.

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**Carla:** I've always had a prejudice against people working by themselves when they were new channels. But I was never able to say it was because it didn't work. It does work by yourself. And from what you said, I'm wondering if my prejudice doesn't have its basis in the fact that one is more protected with a couple of people around, especially experienced people. Comment?

I am Hatonn, and it is also our recommendation, my sister, that new instruments practice the art of vocal channeling only in the company of those who seek in like manner information of an inspirational nature

from sources such as our own. It is further recommended, as you have also been accustomed to recommend, that the new instrument, for the greater portion of its initial practice, place itself within a group that contains a more experienced instrument, in order that the finer points of the channeling process might be noted and used as teaching devices.

It is easy for a new instrument to be able to make the contact and to vocalize the contact, yet, as you are aware, there are many considerations that each new instrument needs to be aware of that are most easily noted by a more experienced instrument.

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**W:** Can you comment more about the process of practicing by oneself by mentally receiving the contact?

I am Hatonn, and it is our recommendation to the new instrument, and, indeed, any instrument which wishes to experience our contact or the contact of any of our other brothers or sisters within the Confederation of Planets in the Service of the One Creator, that the contact be made only in the form which would allow recognition of the contact and the deepening of the meditative state.

We do not recommend even the reception of mental images or words from unseen contacts while in solitary meditation, for it is easy for the new instrument to believe that it has recognized a contact sufficiently enough to speak the words and impressions that are received. And in many cases this would be a workable situation for a certain period of time. Yet after this period of time, which is variable for each entity, there is the likelihood that there would be the infringement upon the contact by other unseen entities who may have less than helpful desires as their motivation for attempting to confuse the original contact with their own.

It is far less easy for such an infringement to occur when an instrument places itself within a circle that includes at least three as the minimum number. Three entities, then, blending their seeking for knowledge and the ability to utilize it in a service to others as a kind of protective device that ensures a cleansed working place and the conditions necessary for the working to proceed in a stable manner.

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**Questioner:** In daily meditation I attempt to make connection at times, to seek guidance of my own higher self. How am I then to determine whether that contact which I believe I've made is indeed my higher self, and not other entities? In other words, how do I differentiate between the part of me that I call on in my meditation from other entities that are out there?

I am Hatonn. We might suggest that the proper respect and personalized ritual be accorded to this type of seeking for guidance and information in that the meditative state would be utilized as the general arena or place in which such work might be accomplished. This place of working then would be prepared in the mental sense by the intensity and purity of desire to seek knowledge in order to grow and to be of service to others.

This purification of the inner desire may be accomplished in any fashion which has meaning to you. The visualization of white light surrounding and protecting your inner place of working is one manner that might be utilized in a variety of fashions as the light is formed in various meaningful symbols by your own conscious application of attention.

The repeating of words, written either by yourself or others, which are of an inspirational nature and which direct your desire in a certain fashion which expresses your nature and your desire to learn and serve may also be utilized.

The principle which is of fundamental importance in this instance is some regularized manner of preparing the place within your meditative state to which you shall repair only for the seeking of a contact with a greater portion of your being, whether it be your higher self or other portions of your mental complex that may contain useful information for the direction of your journey of seeking.

This ritual then would be repeated each time that you desire such contact. This will suffice to provide a cleansed and protected place of working as you undertake this type of seeking.

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**D:** Do disciplines, such things as diet, play a major role in opening as a channel for some? And if so, how can you determine, from a neophyte's status, something that would be helpful to oneself?

I am Hatonn. The utilization of the diet would be helpful if the dietary plan were to be seen as a symbol for a greater purpose, the cleansing of not only the body but the mind and spirit complexes as well, for example. Or perhaps the bringing into balance of the physical complex with those of the mental and spiritual as well. The diet in itself, beyond the point of a reasonably healthy maintenance of the physical vehicle, is not necessarily a useful means of aiding a new instrument in serving as such, but may become so if used as the means towards a greater end.

**LAITOS/QUANTA, JULY 21, 1987**

We would like to say a few words about contact with those which are not of the Confederation of Planets in the Service of the Infinite One, for there are ways in which inter-plane contact is like contact with the Confederation and there are ways in which it differs.

The challenging and tuning mechanisms of the instrument remain of the same importance, regardless of the nature of the contact; regardless of whether the instrument is conscious or in trance, regardless of whether the contact is inner plane or outer plane.

We strongly suggest that channels not agree to accept any contact which does not declare a name. Few among the Confederation have retained names in the sense that you know them, yet in order that we may speak with those who have names, in order that there be trust and recognition and companionship, we have taken those vibratory characteristics that are most like ourselves and molded sound vibration complexes to create the most accurate name we could. It is not well to accept an unnamed contact, for that which does not have a name may indeed evade challenge.

There is a great variety of strengths and powers of personality among those dwelling in the inner planes of your planetary energy web. We say this not because the entity which attempts to call you is negative—this is not so—but rather because in the instrument's present situation, it would be surprising if the new instrument were not greeted by more than one entity, the extraneous contact being of a less than desirable nature.

It is impossible to place the same standards of information upon inner-planes masters and outer-planes servants, for those within the higher planes of the Earth's system are often agreeably pleased with themselves for achieving such a high level of understanding. This is because such entities often have put off the day when, for the first time, they move on into fourth density. Thus inner plane channeling can become most uninspiring due to the encouragement of self-aggrandizing material for the instrument.

We ask the instrument to remain faithful to that which may be more difficult to achieve than some contacts, in order that when that contact is established, it may offer much to those who may wish to ask questions of it.

Be aware that only through practice does the inner ear become keen. Know, too, that inner-planes masters, having by definition had at least one incarnation upon your Earth plane, have the right, and, to various degrees, the ability to offer personal material; that is, material concerning someone who wishes to know about previous lifetimes or the efficacy of future actions.

It is in the instrument's hands to direct the contact in the most helpful fashion; that is to say, not as we see a helpfulness nor as anyone else sees helpfulness, but in the one known as W's way of seeing helpfulness, visualized clearly. Only then shall the one known as W attempt to encourage the contact.

**LAITOS/QUANTA, JULY 29, 1987**

We are pleased that the new instruments have maintained their dedication to this service over the period of time which has elapsed since we were privileged to speak through each new instrument. This dedication and

perseverance is the primary quality which any new instrument may utilize as the foundation stone of the structure of its service to others. Without the dedication to continue and the will to persevere, no talent, no matter how great or varied or inspiring, can continue to burn as a beacon to others. Even the most rudimentary and basic of vocal channeling skills can be added unto on a continuous basis by the one which burns with the desire to hone this skill that it might be of service to others. We commend each instrument for maintaining that dedication, and we look forward, as you might say, to working with each as each gathering brings new opportunities for expansion of these skills.

**HATONN, AUGUST 5, 1987**

From our point of view, as those who are sending to a receiver, we find it helpful that the receiver be turned on. It is as simple as that. When the receiver is on, that is, when the instrument is availing itself of whatever communication it can, be it garbled or not, we are able to assess and calibrate that particular receiver's needs so that we may enter into the energy web of the biochemical body of the instrument with as little discomfort as possible and emit our communication concept by concept within the upper reaches of the subconscious mind. This is the way we begin with a new instrument.

One may think that one is availing oneself of contact and turning one's instrument on by simple intent. However, until a new instrument has had some experience in what happens when the instrument is on, it is quite impossible for a new instrument who is not actually channeling to know whether or not the receiver is actually working.

Now, some ability in channeling of a kind is part of almost every new instrument's experience. The experience occurs betwixt two entities in a relationship which, for some reason, is well tuned, so that the two instruments are able to receive fragments of communication by concept from each other. Needless to say, since the new instrument is certainly not adept at sending information or receiving it, these experiences are often had, but seldom complete.

Thus, each new instrument has some experience in concept communication.

This is what we offer. We offer, in the conscious channeling program, concepts which must then be clothed with vocabulary. The simplicity of the process works against new students, for your peoples, when attempting creativity, tend to multiply concepts with detail rather than honing constellations of concepts into simpler and simpler terms. As the new instrument becomes more experienced, we are able to offer longer and more detailed series of concepts, and thus that which we ask the instrument to unlearn at the beginning of the process—that is, the multiplication of detail—is then relearned with one notable exception and difference—that is, that the governor which the conscious mind is has been damped down by the instrument so that external thoughts—that is, thoughts external to the communication—are allowed to flow away from the instrument, thus keeping the concentration of the instrument upon the most simple thing—that is, listening within.

Channeling becomes, then, one way to experience an improved meditation, for when the channel is busy listening for the next concept, the mind is stayed upon that point, becoming one large receiver. When we ask instruments to cease analyzing and relax, we are asking basically that the inner ear be turned on and that a continuing attention be paid to it. This is, in brief, a satisfactory definition of meditation, for when the conscious mind is turned down and the inner ear listens, then it is that the Creator speaks in whatever way is creative at that time and place.

What a new instrument is engaged in is creativity. A channel produces out of nothing a something which, it is hoped, will be beautiful, inspiring or useful, or perhaps all of those. Creating beauty, creating the feelings associated with divine love, is one great purpose of the existence of all consciousness, and the vocal channeling is one way of achieving the creative act which expresses the trust and love that each feels for that great love which is the Creator.

**LAITOS, AUGUST 5, 1987**

We are those which often teach new instruments within this group. It was thought by us that the one known as Hatonn, being closer to the vibration to the one known as D in resonance and harmonics, would be the better choice to initiate contact. However, we can see that the very compatibility of this contact mitigates against the instrument's demand—which it does not wish to make but is making in spite of itself—for proof.

It may be obvious by now that there is no proof. We are sorry for the disappointment of those who wish proof, but we are heart and soul, as this instrument would say, of the belief that any sort of objective proof of our presence or the proof of our statements is an infringement upon the free will of those who at this time in your density are making their choice to create, as co-creators with the Father, or to destroy, as co-creators with the darker energy.

**LAITOS, AUGUST 12, 1987**

**Carla:** It seems to me that when one challenges, if a request is made that the entity be of God, that is not sufficient to challenge, since negative and positive entities are equally of God. It seems to me that there would have to be a specific service-to-others orientation stated in the challenging statement. Is this accurate?

I am Laitos, and this is correct, my sister.

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**D:** I'm somewhat puzzled by that idea of challenging. My intuition tells me that one's own alignment is generally sufficient, that one intuitively or unconsciously accepts or rejects the incoming energy. Maybe that's easy for me to say because I've never experienced, to my knowledge, a negative entity's attempted contact. But I just seem to feel no interest in that aspect of the challenging. Can you make any comments about that attitude and whether it's erroneous or dangerous?

I am Laitos. For most who engage in the phenomenon of the vocal channeling, the experience is one which is of a shallow nature and can be expected to run its course after a certain amount of the experience has been shared. Thus there is little of the development of the metaphysical power that would as a beacon attract the attention of entities of a negative polarization who would then desire to gain the use of that power for themselves, or barring that, to put that beacon of light out. Thus, for most entities the channeling process is not one which provides the avenue for the beaming or expressing of great metaphysical power.

However, 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 most centrally 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 the 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, and thereby open 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 a 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 who stand ready to speak through instruments, and instruments need a means by which to be assured that the entity speaking through them is one of the highest positive polarity possible in order to gain information that is as sound and useable as possible, or else the value of the information is small.

Thus, it is our recommendation that each instrument determine for itself its own desire to serve as an instrument, and 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, so that the contact which is made 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 contacts, has this clear knowledge of itself and speaks as an entity full of that essence of itself. Thus, the instrument must needs determine the highest and best contact that it might sustain in a stable fashion by means of this technique of the challenge of the spirit.

**LATWII, SEPTEMBER 17, 1987**

We encourage the new instrument to take the risk of misperception, for there is the difficulty of the rehearsal. It is distasteful, perhaps, to sight-read and to spend the long hours in moving slowly through passages. The concert at the end of that time seems far away, and the hours of practice do not seem to be so rewarding. Yet, when the concert finally comes, the student is ready.

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**D:** Is it productive or counterproductive to analyze my experience intellectually at this point? I know there are some phenomena that are better simply experienced, at least temporarily, and not impeded with questions. How do you see this process at this stage in relation to my usual attempts to understand things intellectually?

I am Latwii. We find that your demonstration of ability at this time is that of the neophyte, and is that which is progressing as best as one could hope for the beginning instrument. Each instrument will find a certain level of questioning and analyzing in regard to its own progress of aid. In your particular instance, you are aware that your tendency to intellectualize the process is that which can both be of aid and be of somewhat of a hindrance, for the remaining within the intellectual mind which needs the rational for each movement and the explanation for each result is that which can both block and hinder the transfer of thought from mind to mind when this process is not totally explainable in terms that may be understood.

Therefore, we cannot give you a clear indication of whether it would be in your best interests to question and question further. We must leave this decision in your capable hands, for you are at this time working with the knowledge that the questioning has two edges, shall we say. We are happy to speak to any concern which you may have, and we open ourselves to that possibility at this time.

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**D:** Is there anything to be gained from specific feedback? I could ask you about almost every thought that entered my mind in the process of verbalizing the message. I would be capable of accepting that kind of feedback as to whether this is coming through clearly or being overly colored by my own mind. Is there any value in that sort of questioning, in moderation, of course? Or is that more likely to lead to impediments?

We feel that the questioning to this degree would be somewhat deleterious to your progress, for you are, as we stated before, progressing according to the general pattern of a new instrument, which is to say that in such a situation the percentage of thought transference from the contact through the instrument in ratio to the instrument's own thoughts that are fed into the transmission is usually weighted in favor of the instrument's providing thoughts which the contact will then attempt to turn, slowly but steadily, toward the theme or message that is being transmitted.

Therefore, in your contact with our vibration this evening, we found that the most efficient way of making our presence known and of transmitting our thoughts through your instrument was to activate some thoughts within your own conscious and subconscious minds that might be helpful in your understanding of the process of channeling, and also in partaking of this process by speaking those thoughts, which we then were able to infuse with a greater and greater portion of our desired contact.

Thus, it must be understood that in the initial stages, much of the new instrument's contact will be that which has been activated by the entity speaking through the instrument. That will then be blended and bent toward the information that awaits transfer.

HATONN, OCTOBER 1, 1987

Each entity has fashioned that which may be called a channel of his incarnation, and more than this, of its entire, what you may call, soul history which has then achieved as a result of many forays into the third-density illusion which you now inhabit.

Thus, each incarnation is entered by a unique entity, lived by such and exited by the same. Thus, each seeker of truth is indeed a channel for the connection of each with the one great original Thought is near enough at hand that all further refinements of this one great Thought may be seen as the creation of a channel through which moves the great power of love and [which] forms through light a certain field or configuration of energy or love that becomes the soul experience which partakes of the incarnations.

Thus, the work we do this evening as you study the art of serving as a local channel is further and specific refining of this funneling, forming or channeling process which all creation joins with you in. The perfecting, the study of the vocal channel then becomes the consciously chosen focus for the expression of various facets of this great creation which renews and creates itself again and again, moment by moment. Each entity steps into the stream of experience and is not only enriched by the living waters of love and light but by the interaction of its own field of experience, and enriches that which it touches by its own being.

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When we move to inexperienced instruments we expect a large percentage of what we give to be unavailable to that new instrument, because that new instrument cuts off the train of thought by questioning and analysis. This is acceptable to us. Indeed, it would be acceptable even were that to be all we were ever able to express. We would be extremely pleased to offer merely the most simple of thoughts. For, you see, it is our nature to be extremely simple. This is a sincere reflection upon our part of our understanding of the nature of creation. That is that the creation is extraordinarily simple, and of one substance or energy or self or intelligence.

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Picture yourself as one working on an exercise, knowing that you may become somewhat better through that exercise and that you may continue becoming better through any conceivable number of such exercises. The process of achieving clear reception of telepathic vibrations is an infinite one for those which dwell within the physical form. Even the self that you are you does not express fully. How could you express a telepathic contact fully? Let this be the exercise, the workout. And dedicate this energy, this love, this hope, this service, at all times to the one infinite Creator.

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**Questioner:** Do you come to join with us to seek, to help us in our search to become better people? Do you in turn, when you are with an entity, get anything out of our relationship? Do you learn from us?

I am Hatonn. Indeed, my sister, that which we learn is great though not often easy to express in your words. For we see from a vantage point that you are not privy to at this time. In the region which you inhabit, you pursue those lessons that you have set for yourself. There are many veils and hindrances to clear seeing. It is as though you climb a great mountain that has many ridges and valleys, trees, streams and outcroppings of stone and earth that restrict the vision of the climber so that the summit of the great mountain is not seen. And the experiences through which it passes, the beliefs that it holds in its mind form for them the foliage, the trees, the outcropping, and the very structure of the mountain itself.

When we join in your meditations with you and become aware of those pieces of information for which you seek, we become aware of many different ways of perceiving the creation of unity. We see the means by which a unified creation may be utilized to pursue various lessons which seek to join those things which seem separate within an entity so that he may restore balance once again and so that his vision may become clarified upon point after point and piece after piece of the great puzzle of his existence.

We see and we learn how entities such as yourself can valiantly struggle when inner and outer circumstances become chaotic and frequently seem to present little else but challenges We see, in short, how each entity

may wander through what seems a metaphysical darkness and yet with delight, hope, faith and those qualities of compassion, mercy and love, continue to search for greater light and greater love and greater experience amidst the darkness.

We learn of courage, of endurance, of faith, of a variety of perceptions that provide endless possibility of learning, of growth and of service. Yes, my sister, we learn a great deal, far, far more than can be described through your words, and we hope that we may offer even a tiny fraction to you of that which we learn.

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**D:** At about midpoint in my channeling tonight, about where the train of thought shifted, I felt a sort of expansive feeling in my mind. It was almost overwhelming in a subtle sort of way. I wonder if you were aware of that process going on in my mind at that time and if it had to do with the connection between our energies? Can you shed any light on it at all?

I am Hatonn, and this subtle overwhelming, as you called it, is the product of two qualities which you were able to demonstrate in the reception of our contract. The first was the resolve on your part to begin the channeling process when it was offered for the second time with as little hesitation on your part as possible, so that you could initiate a new process. The second feature of this contact upon your part was the ability to maintain the contact and continue receiving thoughts in a steady stream long enough to be able to feel a certain confidence and comfort with the contact.

This confidence, then, combined with your resolve to speak without analysis, enabled our contact to mesh more firmly and completely with your own present vibratory being. This feeling of expansiveness and facility was our contact becoming synchronized with your own receptiveness.

**HATONN, OCTOBER 19, 1987**

The discipline of a life which involves the service of channeling is a rigorous one, not necessarily materially but in the sense of the entity requiring of itself the discipline in constancy of attention and the acceptance of the need to persist continually in moving in life experience ever closer to that personality which the instrument uses to stand before all external personalities which are unseen.

We encourage you in the unending process of growing to know the self, appreciate the self, and discipline the self in appropriate ways to enhance the manifestation of the service which you have chosen. These words, indeed, apply not only to those who serve through channeling, but to all who seek to serve in whatever manner.

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We are greatly encouraged to view so many new instruments developing in so many portions of your Earth plane. May we say we appreciate those such as this instrument and the one known as Jim, who attempt to nurture entities which are in the process of learning the discipline of the self, the freeing of the spirit, and the art and gift of vocal channeling.

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When the mind is drifting in a state which is known to you as hypnogogic, it is a relatively simple feat to direct the stream of thought. To use this state with facility might be thought of as a worthy step along the path to vocal channeling. Becoming the passive observer in this state has other practical advantages in the growth and development of sensitivity to inner processes. Unfortunately, like the electron which quantum physicists disturb by observing it, to make use of this state and to report on it as in the act of channeling, is disturbing to the state itself until sufficient practice enables one to attain a level of comfort with this process.

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It is indeed a challenge to the new instrument to remain tuned, open, and accepting of concept, yet discriminating in the choice of those thoughts' clothes, which are words. Perhaps it may aid each instrument to consider that at each and every moment, an entity is making some use of the deeper level of consciousness. The powers of concentration lie not within the rational mind, but within the more instinctive

or intuitive mind, Achieving a state of concentration which approaches sleep yet is awake, and remaining there while using the other side of the mind to choose those daughters of thought with which you shall clothe our concept, takes practice.

It is a frame of mind which has a pointed lesson within it, for is not all of manifestation within your illusion benefited and enriched by the most relaxed and most focused point of view, the very point of view which instruments attempt to attain?

One great fallacy of channeling theory is that the message is apart from and other than the message. Yet, we say to you that the channel, the message and the creator of that link 'twixt teacher and student partake of one self, one mind and one heart. We move from a point external to your incarnate self to find our place nestled as a part of your enlarged self. This involves the laying down of the barriers which keeps self from self. We cannot come without invitation. Once asked and once there, we are an extension of your self, and both of us are an extension of the Creator, a collaborative instrument to share helpful thoughts with those who may find them of use.

We ask that you begin more and more, as entities and as instruments, to trust the self and to relax within the self, so that there is within the heart a growing awareness of who the self really is. We ask you to feel good about yourselves. These are simple words, but difficult in their application. As each uses the tools of meditation and contemplation, converse with those of like mind, and the communication of self with nature, each will find more and more that the state of mind which is conducive to the practice of vocal channeling is approached by the self in more and more life experience.

This means that upon a personal level, the deep mind and all of the riches which it has to offer shall be in a position to be channeled from the self to the self, those deeper thoughts and intuitions coming forth into manifestation and greatly informing the process of ratiocination.

For most, this focused, peaceful, receptive state of mind is one learned through experience. Though some are naturally gifted, most must practice to achieve that state of mind wherein deeper desires and sources of information may arise and make themselves known. And what shall come out of such discipline? Not only the vocal channeling, though this is indeed, if this be your application, most greatly appreciated by us.

Yet more than all this, we hope that these disciplines of knowing the self's identity, of declaring the self confidently, and of surrendering to the will and the love of the Creator, will be those which you may use in your life experience. The self-consciousness of humankind is a great stumbling block, a block thrown up by the ego-self to prevent change. Yet each of you wishes to change, and we are most happy at your desire to serve.

#### **LATWII, OCTOBER 30, 1987**

The practice of channeling requires an ability which is in common with that needed by the motorcycle driver. The roads are not always straight; neither is intuition straight. The roads bend and curve and so do the ways of intuition. Upon the curving highways and byways the motorcyclist must lean into and aggressively attack each corner, not knowing that which is around the bend, yet trusting in the balance of cycle and rider, trusting that the way is clear ahead, and trusting the instincts of hand and foot.

When the new channel moves down the road which intuition has fashioned, there appear many turns, uphill and down, back and forth. And the new channel must learn to trust the basic vehicle of thought, the self, which the new channel has created to deal with intuitively perceived, invisible entities.

The new channel must be able to trust the clearness of the road ahead so that the channel may lean into and aggressively take those turns and bends, thus smoothing the way for the long straight roads that lie between each turn and twist.

We urge the new instrument to attack boldly with intuition, just as the road is attacked and the best use made of it by the aggressive yet careful cyclist. Once the being is tuned and the declaration of self given so

that challenging may be done, it is best to keep the proverbial metaphorical hand upon the throttle, for momentum is gained by attacking intuitive curves, and the benefits which rise from a more self-confident foray onto the road of intuition are too numerous to mention, opening to the new instrument as it does in ever-expanding vistas of beauty and challenge.

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**D:** I would like more direction about steps I could take on my own, given my own individual status, with regard to learning the channeling. When such periods go by as have just gone, by when I'm not able to be here, or even during the week between sessions here, are there suggestions for work I can do on my own? I think that Laitos advised against specifically trying to channel when alone, but are there other solitary exercises that would be suitable?

I am Latwii. Indeed, the new instrument often seeks the manner by which the facility in the channeling process may be aided, much as the athlete seeks to strengthen the muscle by the exercise in a disciplined fashion.

We may make a suggestion which sounds at once too easy and too difficult to consider, but the life experience in each of its many portions is channeled by each entity on a day-to-day, and, indeed, a moment-to-moment basis. This is realized by each which seeks to place the attention within a certain attitude or ambiance of mind which looks upon the day and the moment as a dance in which one moves gracefully with any partner or experience that is placed before the notice.

As this attitude of acceptance and graceful movement with those entities and energies about one is cultivated, the primary requisite for serving as a vocal instrument is also strengthened. For the attitude of the mind which allows an entity to move freely and gracefully within its daily round of activities is the same attitude or quality which the vocal instrument exercises when it practices its art.

Thus, as you seek in all manner of experience to balance your total being that it might move effortlessly and freely in harmony with those about you, you practice that which allows each entity to serve most effectively as an instrument for the one Creator, so that It move within your being and so you may move within the being of the Creator.

**LAITOS, NOVEMBER 19, 1987**

We would suggest that each within the circle realize and give value to the shyly hidden offerings of the subconscious mind. For deep concepts arise within the intuitive portion of the conscious mind only if there is a certain level of coordination betwixt the two minds, a certain mutual respect and conscious awareness, each of the other.

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The instrument need only remember his varying state of mind during this channeling exercise while reading or listening to the words to discover how very helpful it is to maintain a single point of focus during the channeling. Neither worrying about what has been said nor considering what shall be said, and focusing only upon the immediacy, the breathing, the heartbeat, the slight but audible sound of the pressure of blood in the ear, the night sounds, all those things which go into being in the present and focused upon an inner listening, are the most helpful focus.

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We suggest as an exercise that the instrument work with imagery in meditation, holding shapes and colors within the mind for as long as possible. The instrument should not be discouraged at discovering the willfulness of the mind which wishes not to concentrate upon one image. Even a few seconds at first shall be a challenge to sustain. Yet this type of concentration is most helpful to the work of channeling. Where the conscious mind in its restless intelligence is used to roving in thought, there must needs be a means of disciplining that very helpful thing, the intellect, and stilling its forward pace for the purpose of experiencing the present moment, as would one without the rational mind.

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We emphasize that the rational mind needs to be tuned carefully before the control is given over to the intuitive self. Further, we suggest that the powers of analysis are most helpful in revealing the experience of the intuitive mind and its fruit in collaboration with us who are of the principle of love.

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We feel that the encouragement which we offer the instrument is to an extent blocked by the instrument's dissatisfaction. We ask that the instrument set aside that dissatisfaction or its need to please the self. For in this matter the process of learning to serve as a vocal channel is greatly helped by a veritable lack of interest in the excellence of one's own work when one is within the channeling mode of perception.

This channeling phenomenon is most natural. It is, in fact, a portion of the birthright of the intuitive mind, that portion of the mind which is the largest, that being the frontal minds of your brain, yet being by far the least respected and the least used by your culture. Intuition vanishes upon attention and advances upon a relaxed peripheral view. Those who see intuitively see without focus and speak without hindrance. So many learn to channel themselves in spontaneity and joy and some few discipline that faculty for use as a medium through which impersonal principles may find an attuned gateway which resonates in energy with itself and which can thus be used to be of mutual service to those who may find value in words of love.

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**D:** I got the impression that the concerns that prompt me to ask about my performance were somehow misguided.

We suggest the concern for the excellence of the effort be the focus of one's attention previous to and then following the exercise of the vocal channeling ability, and the giving over of any concerns for such excellence while one is serving as a vocal channel. It is at the time of channeling that the analytical mind does not serve one well, for analysis is the greatest stumbling block for the new or old instrument. When channeling, such analysis is given over to a surrender that will allow a clearing of the mind in order that impressions of those such as we are might be transmitted through the instrument.

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**D:** Did I complete my channeling of you tonight at the point at which you were ready to end it? I've felt in the past somewhat as if I stopped it because of my own fatigue and tonight I felt no fatigue.

We were quite happy to have been able to utilize your instrument for the greater portion of the time which we felt was appropriate for the exercise of a new instrument. Either physical or mental fatigue tends to remove the one-pointed focus that is so critical in being able to transmit concepts as they occur and are perceived within the mind complex. Thus, we this evening were able to utilize your instrument to a greater degree than we have previously and are very pleased to be able to make this report.

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**D:** In weeks past you made the analogy of channeling with catching a baseball and throwing it in order to free the hands in order to catch the ball again. In other words, you suggested to receive a word or a few words, then speak them, in order to free the mind to receive more. And yet it's also been stressed that you work through stimulating concepts on the subconscious level through which we find the words. And I see these two ideas being somewhat in conflict with each other. Can you resolve that and help me to understand a little more deeply just what this process is?

I am Laitos. Whether the words which are perceived are words which we transmit in a word-by-word fashion or words which the instrument fashions in order to describe a concept which has been transmitted, the idea of throwing or speaking these words fearlessly is that which is helpful to the instrument, for the passing of the words is that which clears the way for further words, be they those which we have distinctly transmitted or those which the instrument has found to be the most nearly appropriate to describe the concept which we have transmitted.

We utilize from time to time combinations of the concept and the word-by-word transmission as is most efficacious for each instrument. Most will find the concept means of transmission the easiest to utilize in the beginning of the service as a vocal instrument, with the addition of the word-by-word method of contact being that which is undertaken at a later or more advanced stage of serving as a vocal instrument.

**HATONN, DECEMBER 9, 1987**

We are most aware that the use of words is highly ambivalent within the channel, in regards to its contact. It is as though one were to clean a kitchen and scrub down each surface until it all was scoured clean. The surfaces may seem most fair. Yet if the faucet runs with polluted water, of what excellence is the cleanliness of the room which now serves no function?

Each instrument with whom this teacher has been involved carries a certain level or complex of levels of illusion, due primarily to the fact that within your culture, the science, the exactitude, the certainty, the proven, is all that is acceptable. If one may consider fixtures such as sinks or toilets, one may see that if the water is poisoned by one means or another, there are many, many things which the person dealing with the water must accommodate in order to remove from the offered water those toxic particles.

Each entity who is a channel has complete choice over the entity to whom contact will be allowed and given. But when a contact speaks within the consciousness of the channel, it is not possible to determine the identity of the contact solely from that name. Therefore, the instrument must be prepared to tune for a matter of minutes after the original tuning of the group.

Even though it seems obvious that in channeling a being, its energy would be sufficient to identify it, wherever one picked it up. Yet that conjecture is, in fact, erroneous. The light, which is the prana or life of all the universe is offered equally to those upon the service-to-self path and those upon the service-to-others path who have obtained a certain degree of confidence in accepting and rejoicing in the light of love, of wisdom, and of courage.

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Let us speak for a moment about the concept of the “magical personality.” This instrument would prefer to call it “spiritual personality.” However, we feel that our nomenclature is more accurate. We have endeavored to offer to the new instrument a framework within which the instrument may learn to be more and more aware of the still, small voice that speaks in silence, as your Holy Bible puts it. In many cases the still, small voice is not that easily recognized.

The first great challenge of the new instrument is its ability to challenge successfully. The student who does not listen to the warnings concerning channeling by itself will put himself in the way of grave difficulties, at least in potential.

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See yourself as a person who believes, passionately and as an advocate, in the greatest, highest principle which is possible at this time within your mind and heart. It may not be something so easily spoken as the challenge in the name of Jesus Christ. Yet, we suggest that those who find the face of God in nature or in any other way, position themselves so that they can challenge out of the center of that commitment and passion for life and love. Then the vibration most desired shall come. The contact shall come.

And when all the challenges are done, the instrument’s work is basically done, for the rest of the channeling of concepts is what one may call an intuitive rather than a rational process, whereby the instrument feels certain feelings and is able to express, in an acceptable way, the intense emotions of the spiritual search.

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Part of what the new instrument is going through is determining that for which he would die and that for which he shall live. This is a difficult patch of road for one who has always felt himself to be an observer, an anthropologist gazing at the natives. We do not say that there is not some merit in this attitude in terms of

accuracy of perception. But, rather, we suggest that one view all those whom one may serve as equally worthy of service.

The straying from the challenging process almost always turns the group responsible for this contact gradually into a point from which they cannot recover, for it is the favorite tactic of negatively-oriented entities within your sphere to wait for times of despair and the dark feelings of defeat in one project or another, in order to lay claim to a portion of that group's mind and heart.

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We ask those present to consider channeling as a priestly avocation. We ask the instruments to consider this carefully and, above all, to keep questioning what concept or complex of concepts contains the limitless ideal for which you live and for which, if pressed, you would die.

Within some entities the face of God resides upon the face of the child, the Beloved. In a more spiritualized sense we hope that each will treat the child which is growing in knowledge of service to others with the same tender care that the one known as Jesus received, albeit in difficult circumstances, in a cow barn, in the middle of a snow storm. This is, of course, recorded to your accounts within your Holy Bible.

May you be the best you can. Relax into the web of love which connects you to all in the universe, which is closer to you than your breath. And be careful of whom you seek, for though the Creator is in all, yet the distortions are many. And although we are distorted, yet it is true to our best belief that we attempt to safeguard the vocal instruments of our message and are successful in the most part in doing so.

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**D:** I felt tonight that I was initially channeling at rather a low level and so much from my own thoughts that I really felt reluctant to trust, again, what I was saying as being accurate. Could you comment on that aspect of this night, at this point?

I am Hatonn. We have another opinion, my brother, and that is that the effort which you expended this evening was one which was focused on very carefully and which you carried out with a diligence that has exceeded that of your previous attempts. We are aware that you are yet quite uncomfortable with various portions of the process and have not yet come into your fuller ability to receive those thoughts which we send and to transmit them in a faithful manner. Yet, we may assure you that your diligence has provided a progress which it is a pleasure to note.

We suggest that the future attempts contain this same diligence and focus of attention along with the growing ability to set aside the mental concerns and attempts to analyze, for it is this characteristic of all new instruments to analyze the contact as it is ongoing which, in most cases, causes the eventual cessation or delusion of the contact due to the loss of concentration. Thus, we again encourage you, my brother, to continue apace and be at peace in your own mind.

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**D:** Can you speak to the challenging process as it occurred, without my being more specific about how it seemed to occur from my perspective?

I am Hatonn. As you become more decided, shall we say, and choose those qualities or that quality around which your life moves in harmony most profoundly, and as you adopt those qualities in a conscious fashion as that standard by which you ask or challenge each contact you meet, you will discover that the experience of initiating the contact and of being assured that that which you perceive is indeed that which awaits your perception grows easier. You will grow in confidence that the process is beginning as it should. The ability to place the full force of the self in a chosen mode or focus according to that which is most important to your seeking will give you the firm ground upon which to stand as you offer the challenge, as you perceive the contact, and as you relay those concepts which are given to you.

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**D:** I tried tonight, I think more successfully than usual, when I became physically tense, to relax. As I did, I felt an opening of the mind and a feeling of great expansiveness and contact but without concept, without communication on a conceptual level. I was so confident of that feeling of contact that I was somewhat surprised when you began again to speak through Carla. Can you comment on this, on what I might have been in contact with or experiencing?

I am Hatonn. The state of mind that is achieved in the meditative practice is one which may be likened unto the carrier wave of one of your radio stations. Upon this wave may be placed information. When the instrument achieves this state for the first time in an obvious sense, as you have described, it is usually an all-engulfing experience. It is sometimes difficult for the new instrument to continue the transmission of thoughts, for they oftentimes will wander a bit within the parameters of the carrier wave and will need to be brought back, shall we say, by the transfer of the contact, if there is an instrument experienced enough to perceive this situation.

The new instrument will then note that it has stepped into the river or the flow of information and will then be able to recognize this state and work with it in a more focused manner, shall we say, as the experience is gained.

**D:** It was quite some time before I felt this feeling dissolve. Is it a state which to be in has a beneficial effect, as far as building the ability to establish a strong contact? Or is it better to be more diligent and more controlled when that occurs and try speaking and still try to focus?

I am Hatonn. There is great benefit to the conscious self when this state is contacted. The practice of meditation allows the entity to enter this state. It is one which builds a bridge between the conscious self and a greater portion of the self which may be more or less informed by the higher self and the increasingly coherent and integral magical personality. Thus, the conscious self, during these times of meditation within this state of consciousness, is being nourished by the qualities of the greater being.

The attempt to be of service as a vocal instrument may be aided by the utilization of this state of consciousness, as it is then able to receive, in the least distorted fashion possible, information transmitted from sources outside the conscious mind.

However, in the initial experiences of this state of consciousness, the ability to serve as a vocal instrument is determined by the experience that the new instrument has in focusing its attention within this state and perceiving those thoughts transmitted to it while refusing the temptation to analyze the thoughts, and at the same time refusing the temptation to, shall we say, float hither and yon within the most pleasant confines of this state of consciousness.

Thus, there is a balance sought as the new instrument seeks, which attempts to move equally between the conscious mind and its activity and the subconscious mind and its inactivity. What the new instrument and any instrument seeks is the expression of energy or activity in a manner which is informed by the subconscious mind or sources acting through the subconscious mind in a manner which may be perceived and transmitted, then, in a more conscious sense.

**D:** It sounds like you are, in a sense, suggesting that in meditation this state might be one where it might be okay to dissolve into this state and go with it, whereas when attempting to channel, it's necessary to maintain a focus. Is that what you are saying?

I am Hatonn, and this is basically correct, my brother, for the experience of this state is that which may be harnessed, shall we say, by the one who seeks to serve as a vocal instrument, rather than the simple enjoying of this state. It is utilized in a manner which is hopefully of service to others.

**D:** At the point at which this occurred this evening, were you aware of my state and what I was experiencing? Or did you become aware of it by my describing it and asking about it?

I am Hatonn. In most instances we are not aware of the details of the instrument's mental contents, shall we say. We are more aware of the balances that are being achieved by the effort of the instrument and our own effort as well.

If we so desire and see the need to become informed as to some specific details of an instrument's mental workings that may be influencing its ability to serve as a vocal instrument, we may do so if we are asked and if the response does not impinge upon a free will. However, for the most part we choose to ignore the detailed or specific reasons for certain mental qualities while a contact has been established and choose rather to focus upon the blending of energies which we are attempting with the instrument.

**Q'UO, DECEMBER 20, 1987**

You ask what people should and should not channel, and we say to you, first of all, that all of you are channels; all of you are instruments for good, for ill, or—most tragically—for nothing, neither good nor ill. As each of you engages his or her heart in communing with the great mystery which you call Christmas, so each of you channels that which cannot be found within the mind or the body in so much concentration except when the heart is awakened to a higher and purer caring for the situation of the self or the situation of those about you and for the great puzzle which all face—the precise situation which lies twixt self and Creator.

In this general sense 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.

For what is channeling, my friends? Many think of it, especially the vocal channeling, as a kind of letter left perhaps upon one of your telephone answering devices, telling interesting things which have happened in your past or your present or your future. Of oneself it is difficult to grapple with the questions of the heart, the heart being the closest connection to the spirit. Therefore, we affirm that all are and should be, in a general sense, channels for the one infinite Creator, for each of you is co-Creator, with that face of mystery which created your life as the open book with the blank pages. And as you are created in this image, the image of the open blank book, so by your living, your polarized thinking and your channeling, more and more you begin to fill the book of your life. Your penmanship matters not, the exquisite outcome of an hoped-for event matters not, for it is as has been mentioned earlier the task of the instrument only to attempt to channel a life lived in love and peaceableness. Sometimes these attempts are taken by the conscious self and made hard and brittle, so that in the name of good the self is broken as a piece of toast.

Thus, to each of you who is indeed the channel of his or her own living, we suggest a persistent, faithfully followed daily meditation, a meditation which does not have to be time-consuming, rather, a meditation which is just the perfect length for you for that day and for that moment. The purpose of meditation is to open up the heart portion of the mind, for the analytical portion of the mind carries you through most of your culture's activities, but the mind-heart has within it a deeper way, a more centered truth, a more balanced bias, and in the end a bias which moves more and more closely to that bias which you wish at the end of your incarnation to offer the Creator as your life gift.

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.

Allow yourself to be conscious as much as possible that there is within you a channel to spirit, to the higher self, to the Self of all that there is. This contact shall never fade away, for as you desire you shall receive. Oftentimes you shall not receive that which you requested, for your higher self knows that which in the end will bring the understanding, the compassion, and the balance.

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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 it on 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 to consider seriously a life lived as a vocal channel.

There is no entity so lost to desires of helpfulness that he 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 and 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. The Creator is a fair and perhaps distant observer when an individual is making a dedication to a life of being able to channel. The vocal channel thus has not only the discipline, the ABC's, to learn about contact, how to govern contact and so forth, it also must gaze at the daily behavior which may be commented upon by that very entity's channeling of a higher and more informed source.

This concept of a life lived in a certain way has in your culture been associated almost entirely with those who choose to wear clothing which is different from others which proclaims a religious status or importance. Those of you who speak with our thoughts mingling with yours are those who travel completely incognito. We do not wish to impress anyone with our reality. We do not wish to reveal the proof, the evidence, or the material which would sway those who find the idea of vocal channeling either sacrilegious or unscientific.

Perhaps you can see by now that we are attempting to say that 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, and 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.

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We are those who listen to a certain vibration of request. We have found that vibration often within this group, and so we are most fortunate that we are called to this group by means of this group's desire to seek and know as much as possible about the true nature of beingness. We waited for this group to become one, to lose the self-consciousness, to join in a circle of light which by now, my friends, is visible for a large number of your kilometers, like a bubble, below the earth, above the earth, and all about you. This light you have created, and within that creation you have placed a call, and we who do not have telephone answering machines like this instrument does, we answer that call—and that right gladly.

For it is a great service to us that you ask the question that we may in our humble way attempt to answer. And may we say, as always, that we cannot state anything which is infallible. We are pilgrims along the same path as are you. We have stumbled over the stones which now confront you, and are stumbling now over different stones, and we in turn are helped by those beyond us. When all of us achieve the complete

channeling which is the impersonal life, then it will be that this creation shall gather itself together in Oneness, in sleep, in timelessness, until once again the Creator bursts out with a new creation, and all the consciousnesses begin again upon a new level to learn new lessons, and to express to the Creator within each other the nature of holiness, compassion and love.

When a student presents itself to one who teaches the channeling, it is often very helpful that the one who wishes to channel has done significant amounts of thinking upon the true nature of the self. Even if you have passed the test of agreeing to amend your life to meet as best as you can the challenges of channeling, it is not always possible so to live. Yet those who wish to make vocal channeling their service have a certain frame of mind, a certain series of biases.

This to us is not a problem. We welcome the difference between channel and channel. We welcome the diversity of ways in which the one great original Thought of creation is expressed, for ours is a most simple story, and we welcome each entity's ability to express our concepts in a slightly new and somewhat different way.

For you, my friends, as channels are fishers of men, as your holy work describes it. You shine not only for the Creator, and not only for the Creator within the self, but primarily for those about you. You do not know how many lives you may reach, you do not know what smile or soft word shall lift up the heart of one who is very low. You do not know until it is over when a home truth must be told, so that baggage may be dropped that was no longer useful, leaving you free for your next experience.

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. The conscious mind is so very small a part of your minds, dear children. When you feel you are thinking especially well, it is as if you were saying, "I am using two percent of my mental capacity," for, my friends, this is approximately the amount of your entire self which is used for logical thinking. The great and enormous depth, beauty, truth and a kind of terribleness which is the connection with deeply impersonal sources, all of these things are by far the greater extent of the mind which is yours at this moment within the incarnation, doing no other work, sitting at this circle and listening.

You are channels. You all should be channels. The call to be a vocal channel is a call to a religiously or spiritually-oriented life. There are things which one must turn one's back upon if one wishes to remain a positively-oriented channel, open for undistorted information giving. 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 this particular type channeling may bring

A weaver channels the beauty of the cloth. One who works with people channels a love and acceptance, a true listening ear for the entities around it. 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 each entity 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 meditations bring to one.

We urge each to listen to each channel with an open mind and gaze not at the mythology or story which surrounds the messages, but rather the messages themselves. We have purposely refrained from describing ourselves in any physical way because we would not wish to begin, in those whom we serve, some

idealization of us as teachers, something that has a face and a name, something that will bear responsibility for them. My friends, each of you is upon your own stage in your own creation with your own audience, and no matter how many people there are in that theater, all of those entities are yourself.

There are few who are so oriented that they may gaze daily and lovingly at the many errors and peccadilloes of the human self. Therefore, in those who truly wish and are capable of being vocal channels, it is important that those entities judge not the temporary or ephemeral thoughts, feelings and conclusions, but rather with a good heart and a real sense of commitment move forward day by day, meditation by meditation, honing, refining and humbling the self that it may be a vocal instrument which is harmless but helpful.

Many contacts there are of entities which use light not for service to others, but for those messages which involve personal power over others and service to self. Thus, the first and greatest suggestion that we may make to all who channel the self in everyday life as well as all who seek a vocation as vocal channel, is that the self be regarded in some way so that as the days move forward, the more and more positive ways of reacting to difficult situations may become more smooth, more comfortable, less threatening, and more open.

The successful channel, whether vocal or otherwise, is one whose heart is happy, one whose wings are spread, yet one who is not impatient for the song to sing or the winds to take wing. It is up to each to decide in what way service lies. Many there are upon your planet who sit, shall we say, at the top of a great watchtower, gazing upon infinity and bearing the sadness and futility of apparent human existence, and with that open and terrible gaze, that pitiless eye, seeing the perfection, the beauty, and the harmony of that great plan wherein self shall meet self until all selves have met and merged and again we are One, the one Creator, the one original Thought which is love, not love as you and I know it in a personal sense, but the love that builds and explodes the very stars themselves.

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**Carla:** I have always thought that if people who wanted to learn to channel out of curiosity, it still was helpful to them as long as they didn't go beyond a certain point. I wondered if that is a thought that you can confirm?

I am Q'uo, and we are not averse to attempting the exercising and utilization of an instrument which has only the goal of satisfying personal curiosity, for in that way do we also serve in a manner which hopefully is instructive to the one with the curiosity. It is oftentimes a lesson well learned for one to practice an art long enough to discover that it is not the life's vocation.

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**Questioner:** Q'uo, there are times when I am questioned about something, in class, to which I really do not know the answer in my mind. I don't know that I have ever touched upon the subject even. And yet it seems that my mouth will open and I will give an answer. The answer seems very acceptable and something that even I need to study, but I have wondered, if I was a fraud, perhaps making it up or filling in. But there would be the answer. Am I to understand that this could be definitely channeling?

I am Q'uo. Indeed, each conversation and activity within which an entity partakes is a channeling from some portion of the Creator, for are not all the Creator? Therefore, it is not surprising that each entity in the daily experience will utilize resources within the conscious and often within the subconscious mind as means by which an activity will be undertaken and a conversation will be initiated.

There are many rooms to the mind of each entity. Many of these rooms contain information which will wait long before being utilized, yet there is a time and a season for the utilization of far more than is normally utilized by the conscious mind. As one seeks in a wholehearted fashion to be of service to others by the life and the various portions of interaction with others within a life experience, there is created within the entity a bridge, shall we say, or a channel which connects the conscious mind with other portions of the conscious

and subconscious mind according to the nature of the information sought and the degree of desire which activates the seeking and searching within the self in order than another might be served.

Thus, each of you, my friends, cultivates this channel or pathway each day of your existence, and as you begin to ponder more and more the mystery of beingness, of the creation, of your purpose within it, of the direction in which you wish to travel, you begin to access the deeper rooms within the mind which contain information that shall be of use in this continuing journey and unfolding of the deeper levels of your being.

**Q'UO, DECEMBER 27, 1987**

Each channels each perception of environment and then in measured response offers some portion of the self in an effort to so order that which has been seen that the spiritual principles implicit in the event, situation or problem may be resonated and sung in lucid, clear tones, the truly channeled tones of clarified emotion.

Without asking all of humankind upon your planet's surface at this time to become priest or ministers or those in charge of other's spiritual activities, we mean specifically to state to each that each is an equal, considerable and infinite portion of the cumulate channeling of the one great original Thought of mankind. So often it is seen by those whose lives are full of toil that others, not themselves, are the only ones capable of responsibility of a moral or spiritual kind. The reverse is, in fact, far more true, for those who grapple with time-consuming and mind-numbing activities have reserved to themselves their own choice of interests, those faculties of mind, spirit and heart which may color the life experience, no matter what that life experience seems to deal in upon the surface of things.

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.

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All those who quickly learn the mechanics of the channeling process are not, because of this original learning, automatically ready for the life of discipline which follows a choice upon the part of the channel to be a channel for the one infinite Creator. Our thesis is that some discipline in the living of a practical, modest and loving lifestyle is very helpful to a channel although it may or may not suit the mood of those who wish to become channels.

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That for which we look; 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. 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 challenge to the contact.

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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, but only by will and faith. For it is the nature of humankind in third density that all seeming

perfection 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 trickster designed to test that channel in an ongoing way, this instrument is not only accurate, but has foreseen the mere beginning of a long series – indeed, an endless series - of challenges to see through; of seeming heartlessness to bring love to; of seeming dreadful inadequacies to enfold in consciousness. Inevitably, 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, he trembles with the ecstasy of the limitless light and the glory of souls who gradually shed the used skins of ash and dust.

New channels shall have an interesting transition at the time of your passing, for you have been intending to die to yourself for time out of mind. And when finally the poor ragged flags of personality flutter and lie limp in the breathlessness of death, the channel rises with lightsome step and with glorious enthusiasm for the light and companionship which lie ahead.

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All people live a channeled life. No one lives by rational thought alone. That which is not rational is channeled through to the conscious mind and acted on as if it were fact, when it is, indeed, bias only. Each of you is a channel with biases, and each glad and sad activity within your experience upon this Earth plane is designed to teach you just how you wish to channel.

This is not a vocation. This is a portion of the way a thinking entity regards the various forces of irritation and subconscious thought which creep into human discourse. If you know that you are indeed a channel, not to others but to the self, then you know that there are certain responsibilities. When you are offering the best you have in conversation, with perhaps unfortunate remarks made by others, find the patience, the light touch, the understanding and loving word in the face of the opposite, which will make others rethink those conversations and wonder, perhaps for the first time, if they too could be responsible for such a wonderful thing as channeling a lighter, more joyful attitude.

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To those who wish to be channels, priests, ministers and light-givers, to those of you on the watchtower, mending fences and 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, in the second place, 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.

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.

**HATONN, FEBRUARY 3, 1988**

It is a most helpful skill to be learned by a new instrument to initiate a contact, for in sessions to come, where there is not a more experienced channel, this ability will be necessary. And, indeed, it is not a difficult lesson to learn once that leap of faith has been taken, the preparation done well, and the releasing of all eventualities made. Once the channel begins to speak the words heard within, the channel is no longer any

part of the message in an initiatory sense, but is only expressing that which has come through to the conscious mind.

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We ask this instrument's permission, and receive it, to move back some few seconds in your time and verbalize the actual challenging procedure which this instrument used during the regaining of this contact. You will note the use of the critical mind, balanced by the use of intuition. This instrument first repeated several times, "Lord, make me an instrument of Thy peace." We shall proceed from there without expressing who said what to whom, as it should be obvious.

"Who comes in the name of Jesus the Christ, whom I serve with all my heart, all my mind, all my soul, all my strength?"

"I am Hatonn."

"I challenge you in the name of Jesus the Christ."

"I am of that principle."

"Begone if you are not of Jesus the Christ. Begone. Begone. Begone."

"Very good. We are of Jesus the Christ, for we are all Christ."

"I ask in the name of Jesus the Christ."

"Yes, my child. Jesus the Christ. We answer that challenge."

"Are you ready for me to begin?"

"No, my child. Tune again."

"Lord, make me an instrument of Thy peace. Lord, make me an instrument of Thy peace. Lord, may every word I speak be Your Truth and none other. Am I ready?"

"You are ready."

"Very well."

This is the process in a somewhat shortened form of the challenging which this instrument is attempting to teach. The form is shortened because it is not the first tuning and challenging of the session. Note that the critical mind is an all-important factor in the listening and evaluating both of the condition of the self as channel and the words which answer the challenge. The fact that these are heard mentally rather than audibly means, however, that the faculty of intuition will be, in a balanced fashion, brought to bear upon the process.

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The rule is simple: one applies every discrimination and uses the critical mind with the utmost of care. For the critical mind, the conscious mind, the thoughtful self, is a tool, a wonderful, smoothly working, highly complex, efficient tool for accumulating data and making decisions.

Like any other tool, it can become the master of the user of that tool. We do not suggest to any of an intellectual bent the speaking ill of the activity of the mind, for if the mind is critical and discriminatory, then this tool was meant to be, and meant to be used. But an entity is not a mind any more than an entity is a stomach, a foot, a hand or a heart. Instinctively, entities within your illusion recognize your physical body as a series of excellent tools.

And by using hands and mind and senses and sensibilities, humankind has created a great many, many artifacts, thought a great many thoughts worth preserving and passing on, and accomplished far-sweeping histories of war and crime and sadness, as well as peace and honor and joy. And when the scales have tipped toward the negative, you may be sure that there is a band of entities whose conscious minds have made harsh

judgments, and who then require their will and their faith to stand in support of those ideologies, be they philosophical, religious or simply dominating.

We urge balance upon each, for working with intuition only, without the use of the intellect, produces an entity lost in a sea of experience, sensation and wonder, an entity who is without the tools to express what is occurring, to refine an understanding of it, and to seek ways of manifesting that beauty which has been received in some service to those about it.

Do not see the mind that is critical and the mind that intuits as two sides of a coin or two separate things. See rather, to use our favorite image, that portion of the tree which is above the ground, which blossoms and rocks in the breeze of summer, and stands naked and proud against the winter cold as the conscious mind, in intimate contact with the illusion, able to flower, blossom and expand, and able also to hunch the back, stiffen the self, and be protective against difficult influences.

See the intuitive mind as a great underground system of the roots of this same living tree. In winter and in summer alike, they are in contact with the Creator, drinking in nourishment from earth and water, storing, nurturing and keeping watch over the life of that visible tree which nods above the ground. There are far more roots to the mind than there are visible trunks and branches, and the ends of the roots lies in the center of the Sun. Thus, the deeper mind has the opportunity to contact intelligent infinity itself, eternity and everness.

How precious is the entire being, the entire consciousness that you call the mind and that is truly yourself. May you see it in a loving and holistic way. May you glory in your branches, in your thoughts, in your ramifications, in your distinctions, and in your conclusions as you go onward from conclusion to conclusion. But may your faith be in the system of roots that links you to eternity, and may your will be more and more to place the tree above ground in the service of that greater consciousness which lies within the nurturing darkness of earth and water and, finally, fire.

**HATONN, FEBRUARY 10, 1988**

It is often advisable and efficacious in serving as a vocal instrument to allow spontaneity and creativity to be prominent in the mind. But during the process of challenging a contact, efficient and safe establishment of a clear contact which can be maintained with confidence on your side and our own is paramount. The instrument needs to have a well established stance or posture which it can present to us and to any other entity which may attempt to infringe on the contact, a posture or routine in which the instrument can have confidence as to its effectiveness and efficiency. The instrument will find that as this process is repeated and becomes routine, he will sense our interaction initially, our approach to the mind, as it were, more easily from week to week.

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**D:** Both tonight and two weeks ago, when I was not able to establish any effective contact at all, really, I had had some caffeine before the sessions. Can you detect that influence, whether it's detrimental, or whether it was a contributing factor either tonight or at that time?

I am Hatonn. We do not feel that the addition of the caffeine to the bodily system is detrimental in any way to the ability to receive telepathic contact. Indeed, there does seem to be some indication that for a significant portion of those that practice the art of vocal channeling that this ingredient is somewhat of an aid in that it serves to sensitize certain neuronal receptors within the brain and facilitate the reception of thought from the deeper portions of the mind complex. The movement of intuition, shall we say, seems in some entities to be enhanced by this ingredient.

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**D:** Not on that topic. I wonder if you would have anything to add at this point to what was said about challenging. Of course I tend somewhat to—not necessarily to feel that I perceived your concepts one hundred percent accurately. It's a topic that I would like to be sure I understand one hundred percent

accurately of what you would have to say about the topic. Would you care to modify or correct anything that I received earlier about that topic?

I am Hatonn, and we are pleased with the information regarding the challenging process that we were able to transmit through your instrument, and we would at this time add only one additional concern, and that is that each instrument be reminded that the process of tuning and the challenge is an ongoing process that will change as the entity grows in the ability to function as a vocal instrument, for the process of spiritual growth is a process by which the seeker continues to move closer and closer to the heart of truth and the essence of the self which harbors this truth, shall we say. And as the entity becomes more aware of who it is and that guiding principle towards which it moves and for which it stands, by which it is inspired, the entity will have an additional intensity or richness to call upon and to offer as the heart of the challenge, that any contacted discarnate being might become more aware of who you are and how it is you wish to serve. Thus, the continued refining and enhancing of the tuning of the instrument and the offering of the heart of self in challenge is recommended.

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**D:** Are you present throughout the tuning process in our minds, and in particular my mind? If so, would you have anything to observe about that process as I go through it now, although I might call it an invocation, with any comments about how that has evolved over the last few weeks?

I am Hatonn, and, indeed, we deem it an honor to be present as each instrument continues with the inner tuning in preparation for contact with us and with any that should be contacted in a session such as this. We commend you for your continued refining of the tuning process, and can only suggest to each instrument, whether new or experienced, that this tuning be accomplished with as great a degree of fastidiousness as one is capable of providing. For this tuning is the factor which allows for the construction of the actual channel, the receiving antenna, shall we say. Enhancing its polishing, tightening and sensitivity will allow for the greatest degree of both freedom of transmission and accuracy of transmission.

**HATONN, MARCH 16, 1988**

It is our perception that each new instrument will find those times when the facility with the speaking of concepts is less than others, and even very difficult for each new instrument, as the life within the mundane world draws from it the vital energy which is most helpful in contacts such as this one. And there are many concerns which draw this energy and make it difficult for the new instrument to find the peaceful center of its being, where it may perceive with clarity and transmit with equal clarity those concepts which are given it.

We commend you, my brother, for persevering under conditions of fatigue and for continuing the training which shall provide you with another means of serving the one Creator. We hope that the efforts which fall short do not disconcert you overly much. We equally hope those efforts which are easy and free flowing give you confidence but do not make you overconfident, for there is much to learn from that which you call failure and much to learn from that which you call success.

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There is no study at which a taskmaster is not sometimes an aid. Incorporate then into each practice of meditation, centering, tuning and challenging that fine honed singleness of purpose which is yours in depth so that you, being your own taskmaster, move harmoniously with your own requests and are to the maximum ready to serve as a vocal channel. For do not all those who wish to serve the Father wish to do so at their highest and at their best?

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The channel is as the color sparkling off the facets of the diamond which gleams so whitely. Each glint is unique in its spectrum, in the rainbow of itself. Each of you are distortions of that white light.

We have our own distortions in the concepts which we give to you. To our distortions are then added two things, firstly the combined strength and desire of seeking and the areas of seeking of all those present in the circle and secondly, that gem which is the channel. Thus may we speak of the infinite Creator infinitely, as through even one channel the infinite moods, experiences and thoughts of each day make each unique being a little different.

It is an exciting way of being of service to us, for we learn much as we see the poetry, passion and strength which instruments such as yourselves create from the solid prose of our one statement. And that statement is that there is one thing: that one great, original Thought which created all that there is, which is all that there is, which is you and you, It.

How very stolid that message seems; how very tame and staid beside the many beautiful creations which have been channeled through so many positively oriented channels. We have most certainly a great debt of gratitude to each and every one of you.

**HATONN, JUNE 29, 1988**

We would suggest to the new instrument, and to all who wish to live what this instrument would call a Godly and righteous life, to embrace the self and the nature of the self, to embrace the risk of attempting to be of service, to embrace that courage that causes the coward to speak up for that which it believes. Passion may come to you; however, if the instrument is not tuned, that is, if it does not grasp that food which it needs to be who it is, that passion will be distorted and will become petty.

Thusly, we wish to encourage each by saying, in your meditations focus upon the love that you feel and the love that you are receiving in the eternal and infinite process which is real life. We realize that this may not seem at first blush to hold the key to someone who is making a decision about how to be of service to others. However, once the self has worked for some time upon developing an inner intensity, a fiery and creative love, and an awareness of the infinity of love and power and wisdom which come from the Creator, the person who feels these things will find the miasma of self-doubt and feelings of unworthiness fall away.

There is no voice which is incapable of serving as inspiration for others through vocal channeling.

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We ask you clearly, each of you, to remember what you know already: that the statements you make about yourself to yourself determine your incarnational experience.

Many new channels are caught in a trap which has been waiting for them since that time early in the incarnation when there began to be doubts about the self or stress placed upon the self that was seemingly more than could be borne. These occasions occur throughout the incarnational experience, but none affect the incarnate spirit like those experiences occurring in the early years of the incarnation.

Virtually each entity with whom we have worked—and we have worked with quite a few by now—has been blocked in what this instrument would call orange ray; that is, the relationship of the self to the self and the relationship of the self to another self. It is a feeling of relative unworthiness, relatively low advancement, a feeling that is persistent and pervasive, but untrue. That is, it is a distorted reflection offered to you by those about you which were very distorted.

Now, at this moment, each is a free being and each has free choice. As long as each realizes this fact, and as long as each attempts to carry that realization into the present moment, the process of work for your planet and for the raising of the consciousness of the people of the planet will go on.

Encourage yourself and speak well of yourself to yourself. If there are wounds to be healed and errors to be forgiven in relationships, pray unceasingly; speak and communicate persistently until there is a feeling of peace, a feeling of righteousness, a feeling of freedom. Let that energy become unblocked. That energy is needed for the challenges of being in service to others. That energy that is blocked is the deepest part of your passion.

May you find that passion! May you rediscover that passion each day! May you become more and more purified and intense until you have moved into that kingdom where the life experience is created by the self, not by reaction to outside influence from the illusion.

The key, of course, is meditation, but we are equally desirous of expressing our beliefs that for each serious thought, each deep philosophical utterance, an entity must needs observe and laugh at the absurdities of the illusion, the dear eccentricity of humankind, the ultimate, bleak, black, but funny happenstance of life lived in the shadow of death. This is your legacy of a being incarnate in third density. Each of you knows you are eternal and it is for this reason you wish to serve. Find the passion in that and hone it as if it were a weapon, a weapon to pierce most sweetly the hearts of those ready to receive love and light and life and joy.

**LAITOS, AUGUST 1, 1988**

We are always pleased to work with new channels. We greet each of you as colleagues and partners in the great work of enabling the spiritual growth of humankind. As this instrument has said, there is only one message, there is only one truth, but there are an infinite number of ways to express that truth. Thus, each new channel to us is an infinite treasure, an unique collection and organic system of biases, experiences, notions, thoughts and ideas which we may move through in a fashion no one else could possibly perceive. We, who speak to this instrument, will be the same which speaks to each instrument. Yet, each instrument will add its own flavor, its own consciousness to the contact during the time each entity is channeling.

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All is not as it seems. It seems that the production of this verbalization may be self-willed. We ask this instrument to allow this ambiguity to continue without concern. The beginning of the process is not the end of the process. The first contact is not the ultimate contact.

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**Questioner:** Can you explain in some detail what was happening when my heart rate speeded up when you were trying to contact me?

I am Laitos. As we approached your aura, or auric field, you were aware that contact was potentially possible at that time. The combination of your anticipation and our misjudgment of your finer sensitivity caused the resulting blend of our vibrations, and yours, to manifest itself in the physiological racing of your heart. This, for you, at this time is a means by which you are able to alert yourself that you are about to engage in a service which you desire to offer as a service to others. However, we hope in the future that we are able to blend our vibrations in a manner which will minimize any possible discomfort.

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**Questioner:** I saw two or three phrases flash in my mind when your contact arrived. It seems as though I saw, "I am Laitos," and "Laitos is here," at the first contact. I wondered about that several times because there was nothing spoken and there was no visual picture, so to speak, with more like a written sentence. Does that make some sense to you?

I am Laitos. Each instrument, whether new or experienced, will perceive the initial contact in a manner which is acceptable to the conscious mind as our contact is filtered through, or should we say, transmitted through, the subconscious mind.

We were desirous of speaking our simple identification through each new instrument, and when we had the opportunity of working with your instrument we were perceived in the manner in which you have described. As a function of your subconscious tendency towards trusting the written word within the self, shall we say, that you could read that which was about to be transmitted was the further means that you were able to utilize to verify to yourself that a contact from without yourself was being made. Each instrument shall find a manner of perceiving any such contacts such as ours that will make sense, shall we say, to that instrument according to its own nature.

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**Questioner:** Tonight my head was pulled back so that my eyes were looking straight up. It's not a comfortable position. I ultimately had to pull my head back, and then it fell down to my chest. What is the reason for this? Can you suggest if something needs to be done and how I can make it more comfortable?

I am Laitos. We would suggest in each session of working during which you wish to exercise your instrument that you request to us, or to any entity working with you, that your positioning of your head be that which is comfortable to you.

We would further suggest that this request be given not only to any entity wishing to utilize you as an instrument but that this request also be given to your own subconscious mind, which has found some necessity for preparing for the anticipated contact by bracing the physical vehicle in the manner in which you described.

As any entity such as ourselves works with each new instrument, that entity will assess both the conscious and subconscious desires of the entity, whether the desires might be logical or irrational, in order that our vibrations might blend in a manner which is most suitable and comfortable to the new instrument.

However, in the case of many new instruments, the novelty of the experience of serving as a vocal instrument will call from the subconscious levels of mind complex a certain configuration or anticipation that will serve to ready or prepare the new instrument in a certain fashion. If the resulting blend of our vibrations with the instrument's vibrations causes discomfort in any way, then we suggest the request on the part of the new instrument, both to the contact and to its own subconscious mind, that a more comfortable configuration of the blending of vibrations be attempted.

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**Questioner:** Laitos, I saw the words clearly, "I am," and did not see the name Laitos. Also I felt an energy flush, like thermal or a heat flush. It seems to me, it's going to take me a while for this. Will it become clearer?

I am Laitos. Yes, my brother. As you continue to practice the art of offering the self as a vocal instrument you will find that the apprehensions begin to dissolve and the validity of the contact increases. However, each new instrument will find a varying amount of practice and experience is necessary in order to gain the level of confidence that will allow the concepts to be perceived and transmitted through your instrument in the fashion which is most comfortable to you. There are those times in any instrument's service when the doubts and apprehensions again appear in order that the lessons of learning to surrender the self in the faith that there is a service of a positive nature to be rendered, to be accomplished, may proceed in a more firmly established manner. Thus is each foundation stone placed and set within the being of each entity desiring to serve as an instrument. The realignment of each foundation stone is the work of the continual practice that each instrument is able to achieve through a period of time.

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**J:** I experienced some clattering or vibrating. It was uncomfortable. I was wondering if this was the same kind of effect as my head tilted back or if this was some kind of a signal of contact?

I am Laitos. Each instrument will feel a certain set of physiological, mental, emotional or spiritual sensations that will be a combination of the blending of our vibrations with yours and the new instrument's eager and perhaps somewhat anxious anticipation of that blending. There is the usual increase of flow of that substance we find you call the adrenaline that any performer, shall we say, will experience before taking the stage. This is natural and is of little concern unless there is discomfort associated with this anticipation.

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**Questioner:** Could you talk about what does tire an instrument, and why some people seem to tire more than others who are at different times, and not just a tiring on the short-term things, that drainage of energy on a long term basis or affecting physiological functions, and how that is a part of the process of channeling?

I am Laitos, and though this is a large subject upon which to speak, we shall attempt to be brief at this time. In the short run, shall we say, of the channeling session itself, the facts which serve to cause an instrument to lose vitality are the overall physical strength of the vehicle, the position chosen to hold in the meditative state, and the degree of concentration necessary in order to transmit the concepts in a word-by-word fashion.

The longer term factors, shall we say, that affect the ability of an entity to serve as a vocal channel, have to do with the overall blend of energy of mind, body and spirit, which together sum into a quality which we would call the vital energy or *élan vital* of the entity. These are in turn affected greatly by the entity's efficiency and determination to utilize the catalyst which is a daily portion of the experience of the entity and which when processed efficiently causes the increase of the energy of mind, body or spirit, or a combination of these, so that the overall vital energy of the entity is enhanced.

The difficulty, especially when prolonged, in processing any catalyst which presents itself to the entity is a draining factor to the vital energy of the entity, for with the difficulty in utilizing the opportunity for growth and remaining within the configuration which continues to present the catalyst which continues to be less than efficiently utilized, [it] then focuses and requires greater vital energy in that area until the catalyst is efficiently utilized and the next opportunity for utilizing catalyst is presented to the entity.

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**Questioner:** Can you suggest anything between now and [the] next session tomorrow night that we might do that would be especially helpful in improving our ability to blend with the contact that you offer?

I am Laitos, and for each new instrument we would simply suggest the careful examination of the desire to serve as a vocal channel for any contact of a positive nature and to find within the self the primary reason for this desire, and if this reason is found to be sound and of a nature that the new instrument can heartily endorse, then that this new instrument take this purpose for serving as a vocal channel and begin to build upon it the qualities of self and inner being, which will become the signpost or primary character for which the instrument shall move in service to others as a vocal channel.

This building upon the desire to serve and the realizing of the purpose of the service and the nature of one's inner being that one brings to this service, will allow each new instrument to define for the self, and that which is the heart of the self, and that which shall be offered as the successful challenge to all spirits that would seek to utilize the entity as an instrument. This is a process which shall in most cases be ongoing and shall take a period of your time and your reflection in careful consideration to arrive at. We can suggest that this is a process which each shall find useful, whether the vocal channeling is pursued as a vocation or whether there is another direction in which the new instrument would choose to offer itself in service to others.

**Q'UO, AUGUST 2, 1988**

Your question at this meeting concerns channeling. There are many difficulties involved in learning. It is time-consuming, and much experience is often needed in order that one may become a clear channel, a channel which may choose carefully its contact, a channel which may find apt expression and do justice to the concepts arising from the combination of that which we are and that which the channel is. And we would speak first in general of the very nature of the illusion which you now enjoy.

You may have noticed, those of you who seek to serve others, how very difficult it is to serve others, for to serve others truly is to know that which they would desire or require and to give them that which they desire or require without question. This is difficult service to perform. Nevertheless, the instinct for service to others is a sign of wholeness within each who feels it, a sign that a choice has been made, the basic choice that this entire illusion was designed for each seeker to have the opportunity to make. Shall you choose to serve yourself, be *numero uno* and follow those false images of the self which your culture would give you to wear as masks? Very well. We are with you in love and light and honor you as perfect beings.

Do you choose instead to surrender that small self, that self of ambition, greed and hunger, to empty the self of petty things, that instead a greater self may assist your consciousness in more rapid growth and service to others? Very well. That is why we are here, that is why many are here—to help those who do wish to progress.

It is in this context, the knowledge of suffering in general, the knowledge of the difficulty of service to others, that we address the matter of channeling. Channeling is one of many, many ways of service to others. It is a way of engaging the highest and best within the channel in a collaboration with a deeply impersonal source of love, which we are, that has what we may call the larger point of view. We, as contact, and this instrument are equal partners, respecting each other, experiencing a growing friendship with each other and a respect for each other that cannot be underestimated.

This channel is most careful to challenge all spirits, and we are most thrilled that this channel is so inclined, for our service is that which could easily be missed. For there are always those who do not come in service to others, who would wish to take the new channel and move that channel away from the highest and best tuning that is in that channel, the goal being to dim the light of channeling, seeking and the group sociability that adds so very such to the light network upon planet Earth.

How difficult it is to be of service, my friends! How difficult it is to share without pushing your opinions upon someone else, without moving from inspiration to doctrine. Yet this is the hallmark of channeled material. This is our service to you, to attempt to provide information and inspiration, not that of which is wise, but that of which is compassionate, loving and serving. We speak of the one original Thought to those who would wish to hear of that great Logos called love, that one original Thought that made in unity all that there is so that you are members, one of another, and all of the Creator.

Why would any who wishes to be of service to others choose a sacrificial way of giving? In the beginning many things seem like sacrifice. When a mated pair has a child, the father sacrifices his freedom. He must provide now for a small and fragile entity, a stranger, so he thinks. And what of the mother? Ah, what freedom she loses, what sacrifices she makes! Yet the joy of knowing, loving and sending forth into the world a small being is so far from describable that it would make most parents laugh, for the joy they have received is inestimable.

So it is, in a different sense, with the channeling. There is in the beginning the sacrifice, and always the need for continued faithfulness and persistence, the need to move in meditation enough to gain that infinite point of view, that infinite source of supply that enables the giver to give without tiring.

Can channeling help people? My friends, we believe that the answer is yes, or we would not be here. We believe that each who wishes to learn to channel is an unique being, has an unique vocabulary, experiences, and way of thinking. We have one very simple message to offer—the message of unity, of perfect compassion and love which brooks no judgment, of the reality of peace and joy that is intertwined within the illusion and transcends the illusion also.

We urge people in our channeling first to move into meditation and experience peace, quiet and love until, through meditation, the seeker has become ready to feel well about the self and move on into service to others. There is the beginning turning inward, and we who channel attempt to support that and encourage the daily meditation, the contemplation, the talking with those of like mind, the rejoicing in companions upon the path.

When much work has been done to ready the self, when the work is over and all feels easy, then it shall come naturally to each to do some service, or perhaps a cluster of services. The service may be the raising of children, and to the mother, the muse of Mary speaks. There are some who are called to the musical instruments or to the dance or to some other artifact of your culture which creates beauty and myth and wonder for those who see it, and they sing or dance or move to their muse.

There are some few who will feel the call to the special kind of muse, an odd, rather philosophical kind of muse, not one given a name among your peoples. Shall we call it the philosopher muse? At any rate, some

are called to learn to share in a collaboration that is intended both to inspire and to inform. And so the choice is made, a teacher is chosen, and a program is undertaken.

Since the program of learning to channel includes much work in consciousness, clearing lower energies, working with the identity of the authentic and deep self, this process is helpful for those who wish to channel healing or other energies, not merely the vocal channeling. It is always to be remembered, however, that once the training is done, and the vocal channel moves out into the world, there will always be those to whom the material appeals and those to whom it does not. As we have said, service to others is difficult, and it is well to leave any attachment to that work which the channel is doing behind. It has no place in service.

However, there are two great aids that you as a channel may offer. Firstly there is that aid which any which seeks the aid of the infinite Creator may offer and that is that in the becoming a more and more consciously directed authentic human, each seeker becomes a light that glows brighter and brighter. Those who move into a group about a channel form this kind of light in an exponential manner, the strength of the light being far more than a linear addition of the people in the group could hope to create. Thus, by the simple attempt to channel, the planet has become lighter, the consciousness of the planet has been raised and the great work is being done.

Secondly, to the instrument itself this service satisfies that desire to be of aid, to be worthwhile, and to be active and caring in the world of spirit. It is an invisible world, and there are many, as we have said, who care not at all for it. Yet for those who do care for the inner world, the outer world is gazed upon with some dismay, and there is the desire to help. For those whose desire is to help by aiding the environment, for those whose desire to help is expressed in political or other social manners we say, "Know yourself and know your muse, whether it be justice, honor, beauty or fairness," and then ask yourself what relation this muse bears to truth.

Truth is what we are here to discuss, to discover, to rejoice at, and to dwell in. Not a truth that can be expressed in words or with the mind, but a feeling tone of truth, a validity of things that begins to be created within each person. Truth is not without you. Without you is a relativistic illusion. Truth lies within you. We who channel to instruments such as this hope to put these thoughts within the mind in order that each may attempt to grow, and at the same time, each may see that all so-called failures and errors are part of the path and are those things to be hugged to the self, accepted, forgiven, and from which it is time to move on.

Do you wish to be of service by channeling? By teaching? By offering the self in the deepest way that is important to you, that is the essence of yourself? We encourage you to the ordeal, for no matter what you give to others—and you cannot judge that—you shall daily be working upon that self which in its being is love itself.

It may seem selfish to continue working upon self-realization, to continue working until the self feels entirely self-worthy, self-forgiven and self-esteemed. Yet, you must love yourself first in order to love your neighbor enough to give all that you have sacrificially that that neighbor, that perfect stranger, that face of the Creator which is another part of yourself. To give to this entity is surely a wonder and a blessing. And yet that entity shall give back to you more than you give away, so the end of the suffering is always joy.

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We know there have been many who have had the psychic greeting of what this instrument would call the loyal opposition, those who serve in love and light to the infinite Creator, but on a negative path; those who wish to dim and remove the light upon this planet. We encourage each to love and offer up the incense of your prayers for your brethren upon the negative path, feeling no fear, but asking them clearly and firmly to be gone, or if they are stubborn, working within the self to open the self to the realization that each self is all that there is, and that that negativity without is merely a part of the negativity within.

In such a way does love indeed conquer all, yet it must be true love, true service and a true feeling of unity. We do not underestimate any of the negative parts of being of service to others through vocal channeling, yet it is our humble opinion that to attempt to teach the laws, shall we say, of love is an attempt eternally

blessed, eternally gratefully received by a world hungry for inspiration, and certainly one excellent way of sharing all those experiences which have combined to make you the gem-like faceted, crystallized soul that you are, for in channeling the instrument shares deeply of the self in a way not usually available within your culture.

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We do not urge all to take up channeling. We urge entities who seek to serve to take that desire into meditation and await an answer, a leading, a synchronistic coincidence, something that subjectively tells or calls to the seeker. If that call is to vocal channeling, we most gratefully accept you. If that call is to another service, yet still as we love all upon your planet, we love and support you in your service, whatever it may be.

We may indeed acknowledge that there are many muses which do not have the psychic greeting component as part of the long term aspect of doing this particular work. However, we believe you will find that all who are of genuine service to others make great sacrifices of the personal self, and we urge each when that ordeal comes upon them to embrace change, to allow the little self to die as it will, knowing and trusting that the greater self that fills that hollow is a blessing, a wonder, a joy and in itself a service to others, for as the conscious entity opens its eyes, the love of God shines through. As the conscious entity holds out the hand, the Creator touches man to man, person to person, in intimate caring that the Father cannot effect in and of Itself.

Yours is the manifestation, yours the experience now. Now is your time to choose. Choose first whether to serve yourself or others. Move into the period of meditation, urge your mate to move into it with you, that you may change and grow together, and in a month, a year, ten years, in the time of your heart, in the time of the Creator, the need to serve will come upon you and it will be joy as well as work, and your work will become your joy and your joy your work.

We bless each, we welcome each, who come to us as vocal channels. We bless all who do not but who seek to serve the infinite Creator, all of you in your own unique ways. May you be faithful and persistent in your seeking, single-hearted in your desire to know the mystery of the infinite Creator, and above all may you love each other and attempt to serve each other, for as you do so, you shall enter what this instrument would call the Kingdom of Heaven.

Yes, my friends, the Kingdom of Heaven lies within you. Offer yourself sacrificially when your time has come, and you will not feel the pain, but only the joy, a joy without end, for you dwell in eternity when you seek to serve. May you always be merry, my friends, for the seekers upon the path must laugh, must make the jokes, must have the light touch. Do not be solemn in your seeking, or flail yourself with the sackcloth and ashes, but keep yourself self-forgiven and open yourself to the utter redemptive perfection of the infinite Creator's love.

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**J:** Given that there is increased popularity, if you will, of channeling, unless this activity is carefully taught, it seems like the potential for negative energy to see the light, to be attracted to it, and to divert it, to dim it is increased. How would you suggest that we prevent that kind of thing happening?

I as Q'uo and am aware of your query, my sister. To each entity which engages in the process of offering its service to others in any fashion which is successful, there shall be the temptations offered which serve as a balancing mechanism in order that the entity which has manifested the desire to be of service to others might be offered an equal temptation to move from that service and to join the negative path in some fashion within the life pattern for some period of time. This may be seen also as an opportunity for that same entity to strengthen its desire to serve others and to move ever more faithfully upon that path as the temptations to glorify the self or to gain a power and recognition for the self are recognized and refused.

As the one known as Jesus the Christ experienced the temptations of the one known as Satan, as the one known as Jesus spent the forty days and nights in the desert, demanded that the one known as Satan get behind him, each seeker of truth will find that as progress along the path is made, that there are those

opportunities to test the progress that it be true, and if there be a weakness in that seeker's pattern of expression of service to others, those weaknesses or lesser areas of strength shall be made known to it through the difficulties, shall we say, that are a natural portion of this path, and through recognizing those areas which lack strength, the seeker of truth then may repair these areas and gratefully acknowledge their presence to any entity which has aided in pointing them out.

Thus, we do not offer the information concerning negative entities and their offering of temptations to positive entities as that which is to be feared, but that which is a normal part of the evolutionary progress within your illusion, in order that the progress of each path, both positive and negative, might through their interaction strengthen the other, in order that the one Creator might through these experiences know Itself more fully and each entity within the creation, through these experiences, might know itself more fully and the one Creator more fully and more intensely.

**LAITOS, JANUARY 18, 1989**

The guidance that we give is not only for the service of vocal channeling. Those tools which you bring to the preparation of the vocal channeling as service to others are also those tools which are needed to do any of the works done with a completely open heart. Healing, art, music, dance, architecture, all the expressions of aesthetic authenticity spring from an entity who knows who he is and what his ideal is.

Thus, it is not only those who work as vocal channels who may, perhaps, be able to gain some small benefit from considering these matters, but, indeed, any who truly wish to be of service to others. My friends, service to others begins with the self, for, indeed, all about you are faces of yourself. Those things which most distress you about others are those things which are the reflection of yourself, and in those things you may see a distorted version of that which is occurring within you. Thus, each relationship is like a mirror in time that moves with you along that river, showing to you your own face in a biased manner which may provide catalyst so that you may work upon the self.

It is obvious, but we will say it anyway, that in the normal run of things, an entity, no matter how sincerely seeking, may not have the luxury of a simple path, nor of a path which is without some conflict. It is not, in our opinion, and we stress that it is only our opinion, of moment whether or not there is conflict in a relationship, for honest disagreements may be harmonious. The only thing that is important is the priority which this disagreement takes within the relationship and within the structure of catalyst for the individual who is seeking to discipline and learn the workings of his own consciousness. Thus, to express emotion in an honest and spontaneous way is not behavior we would at any time discourage. We encourage, rather, the gazing at those spontaneous expressions with an eye to bringing a wider point of view to them.

All of the teaching which this instrument is so aware of concerning the clearing of lower energies has to do with the safety, physically and metaphysically, of one who is learning to enter into one's own guidance in a deeper and in a more coherent and controlled fashion. If the energy of the infinite One is not full in its surge through to the heart, then that heart energy will find doing work in consciousness a burden.

We would hope that it may [be] seen to be practical, if one wishes to seek spiritually, that these moments that are burdensome may be as few as possible, for there is enough trauma in the process of becoming truly aware of who you are. One needs to have a steady stance and a firm grip upon an Earthly peace-filled existence before straining toward a destiny which involves both joy and responsibility; that is, there is no greater joy than knowing for the first time who you really are.

On the other hand, once you know who you are, you are far more responsible for expressing and manifesting the fruits of that knowledge. When the work has been done in consciousness with persistence, and we underline persistence and doggedness, a simple keeping on and keeping on, when all looks hopeless, as well as when all looks rosy, you shall, perhaps, come to the place where that which seems to be responsibility and duty has become the joy, the passion, the fun, the true service.

This is a long process for each. Sometimes it is shortened. Sometimes when we speak to new instruments, we are speaking to those who have already moved through a good deal of this material. In these cases, development may seem to be quick. In actuality, it is simply that we have come in upon a different portion of that entity's incarnational learning. For the most part, when one is seeking to find out the truth about the self and the Creator and the about the relationship between the two, one is, for the most part, rather uncomfortable, confused, pondering, wondering and doubting.

We are sorry to tell you this. We would like to paint a rosy picture, for we would like very much for those of you upon the planet who are interested in working for the light to do so. Yet we must begin by explaining that there are costs to this work, and one of the costs is that it is hoped that it may be seen that if one is to express love and service to others, so it is that one must love the self in a final and holy way, for you are divine, each of you. Not in your Earthly form, but wrapped deeply within you lies the infant babe that is your pilgrim spirit. It sojourns here within that which you call a body, and you move about in this body, upon this plane of existence, upon this small sphere, this globe, this island in space and time. What is your wish for this experience? Would you wish to live without ideals or with them. Without faith or with faith? Without hope or with hope? Without consolation or with consolation? These are the choices you may make. It is your universe; your opinion rules your creation.

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We ask you to consider this evening the concept of tuning. You are aware of the concept of tuning, the idea of the self being a receiver and transmitter for concepts and feelings. We work with instruments such as this one largely through concept; that is, we give concepts to this instrument, this instrument clothes them in words and gives them forth. The experience is exactly as if the instrument were speaking her own thoughts.

This is very puzzling, however, when one is tuned to the very highest and the very best of spiritual frequencies that he or she may hold in a stable and safe manner, not straining the attention, not straining the qualities of self, but knowing the strong points of the self, moving onto them, standing on those strong parts of the self, moving ever deeper into the self to find those strong places, until at last you stand both in the physical world and in the metaphysical world as a true pilgrim citizen, one who may speak with authority, the authority of self-awareness and self-confidence.

To know yourself, to forgive yourself, and to love yourself is the first business at hand. This forgiveness needs to be complete. This is necessary for the tuning to the self, for if you are to love and serve another, you are to love and serve them as you would yourself; so it has been written in your holy works. If you do not love yourself sufficiently, how shall you love another? Therefore, your first work is the healing of the self and the setting of a goal, the goal of experiencing and knowing imperishable truth, of coming into realization of the natural laws of spiritual existence. Gradually, these things will become second nature to you, if you persevere.

For right now, we simply ask that whenever you catch yourself being negative about the self, that you remind yourself that you are an orphan on a very unusual planet, and that you must mother yourself and nurture yourself and care within your heart for yourself, until those sore and painful places are indeed nurtured and healed at last. Until there is forgiveness and redemption within the knowledge of the heart, not only of the mind, then may you tune upwards, seeking ever higher for a more beautiful, lovely and perfect ideal, a more clarified and fine version of love divine.

What do you seek? How much do you want to know? Sharpen and hone your desire, for it has been written truly in the work you call your Holy Bible, "Seek and ye shall find; ask and it shall be given to you." Be very, very careful about that for which you would ask, for it is divine law that in one way or another you shall receive everything that you truly desire. Tune your desire, and so you shall learn to tune for channeling.

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We wish you to ponder the difficulties ensuing from doubt because you think that we are your own thoughts. You will notice how long this instrument has been speaking. This instrument did not know her

first sentence. She does not know her next. It is not this instrument—we are principles of being. We are, in our own way, real.

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If there are electrical experiences or the movement of limbs in an uncomfortable position, or the using of the neck in any way that is disliked; indeed, if anything is uncomfortable, we will be working to adjust to a comfortable fit, shall we say.

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There will, in conscious channeling, always be a portion of yourself in every channeling that you give. This is desired by us, and we feel that it is the strong point of conscious channeling; that is, that we have a very simple story to tell, a story of one great original Thought, a love which created all that there is, a love to which all shall one day return. This story is too simple for people to understand. They must make it more complex, so they may attempt to understand. It may be said that understanding is not something that may happen within your illusion, but it is part of the illusion that people wish very much to understand that which is not understandable.

### HATONN, JANUARY 25, 1989

Here is the direction for a specific kind of protection of the physical self. We shall do it with you if you will follow along. The energies which are energized, shall we say, by this protection are universal, having to do not with the body which you know and have but the energy linkage which is your true body.

Picture, if you will, yourself sitting in a cross-legged Indian position or in a lotus position, if that picture does not bring you acute discomfort as it does this instrument. Rest the backs of your hands upon your knees in a comfortable place. Curl the thumb and forefinger together, a trustful but somewhat defensive posture, and picture at the base of the spine, in the groin, and just above where the generation of the species takes place, a red fire. See it within yourself. If it is not bright, allow it to brighten. If it still will not brighten, ask that it brighten. Then watch it spin. If it is not spinning, ask it to spin. And ask it to be clean and pure that the energy of the Creator might move upwards.

Visualize, then, at the middle of the abdomen, an orange fire. It must be brightened and then spun into crystal colors, and the prayer that all be clear and clean, that the energy may move forward and upward, may be made. Help may be asked for any way you may deem appropriate.

Then visualize going upwards toward the navel area, the pit of the stomach, where there is a yellow fire. Do the same with this energy center, whirling it. See the green energy center at the heart level. Brighten it, and then spin it. It is this energy that you need clear, and clean, and pure. It needs to be this way that you may receive those messages or even information to the self about the self which will truly be full of the love and light of the infinite Creator.

If these lower energies take from the supply of that prana or living air which the heart chakra needs to brighten and to spin and to move the energy upwards, then the channeling work is compromised at best. Consequently, you continue with the green light center until it is clear, flashing and brilliant.

Now, it is to be hoped for that the blue center, that is, the communication center, in the throat may be brightened and spun.

And so the indigo center above and between the brows or the forehead.

It is not necessary in order to do this work for these energy centers to be crystallized and clear. It is safe to do this work as long as there is energy into the heart chakra of sufficient magnitude for the weaker energy centers to take the energy from the supply of prana and still have enough energy to tune the energy of the self to its highest and best, most energetic and deepest self, that one may be a citizen of the universe.

Once all of the energy centers have been energized, it might be imagined that there is an eighth chakra, the crown chakra, which is white. This energy may be seen as either a glow or as the white that brightens and

then spins. It is part of the self but also part of all of creation that is the Logos, and therefore may be seen, indeed, in both configurations within the same energy.

Take the white energy that you have brightened and move it down the left side of the body. Pick up the red energy of the red survival chakra. Mix these two colors. Add in that amount of the indigo-ray and the blue-ray chakra energy which you consider you have achieved upon a stable basis by your tuning. If you do not feel that you are perfectly clear in blue and indigo ray, then ask for a limited amount of these colors.

Take a mixture of these four colors—red, indigo, blue, and white—and move them about the body until the body is painted completely in your visualization.

Take, then, that center we may call violet. It is always as it is and is not visualized. However, it is a read-out of the complex of vibrations that you are. Therefore, after the physical vehicle has been protected as well as you can, visualize it for the condition you are in as a channel.

Then visualize yourself covered again with the violet ray that is your own indication of character.

Over that, draw then the white light of the one infinite Creator, not that which is from yourself, that may brighten and spin, but that which is as a cloud or nimbus about the self. Visualize that as a shield of light that covers every portion of the outer physical vehicle, allowing no thing which does not love the light within the sacred confines of the temple of the one infinite Creator which is your body. This protection is helpful.

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When a channel feels that it may have gone too deeply into a meditative state; when it feels it might be uncomfortable, it needs simply to count upwards first to ten, and then if that is not up enough, to the full measure of years which the entity has lived upon this planet in this incarnation. When the last number of years the entity has lived is reached the entity will be fully awake and need only remain in a thoughtless, loose, alert mode, for this is the appropriate environment for this type of channeling.

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The nature of opening one's channel might be considered similar to beginning to understand a root system of consciousness which has geometry and form in a metaphysical sense, and which at the very bottom, just as the Earth has a molten core, of white air. So the center, the very, very deepest part of your consciousness, is what you might call a black hole. That small speck of water that is so heavy that it is gravity that somehow draws all things into it, only to have all things disappear.

That is your destiny, your omega, to be at one at last with infinite intelligence. Not to know God, shall we say, but to be. You are at this moment a portion of all that there is. You are a portion of the Creator. You are a unique portion of the Creator. However, you are skating upon the surface of your consciousness.

To open the channel is to open the door to approximately 98 percent of the content of your consciousness as a conscious channel. One who is conscious of a channeling process within the self has an opportunity to work within those times to deepen the understanding, to listen, to give self respect to those knowings. They are one's own truths and that which is one's given service.

One does not make up one's mind to do this or that. Rather, one's feeling and one's heart as well as mind are led to the service that is of the Creator, for the Creator speaks within with a small voice easily drowned out by one's own human will. Thus, it is most important that the daily meditation be established and that, for the most part, it is adhered to. It is not a disaster that one day is missed. We just ask that you do not allow that missed day to cause the discouragement to lead to a second or third day. But allow each day to be itself new, just as you yourself is made new with each dawn.

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As you open your channel you shall find first those voices which speak only to you. That is your internal guidance. If you wish to receive internal guidance only, we strongly suggest that the hands be crossed and

the feet be crossed, that the electrical circuit of the body be closed so that one may carefully filter out any outside influence from the physical body.

This is not foolproof, however. If the guidance continues to be positive and helpful, then it is sufficient. It is, in the majority of cases, sufficient, may we say.

There are some natures whose electrical properties as entities as such are that the circuitry of the physical body is changed in enough ways that this is not sufficient protection, this instrument being one of those people. This instrument has always wished to wear the crucifix about the neck, and the reason is simple. The instrument needs the protection and the reminder of the faith which creates within the instrument the love necessary to banish those influences which would speak of negativity.

When the channel is open anything is possible according to one's gifts, and the possibility of serving the Creator becomes almost certain. The life pattern may be such that beyond the simple vibratory nature of the self no dramatic work is expected. Then the work is simply the loving of those which are hard to love, the smile to stranger as a charity to those who need it.

Others have more dramatic ways of being channels of love and life. All ways of service to others are equal. The importance given to some methods over others of living a life are false. The various reputations which one encounters because of various entities' levels of schooling or other credentials are all false. When one is vibrating as a channel an infinite source comes through which sees the essence of all entities, that deep, mysterious Creator at the very bottom, at the very essence, at the very root of each organism which is conscious of itself and therefore has consciousness.

Within this state the nature of channeling is such it is well to choose, from the bounty of all that there is, one way of directing the channel. Some are healers, some are teachers, some are simply wise or loving. But it is well to focus one's energy in the direction which feels most helpful, good, pleasing and pleasant, for the path of service is part of a life which must first of all be joyful. Thus, the tuning of the self becomes important, the knowing of the self and so forth.

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You will find in time that no matter whom we speak through our message is consistent and our points made in the same spiritual direction. You will be aware that you could not have created this pattern of thinking within the self because the self does not contain these particular patterns of thought in just this way. You would have said it differently or perhaps not thought of it. Then will come the time for each new channel when it puts aside the question of who we are.

We do not wish to convince you before you are ready to accept the responsibility for knowing that there is an invisible world which is far more fundamental than the visible world. Certainly, there are many, many worlds but we are close to your own world, and speak to you from a relative near position, in metaphysical terms.

Please just let it all go, let the mind relax, and when we must speak, in you then immediately repeat the phrase in the parrot-like fashion, realizing that you are going completely on faith and will be doing so until that magical moment comes when the subjective evidence for our reality is clear to you personally. Each must earn that for himself.

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**Questioner:** What about counting downwards? You said counting upwards should make you more alert. What about doing the visualization about it all going away and feeling calm? What about counting down a number at this stage and visualizing it again, and then counting down a number, and so forth, until it feels right. Would that work for this instrument?

I am Hatonn. It is a possibility that the counting down would be of some assistance. The instrument needs to be aware of that it will find two balancing points, between the over-excitation of the physical and the mental complexes and the relaxing of the physical and mental complexes upon the point of entering the

deeper states of the trance. We suggest that the entity utilize any of the aforementioned meanings that feeling most nearly correct at this moment in its trance.

**HATONN, JANUARY 31, 1989**

As you each have discovered in a way that is personal to each of you, the service of the vocal instrument is one which has a great many ramifications that carry over into each portion of the life activity. As one serves as a vocal instrument the necessity becomes clear for opening the self to that which is unknown to the self, and for allowing a contact that is other than self to utilize the self and its personality, its history, its experiences, its ideals and its terminology, for the expression of information which may have value, not only to the self but also to others.

As seekers of truth pursue the journey of seeking this process of opening the self to that which is unknown, [it] not only draws into the instrument's mental framework those concepts which are, for the moment at least, unknown to the instrument, but tends to place upon the life experience that which is similar to the magnifying glass, as we give this instrument a picture in its mind of the glass that magnifies, held before the face so that all which comes before the notice is enlarged, is enhanced, and, perhaps, is intensified in some degree.

This effect of throwing into larger and clearer and more intense relief the life pattern is both a blessing and a challenge, for the instrument that experiences this effect has the opportunity to utilize the daily round of activities as a kind of food, shall we say, which will allow it to focus upon the portions of the life experience which are in need of refinement, of analysis, of balance, of the attention that will provide the proper utilization of the catalyst. This is the opportunity, this is the blessing.

The challenge, of course, is that the continuing process of intensifying the catalyst in the daily round of activities requires that the instrument be ever attentive. That the relationship which it develops and pursues with any other self be a relationship which has as its foundation the desire to be of service in a clear and compassionate fashion. This, of course, is the basic lesson, shall we say, of your particular illusion. And it is ever more clearly and forcefully made apparent to the instrument that this process of building upon compassion each relationship that it finds and continues is the most important quality of a life experience.

Thus, as one pursues the art and service of serving as a vocal instrument, one will become more available, shall we say, to the effect of catalyst. One will find that this intensification of catalyst does not occur only when the instrument is ready or most ready. There are the moments of mental, physical and emotional and, perhaps, even spiritual fatigue that occur as a natural portion of each entity's cycle of being, the rhythm of the pulse of life as it moves through each entity.

These moments are also filled with the more enhanced catalyst, so that the ability to respond in the desired manner may be reduced from time to time, and it is during those times of seeming regression or moving backwards from the ideal that the instrument will be tested, shall we say, by its own desire to match its life pattern with the ideals which it has set for itself.

We may look upon any instrument as [being] similar to the crystal. We see the diamond as it is usually cut and faceted by those of your peoples as being likened unto the instrument or any entity which seeks in a conscious manner to be of service to others. Each facet maybe seen to be a certain mental attitude, a certain symbolic representation of ideas, of thoughts, of the ideals of the strength and of the weaknesses that are to be found within the personality, within the character of any instrument.

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

As the facets of the personality become more harmoniously balanced due to conscious attention and work upon them, become balanced with each other in a regularized configuration, the intelligent energy of the Creator then moves through the crystal, so that it is reflected in a balanced manner, and the crystal, then,

because of the sure and sturdy construction of its angles, is able to utilize the intelligent energy and to move it through the entirety of the crystal that it might be returned again to the source whence it came.

The contact that we establish with each new and each experienced instrument travels this same path as does the intelligent energy of the Creator. It partakes of the same framework or pathway through the crystallized being where there is an area or portion of the self that is not well understood, or is not functioning as well as it is understood.

There is the lapse, the break, the opening, in that portion of the crystallized being that needs to draw a portion of the energy towards itself, as does the magnet draw the iron filings. For those portions of the entity which remain to be understood and which remain to be set into the motion of the daily round of activities serve as a kind of vacuum that draws to it any available energy that might be utilized in the—as we use the analogy—electrical sense, to organize the more random nature of that portion of the being.

Thus, if the entity desiring to serve as a vocal instrument has neglected over-long a certain portion of its own evolutionary journey, a certain portion of understanding of the self, understanding of the self in relation to others, then there is the drawing into the area of whatever energy enters the being so that the expression which manifests or is sent from the entity has a certain imprint, a certain manifestation, a twist to it, that is characteristic of that area. Thus, the contact that is sent through this particular area will have in some degree a biasing, so that the energy which enters and then exits as concept, word or deed has a bias to it that will reflect the inner landscape of the personality, shall we say.

Thus, we find the conversation that was held prior to this session's beginning to be most helpful, in that it reminds each instrument that whatever areas within the self that yet await the refining and purification that is the task of the conscious seeker, will lend their certain bias to that which is the vocalized channeling.

The concept here with which we deal is that each instrument will in some degree offer a portion of itself to the contact, to be blended with our concepts and vibrations in order that the collaboration between us and the instrument might produce information of use to others in their evolutionary journey. The portion that is of the instrument, then, needs must be made as stable, as clear, and as full of the vitality of the self as is possible.

Thus, it is always recommended that as the vocal instrument chooses to pursue its art that it heed the advice given also to those who would serve as healers, and that is that it is well to first heal and balance the self as far as is possible at any particular time, in order that that portion of the self which is offered in the vocal channeling be the highest and best which the entity has to offer.

It is often possible for the instrument to clear the energy centers and the mind momentarily of the concerns and the distortions which might unduly influence any channeling process and to serve successfully as an instrument in the moment of this clearing, shall we say. However, it is not a process which can be depended upon to provide the instant remedy, shall we say, each time that the entity desires to serve as a vocal instrument. Therefore, we recommend the continued watchfulness and observation of the self by the self, so that the foundation of service may be built upon as strong and sure a base as possible.

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We would recommend that an instrument engage in the daily meditation at a time which is convenient to it, so that it might be able to receive our conditioning vibration when it meditates, and might recognize our presence and be able to offer the challenge and then to allow the meditation to proceed in a silent manner from that point onward.

This daily practice of recognizing our contact and taking time for the self to relax into meditation we see as a potential means of allowing the instrument not only to work upon the recognition of our contact, but also to work upon the quieting of the self, so that those distractions which move through the mind might be able to be studied in a more relaxed atmosphere rather than being only part of the conscious activity so that there is more than the conscious mind that is able to offer the viewpoint during the meditation periods.

**Q'UO, MARCH 8, 1989**

We are sorry for the delay experienced. This instrument was engaged in the successful challenging of a negative entity. The channel challenged this entity until this entity was blue in the face, but was able to banish the negative entity.

However, we thank the one known as Carla for this caution. It is caution of this type that we encourage each to use in the life and in action, for the tuning is sometimes one which may slip and the challenging that is not pure and wholehearted results sometimes in impressions upon which one may act which are not totally of the service-to-others path.

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Each of you uses a kind of telepathy at all times. There is a strong connection which links the learning of the channeling and the living of the life. One is a channel, in one sense, for specific discarnate entities which are carefully named and accepted by the instrument in those cases where the contact is stable. One is also a channel in the daily life. The reason for meditation is that it enables one to be a clearer channel; as this instrument would unfortunately put it, "a kinder, gentler," channel.

This is one of the great goals of the incarnation. The gentle, peaceable and harmless life experience is that one which reflects inner peace, and this is the first step towards graduation from third density. This requires a type of channeling. We have never done anything but applaud this instrument's desire to teach the vocal channeling. But the reason for our wholehearted thanks is not only for the one-in-a-thousand which continues in this service, but that we realize that the process is one which all may use in the daily life.

If you are telepathic with the self within, you are in contact with the Creator. The essence of eternity is the realization that the present moment will last forever, and if one is not present at the present moment in the present tense as the new student of life, much of vital information and perception for the far-seeing thinker will be missed. This cannot be done by will or intelligence. This must be a subconscious bias. The work upon the subconscious is through the waking and the sleeping states.

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The request we make to avoid excessive periods of meditation is simply that we do not wish the accelerated process of change involved in meditation to disturb the seeker past its limits of endurance. If the entity experiences the difficulties in personality, other types of meditation, such as the working in the soup kitchen and, in short, any activity which brings forward a feeling of unity with the Creator but is active, is recommended until the self can once again tolerate the degree of change brought on by meditation.

It may be seen that we are aware that meditation is the key to service to others, to knowledge of self, and to knowledge of the Creator.

**Q'UO, OCTOBER 8, 1989**

We are parables; we are exemplars. We do not teach. We are the catalyst for teaching. We are the voice of the infinite One, and we speak with vast perspective, compared to your own. Yet we are called to very specific vibrations, such as this group's.

Inner-planes masters are called to individuals. They may be channeled to others, but they are in essence entities which belong to one person alone, or one person which belongs to one entity alone, depending upon the polarization of the contact.

Humankind has for all of written history, this instrument would say, tried to become wise. It has written billions and billions of words in many, many languages. It has thought many thoughts, and proposed many proposals concerning the way things really are. Mankind has struggled to learn, to evolve, to believe in something that is real. There is a difficulty with that. Nothing is real. All that you experience, including your own personality, is illusion, shadow and distortion.

It is our belief that because of our longer point of view we are able to serve you in a way that is different than the inner-planes master, and it is our belief that you are in a position to serve yourself in a way that is different from inner-planes guidance, and that is by the conscious use of spiritual principles in living the very uncomfortable life of one who is attempting, while in, shall we say, marine boot camp, to work twice as hard as the other entities who are grabbing the gusto, the bowling balls, and the beer.

Those of you who hear my words and seek to help others are those who have chosen the dusty path, the path of sacrifice, the path of discomfort, of woes and troubles and problems. You have chosen to expose yourself to all that is in whatever form you may experience it, be vulnerable to it, be open to it, and attempt to learn from it, by the conscious use of spiritual principles.

**LAITOS, MARCH 12, 1990**

You call for information about that which is known as channeling. It is a large subject, but we should begin with one simple concept which is at the basis of all channeling, and that is that each channels at all times, at every moment. None can avoid being a channel, for in truth you are consciousness, and those energies that you choose out of that consciousness build upon themselves because of your choices, and thus you channel emotion, attitude, feeling, desire and manifestation.

Very, very few entities have the awareness that they are, in fact, not entities acting unto themselves, but instead are part of one infinite Creator, undifferentiated from that Creator except by the choosing in free will to express in an independent and co-creative way. Consequently, most take no care in that which they manifest in the life experience, but rather assume that they are to react to that which occurs outside of themselves, one thing following another in the pattern of your society in the environments of work and home and play.

You make choices you know not of. How little credit you give to your own creative power. There is, in truth, no reality in third density but your consciousness. You dwell within an illusion which is densely opaque, through which one cannot see, in order that you may, more and more, learn to choose in a consistent fashion those biases which move the consciousness into a less distorted form of the manifestation of the love of the co-creator and of the Creator. So each of you channels yourself, each of you cannot help being a channel. It is no effort, it is simply not recognized that this effortless process is not the process of expressing the self, but a series of choices about what the self is being in the process of becoming a being, for you are both being and becoming.

This is an obvious paradox, and when you meet paradox within your studies, rejoice, for then you know that you have moved into the realm of that which is spiritually helpful. A spiritual path is a series of paradoxes. How easy it is not to heed these words. How easy it is to yield responsibility for the choices one makes to the press of circumstance. The illusion, a series of vibratory complexes and patterns of energy, designed to manifest themselves to your senses as opaque reality, is, in fact, malleable and plastic and most willing to bend to the instrument who is aware of the process that is taking place.

Thus, as this group begins what this instrument would call a ministry that takes a great deal of dedication and patience and work in consciousness, it is well to come to terms with your own inestimable power. It is in no case necessary for anyone to react to circumstance. It is always, even in the most extreme circumstance, true that there are choices to be made, and the more consciously they are made the more rapid shall be the acceleration of each entity's spiritual evolution. The work of realizing the self that lies hidden as a gem of infinite worth within the clay of manifestation cannot be seen by the self or by another until it is realized and valued by the self.

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Since your density is a density which is attempting to learn the lessons of love, you may depend upon your incarnational patterns being planned to allow you to meet those ways of loving which you felt needed further refinement. We do not send understanding or wisdom, for these lessons are not of this density. All too often, the heart has been lost in those who seek the truth that lies within the illusion of third density.

But wisdom is not the answer, and the questions one asks cannot be answered wisely, but only compassionately, for compassion is in the heart of the choices each of you make day by day.

Thus, as we speak to this group which wishes to be of service to others, we ask it, first of all and always, to be conscious of the nature of the lessons to be learned by the self and in harmony with other selves. These are lessons of love and compassion - not love partially given, not compassion partially withheld, but unstinted, foolish, quixotic love, love that fears no hurt, that can ignore and smile at pain, knowing that new things are painfully learned, knowing that opening up the heart to love is dying to those things which block the heart from opening like the flower that it is.

It is as if you were infected by a disease called doubt: self-doubt, doubt of others, doubt of the worth of that which you are doing, doubt of the nature of the infinite One. There is no need and no room, for the seeker who wishes to work towards finding the treasure of love within.

It has been said that love casts out fear, but it is not explained how one may love. We shall explain. You are love. You need to find out more and more clearly how to express your true being. Those about you who are not seeking as you constantly offer the catalyst of the unexamined life, of the measured love, of the stunted compassion, of the carelessness and fine scorn for the fragile treasure of this brief dance of an incarnation.

You shall not exist long in this body, in this illusion. Use the time that you have, for time itself is part of that illusion, and as you become aware more and more of the love within each moment, as you choose to ask yourself, in the face of difficult catalyst, where is the love in this moment, more and more shall you drop away those things which are not love from the being which you are becoming. More and more shall you be able to shine and be the love that you seek. You are simply uncovering that which you truly are.

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The channel itself does not create its own nature. It is the group harmony, the group love, that is hard won through the fierce loyalty to truth with each other and with the self. We could say simply, "Be merry together," and that would be the heart of the harmony of which we speak. But, in truth, each of you has stumbling blocks to teach each other with, each of you presents challenges and catalyst which each other may learn to love without let, without hindrance, unsparingly, unstintingly.

It is the job of the support group—and this includes the channel—to love at all times, most especially when the manifestation of one of the group seems to be less than lovable, when the behavior seems to be unacceptable, when a thinking seems to be unforgivably erroneous. Love accepts the unacceptable, forgives the unforgivable, loves the unlovable, and by that environment creates a catalyst by which that self may choose a new path.

In a support group you are not bound by what you think of each other, but by the love that you know is each other's true self. You set each other free, and each of you teaches each. Let no one feel shame at lacking courage, making errors, or falling by the wayside in some self-perceived manner. It shall happen to you again, and again, and again. The support group, when it sees that one of its members is in need, forgets all need of its own, and reaches out in love to pull the needy one out of the mire of confusion and self-doubt.

This is a most intimate relationship. It is the beginning of what you call the social memory complex, and each group's balance of harmony is unique to that group, and will thus form the basis for the information which comes through the channel of that group. So be aware of that great truth, and seek to love, not to be loved. Seek to understand, not to be understood. Rest in your mighty power and give the gifts that you have freely and gloriously, rejoicing in the infinite Creator.

See yourselves as those who pull the wagon, pulling together, working with such joy that labor becomes play. Love each other, and allow with all generosity the burgeoning and blooming self that is you, as daily you change, to be melded anew into the ever-changing, subtle patterns of group energy.

We are suggesting that which will cause you great discomfort for as long as you work together, for this sort of effort causes one to change, and as the mind perceives itself changing, and realizes that its old programs

no longer work—or as you say, in your technical society, compute—then you must dump that program, and this is most painful, and feels much like loss, and feels, indeed, like a grievous loss. The energy which could be taken to be lost could be used up in grieving, may instead be turned by faith to the building of programs which are fully representative of that which you have learned, that love which you have uncovered within yourself.

More than this, there is a basic program within the subconscious, and this too is heavily veiled in distortion. This is where the work with dreaming, with keeping a journal, with taking oneself seriously, becomes centrally important, for it is, shall we say, a meta-program, in which you accept the socially unacceptable dictum of a chosen path of service.

Within your society it is not considered healthy to feel that one is on a mission of a spiritual nature. Nevertheless, this is, in actuality, the truth. You have come here, intent upon expressing and manifesting in poetic beauty the mission in service to others which you chose preincarnatively. Yes, you chose much personal work, but you chose more. You chose your paths of service, and in each path of service to others much must be yielded and given up. Thus, we encourage you to encourage each other, to love each other, to allow no disharmony to rule for one moment longer that it takes to recognize that there is something which must be discussed, which must be forgiven, which must be balanced, so that love and harmony again may be the environment in which you follow your path of service.

During sessions of working, the support group needs continually to realize and send for the power of love, that the instrument may not have to depend upon its own strength and will alone, but may rest against the cushion and support of an environment of love. Tuning, then, is done continuously throughout a session, not as a heavy burden, not as a heavy duty to perform, but as that which becomes second nature, as that which becomes a simple and constant visualization of living, revolving light, which raises itself round about the whole group in spirals and reaches unto the one infinite light of the Creator in its first manifestation.

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This instrument and we who are called to this instrument are those who teach, as we learn, about spiritual principles, about tools and resources that may aid in the acceleration of spiritual evolution. This particular teacher, and we, as those who speak through this instrument and have been called by this group, are not concerned, nor can we be, with those details of mundane existence which open with the first breath and close with the last, for we see the incarnation in its illusory form only as a learning opportunity. We cannot tarry there long.

Yes, at each turn it is important to be able to orient the self within one's environment, to be able to see the nature of the changes of the illusion as they affect the day-to-day workings of the incarnate, self-willed, little self. There are many, many teachers who are most pleased to speak through channels and guide one through each day, each experience, each choice. It is our nature to give that responsibility to the self of your self.

The material that we offer, therefore, will not be material that is sweet and easily taken, the candy of the spirit. We move rather towards the more substantial meat and drink of spiritual lore, working to enlarge the viewpoint in order that those questions which one might have about the day, the hour, the experience, this or that, become questions that are small, become questions which beg for a larger question, and that is, "Where does this concern fit into the life that I know lies within me?"

Many will seek of any channel specific information, especially during these generations of change, when time itself is speeded up and finally swallowed by the density to come. Those who work with this instrument and with us will find themselves often unable satisfactorily to answer specific questions, for to do so would be to lose the purity of the contact.

And so, if being of apparent help in reading the, shall we say, tea leaves of the day, the dream, the occurrence, the concern, which are things which can be taught by other teachers, but not by us, if this is any part of the ambition of the channel, let it be faced now, that we may not, in our teaching, be a disappointment, be a stumbling block before you.

We are a comparatively impersonal contact. We look at questions and value the question more than the answer, for in the question lies the quality of the life experience that is being sought by the questioner. In an illusion where there are no true answers, it is the questions that are important. You will again and again as a channel find yourself pointing and ending to and in mystery, speaking in riddles and paradoxes, seeking out of the maelstrom of dizzying, excited questions and observations the still and quiet waters of silent truth that lie stably and eternally within each consciousness.

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The mechanics of channeling are those easily taught but difficult to learn, because it is always thought that if something is worthwhile it must be difficult to achieve. We cannot teach you to be faithful in your practice. Teaching an entity to channel is much akin to teaching a beginning violinist how to finger the scale, how to play the simplest of tunes. The teacher does not teach greatness, but only a simple mechanism which must be practiced, and practiced, and practiced, in infinite patience and dogged determination and persistence, for it is practice alone which creates that level of trust which allows the surrender of all expectation.

Many are the times we have demonstrated through this instrument the nature of that trust. We do so at this time. Six, six, five, three, seven, one, four, three, six, six. That is what we gave this instrument—nonsense. That is what you will feel you are receiving—nonsense. That is acceptable, being able to accept that you do not know what you will say is important to one who wishes to be a faithful channel. It is not up to the channel to judge the channeling, but only to prepare itself, first by attempting to become the best self it knows how to be, and secondly, by opening itself completely in surrender to a greater will, a higher self, a larger point of view.

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**S2:** What should we know to preserve our safety as we tune and challenge our contact?

I am Laitos. We are aware of your query, my brother. It is well, most especially for the one serving as the instrument, to have knowledge of the self in regards what the core belief is for which the instrument would live and die. This information is well presented in the handbook that has been compiled by the one known as Carla.

In this essence of the self one may offer a challenge to any unseen spirit that will ensure that that spirit comes in a manner which is acceptable to you as you offer yourself as instrument through which it may speak. This is centrally important, and it is well that this be considered in depth by each within the group, most especially the instrument, between this time and the time during which you shall again sit in session with this group.

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**S1:** Do you suggest a mantra for a group?

I am Laitos, and am aware of your queries, my sister. We suggest only those means of tuning, whether by mantram, singing, group visualizing or whatever other means is available, that have meaning to the group. This is decided by your own free-will choice, for you are by now aware of those means by which you are most inspired. We would suggest that you follow those yearnings and preferences which are already in place within each of you, and that as a group you make this choice.

**LAITOS, MARCH 13, 1990**

The mechanics, the way of production, of channeled material, is so simple that it is normally resisted by those who wish to make it harder and more complex, who are learning to be little children who simply repeat what they hear or feel inside. This is the condition of the instrument as it begins the contact.

It has prayed in whatever manner it deems most deeply worthwhile, to reach as high a tuning as the instrument may achieve in a stable and continual manner. This requires a crushing and absolute honesty, a knowing of the self and of the limitations of the self, for one does not go into the ministry of channeling to remove oneself from the world about him and dwell upon an higher plane.

One chooses to channel inspirational, spiritual and metaphysical principles because the Christ consciousness which permeates your Earth plane has, in the majority of cases, no chance at speaking in conventional ways, that is, through church attendance, involvement in the community of the Creator. There is no way for many to experience community. Thusly, to those whose distortions cause them to be unable to find the inspiration, the renewal, and the strength which they need day by day, to realize by grace that which is asked of them and to do that with a cheerful heart, there must be an alternative place of genuine worship.

We are not those who disregard or denigrate compassion, for especially within your own density the deepest truths lie in purified emotion. The job of a channel, therefore, is to provide catalyst, to evoke that purified emotion which is the daily food and bread for which you pray each day in the Lord's Prayer. Think you then that you are asking for bread to eat and wine to drink? This was not the intent of a teacher who spoke always in parables. The daily bread which you seek and which you seek to share is that manna that contains the healing, the peace and the love of the consciousness of Christ; by whatever name you know the Christed entity, this is so.

This, then, is your goal, to become more and more able to perceive the ramifications of each point made in discussions about queries that have been asked by a group. Be humble before this gift. You are not reciting scripture. You are not offering infallibility. You are offering that food which otherwise would not be there and would cause starvation of the soul to many.

Vocal channeling is only one of the myriad of services. It happens to be a more conspicuous one. This in no way means that the vocal channel is any different or better than the mother who nurtures a child, or any other entity whose path of service lies not in blue-ray communication, but in green-ray healing, whether it be of physical things, the rebuilding of old neighborhoods, feeding the hungry, working with the here and now of souls that need to be fed, not manna first, but food for the body, all across the spectrum to those who have put those things to rest by circumstance, work and luck, and are therefore able to take the leisure to move into contemplation, to seek out purity, to fall in love with love in the Creator, in yourself and in others.

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No one within this density, as far as we are aware, has ever been able to keep this consciousness constant as a steady state throughout the incarnation or period of service. What is important is that you are able to clear the mind, to empty it as you would the contents of your pockets before resting for the nighttime watches, until you become so much a part of the silence, so focused within, that thoughts begin coming to you.

Now, you have continued to tune during the entire process of protection of the self, protection of the group, and protection of the working. When the time comes to channel it is time to cast away every inhibition, every care, every distraction, and put on the clarity of the white light of the infinite One.

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Those energies which you feel shall not always be overwhelming. It is extremely common to the new student to find a great disorientation when beginning the work of channeling, for you upon your sphere of existence have the concept of solidity, of objective reference. We simply offer thoughts to your subconscious in the form of concept rather than language. It is the portion of the channel to hear the clarion call of those thoughts, to waste no time considering whether it is you channeling yourself, or yourself channeling an outer source. This process moves on despite all doubt, all questioning, and all fear, as long as the entity who wishes to channel continues to feel that this service is a path of service chosen.

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Channeling is a process much likened unto the catching and the throwing of a baseball, in a rapid fashion, which requires that the mind be kept single-mindedly upon the succession of balls, and the hand be nimble to empty itself of the ball it has just caught, that it again may be empty to receive the new ball. In this analogy we equate these balls with intuitionally validated thoughts and inspirations which are yours alone as you move along the path of life.

The way to begin is to cast aside all powers of analysis, all resistance, all fears of saying or doing the wrong thing. This is often a difficult thing to give up, for entities truly wish to be of great service, and they wish to move forward as quickly as possible, but we ask you to take our instructions verbatim, and then think about them in as many different ways as you wish, ways in which you may come into adjustment with the seeming loss of the self. You certainly are not losing yourself, but gaining a deeper and more impersonal portion of yourself, for yourself is the Creator.

When we transfer a contact to a channel, the channel waits until a thought comes into its mind. It is distressing to many channels, and the first words that they get are the words with which we always open and close each meditation, greeting you and bidding you farewell alike in the love and the light of the infinite Creator. It is a great temptation to feel that there is a tremendous conspiracy of those who pretend to channel, but are, indeed, less than honest, less than rigorous, less than prepared, so that their material remains inferior and uninspiring. Channeling is a series of concepts that are caught and spoken without thought, without judgment.

After the experience is over, you may examine, analyze, probe, discuss and attempt to measure that which you have experienced, but during the process itself, a complete surrender to the Creator of all things, in certain knowledge of His plan for your existence within this incarnation, is in place, and that all is as it should be. This relaxed and peaceful state is aided only in some cases by the ingestion of caffeine in order that, although calm, quiet and listening, one also has the energy which such substances give to the physical vehicle and to the mind complex.

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You channel—and we speak quite seriously here—your own thought processes. You choose your behaviors, your reactions or lack of them, and all the attitudes of life. When one decides to become a vocal channel, one is drawn into a powerful energy nexus of which it is one point in the planetary light. Whether or not the channeler turns out to be proficient, if there is great sincerity in the attempt, that by itself will lighten the consciousness of your beloved planet that is so sadly in need of light.

We repeat again, do not analyze, do not allow the mind to judge the contact. It is of the greatest normalcy that an entity will begin channeling with perhaps only fifty percent of channeled material of an outer kind, and the other half the wisdom of the deeper self, so that in fact the channel in the beginning is very much aided by its unseen spirit, or guides

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Preparation is different for each entity. You move from one state of consciousness to another, clearing the mundane pockets of the litter of life within your physical beings and creating the hollowness within that asks and seeks and is ready to serve. You say, “Here am I, use me, send me, let me do the work you have prepared for me this day.”

Under no circumstances would we suggest that the entity, without the aid of the support group and the more experienced channel, at this time do any experimenting with channeling by the self alone.

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When the instrument known as Carla prepares to channel, the instrument does a symbolic act. Were this instrument more able to do things without aid it is possible that this instrument would prefer actually to shower and cleanse the whole body. Instead this instrument cleanses its hands, empties its bladder, brushes the teeth.

As one empties the body of those waste materials it can no longer use and gives praise and thanksgiving to the Creator for having been able to use the food that the creation has provided, as one washes one’s hands, prayer may turn towards the cleanliness of the self, asking and seeking always to be centered, consciously aware of the presence of the one infinite Creator, and systematically cleansed for the moment of the tedium and hubbub of civilization. As one brushes one’s teeth, prayers are offered up on behalf of the purity of the words which come from that instrument’s mouth.

There are as many different ways of praying, as many different symbolic ways of changing personalities and personas, of becoming that entity which is capable of taking its place in the world of spirit, as there are entities. The goal, however, is to feel at one, peaceful, stable, safe and fearless, and whatever ritual best creates within the self those feelings is acceptable to us, as long as the prayers involved concern service to others, for though there are teachers of service to self, we are not they, we have made our choices, and we believe each has made its own choice in this group also. Relax, be merry, take things lightly, and yet ponder them deeply. Allow the consciousness you experience in channeling, and meditation to a lesser extent, to begin to color your existence, and always, daily if possible, practice the tuning process.

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This instrument sees to the protection of the self by visualizing each chakra in turn, asking it to receive, for this working, the unblocking of all difficulties, that full energy may rise to the heart chakra, and therefrom to the blue-ray energy center, which the vocal channel uses.

In order to use the green healing ray, or the blue communication ray, it is vitally necessary to pay constant and close attention to the indigo ray which lies betwixt the brows in the center of the forehead. These lobes of the brain are those lobes in which eternity resides, now safely and securely, and hardly ever touched by human thought or imagination. When one feels that the protection of the working and of the self is complete, you may go on.

This instrument's method is to move each chakra into its normal balanced brilliance and spinning and life-giving energy, so that there are no blockages for that time, then surrounding the bodily energy in mind with the mixture of the violet ray of identity, and the red ray of life itself. These two colors create a mixture of lavender and red, the kind of color this instrument might call burgundy, and one visualizes it covering and coating the body as if the body were a capsule, and the covering that which held the great medicine of that capsule within it so that it may be useful upon its taking, and not be scattered, so that one is taking small bits and pieces into meditation, but has found a way to be whole.

After that, this instrument visualizes the white light, the full armor of light, placed upon its form, missing no spot, of undifferentiated love manifesting as pure white light. Once that feeling has been achieved—and it is often so that there is a lightness, either physical or mental, experienced during this portion of tuning—one then visualizes, as does each of the support group, this same white light that is first simply a small ball of enormous beauty and luminosity in the middle of the group, by bowing before its wisdom, by accepting its protection, you each allow it to expand, until all of you are bathed in unconditional love and light, the greatest protection available within the personal reference frame.

This instrument then asks the archangels, with whom it has a long history of acquaintance and love, to stand guard over the meeting, to warn of any intruders, and to act as champions of the light which the channel and its group are attempting to produce. The four archangels are Raphael, Gabriel, Michael and Ariel. If you wish to use the same technique as this instrument, you would see the one known as Raphael dressed in raiment so white that it glistened yellow and crimson. It is a silent witness, not a jovial personality.

Then, behind the self, one asks for the presence of Gabriel, that great nurturer, who is normally visualized wearing a blue robe, standing in water, which is running and fresh, and offering up a holy cup to the thirsty.

To the right there is Michael, the only [one] of the archangels which bears what you would call a weapon. It is the archetypal dragon slayer, it is the protector. It is always alert, and as one becomes adept at these visualizations one may see from the expression on these entities' faces what the atmosphere is truly like, not seen or felt from the outside, but from the inside, for Michael, more than any of the others, changes posture, changes the angle of its sword, changes its degree of alertness.

Lastly, moving from the crimson robes of Michael, we ask that our left side be guarded by the archangel Ariel, which is the personification of Earth cycles. As it moves its multicolored cloak, a wind blows, and leaves, fallen from the trees and dry, rustle across its path. It is a mystery-clad entity, just as death and transformation are unknown until after the fact.

Asking for these archangels, one may begin, upon practice, to feel the great golden dome of metaphysical protection which has been begun by the energy of the group moving in a spiraling, clockwise fashion. This dome is impervious to damaging psychic greeting. It is possible, with this protection, for entities to take advantage of the instrument which falls prey to temptation, or in other ways has some chink in the armor of light, some Achilles' heel. But if the preparation has been complete and wholehearted, protection reigns within the place of working, and as you repeat over and over this process, it will cease taking so very, very long to do.

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It is most important to challenge as each knows, but the challenging depends upon the utter, naked and sometimes hard line honesty of the instrument. You cannot behave as a spiritual being in the presence of discarnate entities. You must be, and consciously be aware of being, an undying and eternal source of light, part of the Creator, and part of the great democracy of all spirits.

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It is our recommendation that the greeting of any discarnate entity be all that you receive before offering your own challenge to that entity as to whether it comes in the name of whatever quality or essence is at the core of who you are. The one known as Carla challenges in the name of Jesus the Christ. The one known as Jim challenges in the name of the Christ consciousness and the service-to-others polarity. It is up to you as instrument to determine that quality which is most central in your life pattern and by which quality you will offer your own challenge after hearing the greeting from any entity which wishes to utilize your instrument and to speak through you.

#### **LAITOS, JUNE 4, 1990**

In telling the story to which no one knows the middle or the end, it is simply a matter of placing one sentence in front of another, as one would walk one foot in front of another. There is no right story. There is no right ending. But only the creation of truth by the surrender of small considerations to the acceptance of a mystery which may or may not uncover more interesting subject matter for thought. We assure the one known as S that this method will, in our opinion, best relax and open the channeling gift which this instrument does indeed have.

#### **LAITOS, JUNE 7, 1990**

We would ask that each of you at this time declare yourself in whatever way you have discovered to be acceptable to you. Declare yourself against the backdrop of ten millennia, twenty or thirty; against the backdrop of imperishable ideals that could never be denied by the instrument. Ideals by which one lives. Ideals for which one would gladly, if necessary, die in order to protect and give vivid clarity to these imperishable things, to these ideals.

For the metaphysical world is a world of absolute things. There is no relativity and there is no room in the world for the metaphysical of those spirits with which you wish to make contact for relative thinking. We shall pause while each chooses, imagines, and brings into being that personification or that symbol of its absolute ideal.

Now we ask each to step into this ideal. If it is personified, grasp it by the hand. If it is symbolized, grasp, stand by, or incorporate the symbol into your being in some way. Allow it to become your metaphysical identity. Your only identity in the world of spirit is this absolute identity you have now fashioned. With this identity now, pray, speak within yourself in any way that you feel will bring you more and more into tune with this ideal, more and more into unity with it.

We shall pause.

Ask now, before you begin to challenge, to receive only entities which you may channel in a stable manner, without harm to your health or welfare. You want the highest and best that you can carry, but not a contact too high for the balanced personality as it connects with this source.

**LATWII, JUNE 8, 1990**

We ask each channel to speak that which it hears and nothing else, but to trust, once the work of tuning and challenging is done, that all will be well. For when the work is done correctly, when the challenge has been met and the baton taken, then it is that those who channel may release the integrated personality and surrender to that part of the personality that is not yet integrated, that is the deep mind. And it is from that deep mind and its analogous portion amongst your stars that we speak to you.

**LATWII, JUNE 15, 1990**

There is a joyful surrender, so that to a channel there is no concern to teach, no concern to be thorough, no concern to be complete, no concern for content, but only the concern to remain completely one with the tuning one has achieved. In this surrender, each thought opens like a flower, and bloom and beauty and lightness enhance the communication.

In this case, although the instrument did an excellent job in expressing our basic message, there was the nearly subconscious intention "to teach" that goes with the habits of an entire career of teaching. Channeling is a different kind of teaching. It is a teaching in which one surrenders all desires to teach, to make sense, or to do anything except to listen, to feel, to be, to float in that highest tuning which may be held in a stable manner. Then all else is a mechanical procedure of reporting upon the concepts one has received.

The teaching then unfolds in a way impossible to the conscious teacher, and the results please that same teacher in a way he could never be pleased with his own thoroughness.

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We ask each to let go in joy, to surrender to the unknown. When covering familiar material release the mind, release the heart, release the strictures of that which is already known. For there is always within each unique channel a new nuance which may be brought forward from the material which is unique to the mind, the heart, the experience, and the spirit of each channel.

Let yourself be a channel of wonder and mystery and astonishment to self. Allow this. It cannot be wanted. It cannot be desired and therefore gotten. It must be desired and then released. The true courage lies in that sweet surrender to the unknown which guides you and all, in infinite love, in the full and open heart that is the great original Thought of all that there is, the Creator Itself.

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**S:** Latwii, in my learning channeling, it seemed to me that in order to keep myself abreast of the contact I needed to kind of look ahead. Would I understand that you are telling me that this looking ahead baffles the more magical and interesting parts of the channeling, so that while it may bring back intact the information, it fails to capture the nuance and inspiration? Do I need to slow down? How might I go about improving this particular aspect?

I am Latwii, and I am aware of your query, my brother. In this regard we would suggest that the practice of looking ahead, as you have called it, is that which gives a confidence to your contact, and in the beginning of your channeling it is helpful to use whatever crutch works, shall we say.

In the long run of the channeling process, it would be well if you would look not so much to the approach of information as to remaining in a more free-floating state, shall we say, in which you are subjecting yourself to the movement of the contact. As you progress in your experience of the vocal channeling, it would be well and would be easier for you to accept information about which you know nothing in advance.

All of this practice has as its purpose forming the completely hollowed channel which has neither the preconceived idea nor the desire to know that which is next, but simply offers itself as an open instrument. There are many steps along the way to achieving this particular kind of contact and we would not wish to rush you in your progress but simply to suggest, as we have, that you are at a certain stage of the practice of channeling at this time, and the succeeding steps in this never-ending process, will concern themselves in a large degree with removing the crutches which are helpful in the beginning. For these crutches are, though sturdy in their offering of their support, also limiting in that which can be seen or received.

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S: There is a subjective side to the experience of the channel in which one feels a very strong, energy welling up within one which, once one gets used to it, has a certain tractability to it, if one can work with it. Now, there is an ebb and a flow to this energy, at least as I experienced it, rather than a steady stream of it.

Is the process of learning to channel a process of learning to work with this energy when one feels that it is dissipated for the moment? Does one do well to pause long enough for it to gather in? Can you give me some indication of this problem?

I am Latwii, and believe that we have your query. Before any performance, the performer has the flow of the adrenaline, as you might call it, the excitation of the anticipation. This kind of energy is that which the new instrument would experience far more than the instrument which has long practiced its art.

This energy can be helpful to the new instrument, much as the crutch of looking forward, shall we say, into the contents of the information which has yet to be received. As the new instrument perceives this welling of energy, the effect is to help the concentration and the focus of the concentration. This is most helpful to any instrument.

However, as you become more practiced in your art of vocal channeling, you will also discover that this energy tends to be reduced, for the practice no longer elicits this, as this instrument would call it, rush of energy. It is at that time that your ability to focus your concentration will take over this function, shall we say.

Thus, there are many attributes and characteristics of the channeling process that are found at the beginning of the process which may be utilized by the new instrument. But after a period of time, the new instrument, becoming a more experienced instrument, will discover that it is working more on its own resources and abilities rather than the *accoutrements*, shall we say, of the contact in its initial phases

S: I certainly do feel that rush. The energy that I had in mind, though, was one which I only began to experience later on, when I felt more calm. It is one which I have sometimes experienced in the meditative situation. I find it to be of a different order. Am I dealing only with a subjective modification of that which you are describing as the adrenaline energy, or is there another dimension going on here?

I am Latwii, and I am aware of your query, my brother. There are deeper levels of the mind which each entity within the meditative state may contact, as the meditation is more successful in achieving the one-pointed focus, shall we say, and in removing those distractions to the meditative state simply by failing to attend to them. As one is successful in moving the conscious focus from the upper reaches of the conscious mind to the lower reaches of the conscious mind, and, indeed, into areas of the subconscious mind, one will feel a certain power or energy, as you have called it, which is the, shall we say, the energy of potential use.

This is a relatively unformed energy and is that which responds to the reaching of the conscious mind as it moves its focus into deeper realms of the subconscious mind. This reaching begins to potentiate those qualities which may be associated with the more feminine aspects of any entity, those of the intuition, those of the non-rational, those creative powers which have, as you would describe it, the magical or metaphysical ability to form consciousness in such and such a fashion according to the design of the working. Therefore, the energies which you have described are those within your own subconscious mind which are available to you as you are able stably to move your conscious focus into the subconscious mind.

LATWII, JUNE 29, 1990

Many thoughts go through the minds of those who channel. This is inevitable and part of even the best tuned channel. Its environment is never completely pure, it is simply the best it can do. Therefore, it should be emphasized to each instrument that a perfect instrument is a concept which is useful in goal-making, but not at all necessary in expectation.

We expect each instrument to work imperfectly, as we would describe the content of the message, as opposed to the content of our concepts, as always being less than 100%. Indeed, we encourage that there be some input, some sharing, of the experiences, the special verbal skills, the way with words, the knowledge, the experience, the reading vocabulary of the instrument. All of these things are perfectly acceptable tools for creating the verbal channeling.

We do not wish or expect that our concepts will be offered 100% in any conscious channeling, however. Having experimented with trance channeling, the Confederation has found that in using the trance, the vernacular of your people has to be forsaken, which means that that which comes through is conceptually perfect, but very difficult to grasp in many cases.

There are those that appreciate the more pure, accurate and lucid communications, for instance, of our brothers and sisters of Ra through this instrument, but it is also true that we find that we are to speak to a much larger group of entities which call for help at this time, by using conscious light trance channeling, so do not be a judge of the self because the occasional thoughts move through the mind.

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When one feels the presence of the thought concepts within the mind as the contact has been made and as it has been ongoing, it is well to speak these thoughts as freely as is possible without undue concern as to the immediate content or the direction of the information that is towards any particular aim that the information seems to be headed, for this is the beginning of the perception of parallel thoughts, shall we say, that tend to interfere in any instrument's mind with the clear perception of those thoughts which are being transmitted by whatever contact is utilizing the instrument.

However, as we spoke previously, we are aware that the depth and complexity of the human mind is such that it is almost impossible completely to remove stray thoughts, side thoughts, thoughts that spring from an immediate apprehension of the perception of that which is being tuned. Therefore, it is well for the instrument to regard the stray thoughts with as little significance or importance as one would regard the wind rustling through the branches of your trees as you converse with a friend or neighbor below.

If one places one's attention overly much upon either the wind in the trees or the stray thoughts that blow through the mind as one is serving as a local instrument, the focus of the attention may become diffused to the point where the contact becomes first polluted with more personally oriented thoughts and if these thoughts continue then the contact shall surely be lost, so we recognize that each instrument, being in the possession of that great tool of the mind in all its depth and complexity, will often become aware of a background of static, shall we say.

When an instrument has been successful in keeping the attention focused upon the thoughts as they are being received, then the instrument will find that there is a lengthening of the contact which is much like taking two magnets and putting them in an alignment so that each strengthens the effect of the other, rather than misaligning the poles so that they seem, and indeed are, slightly at variance with each other.

The ability to cast oneself freely off the cliff, shall we say, and to remain confident that there shall be support for each step that is taken into what seems to be thin air, is the quality of foolishness that we have described many times previously that is well for each instrument to cultivate, for as the one known as Carla spoke earlier to the one known as Jim in the purifying of the tuning so that there is no dedication or desire of the self that is confused upon the tuning, so it is well to purify the desire to serve while channeling so that there will be no unnecessary infusion of personal material within the contact.

It is difficult, we know, for any entity within your illusion so carefully bounded by that which is solid in either manifestation or expectation to remove such boundaries from the mind so that the mind might become the hollow vessel that shall transmit thought communication. We sympathize with each of you as you attempt to move against the grain of your illusion, shall we say. However, it is becoming more widely known among many of those of your peoples who are becoming conscious of the evolutionary process at this time that the brain which you have in your illusion has the division of lobe that corresponds to both the intellectual and to the mode of perception that is active or male, shall we say, and there is the lobe of the brain which is more concerned with the female qualities, that which awaits the reaching and that which partakes of non-logical or intuitional inspiration.

It is this latter mode of perception and of being that is utilized within the channeling process so that the mind becomes in as relaxed a state as possible, shutting down for the moment the analytical procedure—that which is active and that which inspects—so that the more receptive portions of the mind complex might become activated and utilize the receptive qualities to a great degree during the channeling process.

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it is well for the instrument, in the desire to purify the channel and to purify the contact as it is pursued in the mind, to allow whatever pauses may occur, whether they be those inserted for emphasis or consideration on the part of the Confederation entity, or whether they be the result of the instrument having difficulty in perceiving the next grouping of sound vibration complexes. It is well for the instrument to rest within the pause, confident that there shall be a continuation of the contact and of the message.

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**K:** I felt confusion. I was wondering if you could help me sort it out. I need to grow comfortable with pauses. I was feeling overwhelmed, both by numerous thoughts that I was having and because I was quite unsure as to what was being transmitted to me and what I was maybe trying to come up with to make sense of it to myself.

I found myself judging it and wondering how the others present were going to judge it. At the same time I was trying to dispel those thoughts so that I could just concentrate on what I was doing. I found myself feeling more and more unable to dispel the judgmental types of thoughts. Then I started panicking. Could you give me some suggestions about what to do in those situations in trying to sort those things out? What could I do to stop and try to start over and catch a clear thread? Do you have any other suggestions?

I am Latwii, and I am aware of the query, my sister. We give this instrument a vision of the feline known as Chocolate Bar. This entity frequently frightens itself so that it jumps at its own movement and perhaps shall jump again at the jump. This is a rough analogy that may describe the activity within your mind as the contact was occurring.

The suggestion is one we find we give frequently to all new instruments, so simply stated. yet much practice is needed simply to relax the mind, the worry, the analysis, the panic. As the surface of the pond is moved by the wind of concern, one must move below the surface activity and sink more and more deeply to the bottom of the pond, to the bottom of the mind, so that one may perceive that which is given.

We have a word of encouragement in this regard and that is that with practice this ability to relax shall be enhanced simply by the repetition of this process time and again. There is much of that which is like unto muscle memory, as you call it. When any new procedure is learned there will be the time of dropping the ball, shall we say, of making the mistake and misperceiving; of catching the self in the error of berating the self for the error; of finally relaxing enough to allow the reestablishment of the contact. As you stated, we are also aware that it was more difficult than was comfortable to you this evening to find again that thread of logic or of contact with us, and again we can only recommend practice. The relaxation shall develop as a result of practice.

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When we are aware, as we were this evening, that a new instrument is becoming increasingly frustrated with the self-defined difficulty in reestablishing contact, then we move to the more experienced instrument to give whatever information is pertinent and helpful to the new instrument through the experienced instrument.

However, we feel that you have moved to the point in your practice at this time that, if you are comfortable with the prolonged pause and with the stated need that you would like to take as much time as is necessary to reestablish the contact, then we are quite happy to work within this format.

We look upon this type of work as very helpful to the new instrument or any instrument which has difficulty in maintaining the contact and which would wish to have the contact reestablished through it in order that it might, shall we say, mount again the horse which has thrown it. We applaud this dedication and perseverance.

#### **Q'UO, JULY 12, 1990**

We cannot express to you the nature of our gratitude for each instrument which endures the increased levels of difficulty that go with those who wish to be of greater and purer service to others. With such desires move responsibilities of equal proportion. These responsibilities that form themselves as testings, temperings, tunings and purifications in your daily round of activities are merely the means by which you shall accomplish these goals. That your experiences become more intense and more difficult is an indication that you are ever moving forward upon the paths which you have chosen.

This is not to say that your portion of contentment, pleasure and joy shall always be small, but that added to these joys will also be those difficult moments that are the times during which the food of a metaphysical nature is being eaten, being processed, and being transformed into a kind of manna that will nourish those portions of yourself which are deepest.

Thus we offer to you, my sister, the larger picture which recedes when pain pulls the attention inward and dissolves the ability to see beyond the pain. Fear not that you wander from your trail. Your feet are ever planted there, and although the steps are painful, the progress is steady. The service is offered and the purpose is fulfilled.

#### **Q'UO, JULY 19, 1990**

You will not find yourself offering something brand new and exciting to those who seek. If you are in an advanced group, where entities are attempting to live as they are learning, you will indeed receive exciting results if you find metaphysics exciting. You will find yourself more able to be a conscious being. You find yourself ready to hear things on a level that is deeper than you heard things before, so that your mind does not block you from the wonderful experiences and discoveries of the deep mind.

But, in effect, you who serve as vocal channels will be offering information of a certain type, in an endless series of ways, but always with the same basic thrust. We are concerned with building in your mind's eye a theoretical model of the universe which most closely approaches the Creator's. But you may see the universe and its purposes as does the Creator insofar as we have learned this vision. Thus, we do not teach you to love. We explain to you why choosing to love and how to love is so very important in this particular experience.

#### **Q'UO, AUGUST 5, 1990**

We do not hesitate to answer this entity's challenge that Jesus is Lord. This instrument has invested a great deal of passion and intensity in coming to know, to feel, to think, to act with an awareness of how the teacher known as Jesus might so react. The entity is active in faith.

Each of you may be active in faith, but it cannot be done once a week, or when one needs comfort. It needs to become a part of each of you, to ponder, to revel, to rejoice and to allow your own absolute nature to be

made known to yourself. You are an imperishable light being. You have chosen to be of service to the Creator by attempting to love those about you as if they were yourself. Are you a channel yet in your life, a way, a living truth, a silent witness, an example of life that reaches beyond the physical, the dropping of dust, and the disappearance from this illusion? One decision to move along the path of service is good, but you must keep making this decision, for your life experience was designed to allow you honest doubt, clear evidence that the Creator is not kind.

**Q'UO, SEPTEMBER 20, 1990**

Each instrument works with a certain set of parameters that are entirely personal in nature, being composed of those qualities which comprise the active personality, the means of perception which allow the interpretation of that which lies outside of the personality structure, and the unique way that each entity has of relating the self to the external environment.

These are basic components of any entity, and the one wishing to serve as an instrument will find that the nature of the personality, the means by which the external environment is perceived, and the bridge of relationship that is built between these inner and outer components are also those qualities which are utilized in the broadest fashion in the beginning work as an instrument and continue to be refined for as long as the entity desires to serve as an instrument. These are basic tools.

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**K:** Do you have any suggestions for anything I can do improve the contact?

I am Q'uo, and I am aware of your query, my sister. As far as the actual practice of the vocal channeling is concerned, you have been able to perceive an increasingly more intricate series of thought concepts than previously, and we see this as a definite step forward in your practice of channeling.

It is always well for any instrument to continue with the daily self examination that may take place in your meditative or quiet and thoughtful moments, so that those centers of energy upon which these contacts are based may offer to the contact the most purified and clarified balance of energies possible for each instrument.

The balance for each instrument will, of course, be unique, for each instrument works upon the same centers but from a different perspective or point of view. Each instrument therefore has a certain set of balances of an internal nature which are necessary in order for the instrument to be able to release those cares and concerns of the day, as you call them, knowing that that which can be done, has been done to balance them and that they are being, shall we say, balanced in a steady and persistent manner.

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It is well not to regard words with an idea to their having an effect upon people. It is not hypocrisy to speak in a language of those whom you come to serve. It is not hypocrisy but kindness to use no more of emotion in your expression than the circle is able to accept without invoking either fear or guilt, which is actually a kind of fear. The silence itself will teach you better than that.

So we wish to be very careful to speak always in terms that have relatively little power within your illusion, insofar as they are emotionally charged. We do not say, for instance, the word "God." From time to time, because we are allowing the instrument freedom, it will speak that word. And it is acceptable to us. Of our own self we would prefer a less emotionally charged term, one that moves cosmology out of superstition and into a simple knowledge of how eternity creates itself.

So we ask each channel, always, to hear and remember words and phrases that are particularly delightful. We may be able to use them. Move always back into these things that are your strength, your gifts. And one of the gifts of a channel needs to be that of grasping the nuances of vocabulary.

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There is concern in this group, especially among those less experienced, with regard to concepts that they are either not translating, shall we say, as accurately as may be desired, or that are missed all together. We know this is not an altogether unknown occurrence for those with more experience also. We wish to encourage you in your efforts in this regard to seek to grasp those concepts which seem the most clear to you.

And if there is a concept that you have difficulty in grasping, we urge you simply to let it go, not consider it lost, for if it is part of the message that we wish to bring to you, we will bring those thoughts back again.

We urge you each to be diligent in the continued scrutiny of your own lives as you continue what we consider to be the most important work of those serving as vocal channels; that is, the work upon yourself, the process of becoming ever more transparent, where you become more and more transparent in yourselves. The concepts that are communicated to you will flow through more clearly, more easily and naturally and there will be less blockages within yourselves to help with the progress.

Everything that you experience in your life, you experience as an end result, that which is passed through many and various filter systems which you have set up for yourselves. You are aware of this process.

As you continue in your efforts to know yourself, you'll become more and more conscious from the way this process operates and will become more and more able to choose consciously that information which you wish to receive from all that is available to you. Processes will become less automatic, shall we say. And you will find yourselves able to incorporate more and more of life as the experiences and energy of the entire universe that is around you enter yourselves. All of this will aid you in your work as vocal channel, as this work is, indeed, that part of your journey along the path.

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We are, shall we say, most happy to be able to make any kind of contact whatsoever with an entity who wishes to serve as an instrument. If we are able to make ourselves known and are able to speak the simplest of concepts through a new instruments, we feel as do those of your planetary sphere who become parents, shall we say, in that we have a new opportunity through which to offer concepts which, though they are, as it has often been said, ever and always the same, yet are a means by which at least one entity shall experience the possibility of being in service in a way which we find most helpful.

The concepts which we offer are, as you have surmised, of a layered nature, as are all concepts within the creation, for all evolves from the one great original Thought of love. This one simple thought of a creation made of love, generated by love, formed in that fashion is that from which all multiplicity depends. Thus, when we speak through any instrument we offer that which is the instrument's comfortable level of ability to perceive and to transmit in a fashion which corresponds in clarity and precision to the crystallized nature of the instrument through whom we speak.

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You ask if we have had any opportunities to utilize instruments who were able to perceive each nuance which we have to offer. We are sure that you shall not be surprised to discover that the answer to this query is no. That which we have to offer is beyond the ability of any entity which depends upon words for communication to express.

Language itself is a barrier. However, we accept the limitations, both of language and of the understanding, if you will pardon the misnomer, of each entity in its previous knowledge and experience in the areas in which we speak. It is not our intent to give information that is minutely illustrated with each possible nuance.

In certain instances and at certain times it is helpful to be able to describe the concept in finer and more precise terminology, using terminologies which are especially apt. However, what we wish most in these communications is to repeat, in whatever manner is helpful to a student, the simple nature of the creation and the strong and simple relationship that each has to each other and to the one Creator, to the creation, to all things, that this relationship is one which endures, that there will always be mystery.

**HATONN, NOVEMBER 16, 1990**

We have spoken at some length this evening about the ability to remain centered within the heart and faith as the world about oneself moves in unpredictable ways. So it is as one wishes to serve as a vocal instrument. It is necessary to find that quiet room within where one may remain quietly alert as the contact is awaited.

When the first perception of contact is noticed, it is allowed to speak its “feeling” to the instrument as the instrument listens carefully. There is the temptation to feel that one’s own thoughts are at the door. However, if one is careful to remain centered in the certainty of the self and one’s ability to sense stimuli, one will then develop the patience to allow a contact to be established in a careful and secure pattern.

It is one of the great dangers of the beginning instrument to leave oneself open to those energies which have not been examined and scrutinized as to their origin and their polarity.

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The practice of channeling is like any art, insofar as a certain skill is obtained in maintaining a dutiful and watchful state of attention which is sustained by a confidence that one’s activities are adequate to the task at hand. No channel who channels truly is ever fully familiar with the contents of that which is to be channeled.

And it is a mark of a channel that begins to make some progress that a willingness to allow what is unexpected as it comes within the area of the mind to be spoken out. This plays a greater and greater role in the process of the vocal channeling.

The practice of channeling is a constant succession of re-centering and re-tuning, as a myriad of distractions are available for those within your density. And every cell of the body, it sometimes seems, rebels at being put through the task which is not well understood by that second-density vehicle which carries you about. The increasing dedication to the art of channeling is at the same time a commitment to spiritual growth in all of its facets as, indeed, the process of tuning is a process which is analogous to the disciplines of the personality which are essential to spiritual growth in all of its energies.

The experience of tuning is an experience of finding a calm and stable calm behind and beyond that which is tremulous and that which is variable with the shifting currents within the illusion. More and more this stable calm becomes the living reality of one whose experience is assimilated to a higher spiritual vibration.

And the higher the spiritual vibration the instrument is able to bring to the practice of the vocal channeling the clearer and the more direct may be the message that comes through. It is a process which may never be forced, and there are times when the information given to be channeled does not agree with what the channeler expects or wants from the session to which he has committed itself. And in this situation the channeler does well to understand that the will of the channeler is temporarily suspended in favor of that message which is brought forth.

We say that the will is suspended in favor of the message, but never is it the case that the instrument is without the power of discernment concerning whether or not it wishes to continue with the message which is at hand. There is a “yes” or “no” proposition at hand. That is, if for any reason the channel begins to suspect the nature of the source which is being channeled, it’s quite appropriate to end the session and to turn to a process of silent meditation wherein a calm center may be obtained.

It is a happy occasion, indeed, when we find that the horizons of those we may serve have been broadened, as they are always broadened, with the addition of the new talents and abilities of new channels.

**OXAL, NOVEMBER 7, 1990**

I am Oxal, and I greet you in the love and in the light of the infinite One through this new instrument. It is with a great feeling of warmth that we find that we are able to have our thoughts expressed by this instrument. For, indeed, as this instrument has already come to suspect, it is as a homecoming for us. We

feel very much at home within this energy web. And the opportunity to find a voice within this web of energy gives us a life within your density that we have not known for some time.

We find that there are many things that could be spoken today, but none perhaps so appropriate as the words of joy and of welcome that we feel through our depth, as we seek the resonance within the body complex and the mind complex and the spirit complex, who is beginning to open now to the more subtle reaches of our particular kind of greeting.

We are Oxal of the wisdom density, seeking to find our way to the density in which wisdom is blended with compassion. And we are among those fifth-density social memory complexes who have undertaken to study with those magnificent golden beings you know as Ra. We work cooperatively with others known to you, of our own density, those being the ones of Latwii, with whom this instrument has begun its experience of becoming acquainted with the art of opening to receive the channeled messages.

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The way of the path towards excellence in channeling, as all here have already surmised, is perfectly analogous and, in fact, of a relationship of identity with the thought of general spiritual development, and excellence in becoming an instrument depends almost entirely beyond that certain point at which the elements and the skill have been acquired. Depends almost entirely, as we say, upon the achievement of those disciplines of the personality which mark the growth of the spirit, so that it may find increasing expression in the illusion which is uniquely characteristic of third density.

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We ask that all of our thoughts and our words be understood solely in the light of the need to make and constantly to reiterate the choice, which is the choice of polarity. We feel that all within this group have made this choice, some exquisitely so, and are in the process of discovering that the choice made seeps down to the roots of mind and triggers a process of recollection of who you are. Had this process not been well begun, we would not be able to make contact with any of this group.

We rejoice in this, and we encourage you to be ever watchful and ever scrupulous, for the pitfalls are many and sudden. And no vigilance is ever too much vigilance when addressing the issue of how the spiritual path shall be preserved. We find great wisdom tempered with great compassion already available as a resource within the thinking of this group. And we commend you to drink of this delicate and fragrant brew whenever the opportunity affords.

#### **Q'UO, NOVEMBER 29, 1990**

**K:** I have a question. I am usually unable to distinguish between my own thoughts and what I consider to be those given to me by you. Can you let me know whether I was adhering relatively well to what you communicated to me, and, if so, when I felt there was time to transmit a thought, were you done at that time?

I am Q'uo, and am aware of your query, my sister. We find that this evening you were able to perceive and transmit our thoughts in quite an accurate manner and to a degree which is quite acceptable. We are very happy to be able to make and maintain a secure contact through your instrument. We were satisfied with the amount of information we were able to transmit through your instrument, and though were not completely ended with that which we could have offered through the instrument, we found that the degree of fatigue was such that in order to maintain your instrument at a more efficient level of functioning, shall we say, it was well to end when we did, rather than to attempt to extend the exercise period with what one may call diminishing returns, due to the degree of fatigue.

Thus, in the case of every instrument there is the limit that is reached where it is well for the contact to consider termination of the contact, in order that the information transmitted might be of the highest quality or the most accurate transmission.

Is there another query, my sister?

**K:** Do you have any suggestions as to how I might focus more clearly on the contact, or improve the contact in general?

I am Q'uo, and am working with this instrument. The degree of concern you have shown for the practice of vocal channeling is commendable and we thank you for your care and for the increasing desire that we have noticed within you for wishing to improve the service which you offer.

For most instruments that are new to this practice it is almost always correct to suggest that the relaxation during the channeling process is most helpful, continuing the honing of the inner perceptive skills. This is to say that allowing undue worry to wash away from one's consciousness and to relax as much as is physically, mentally and emotionally possible provides the framework in which work may be done most successfully.

Thus, we have for you no suggestion beyond that which you already do, and have done well for some period of time, and that is to be as meticulous as is possible in the tuning, in the challenging, and then to give away the cares and concerns so that one may relax into that inward posture which will allow one to perceive and transmit those thoughts which we give to you.

**Q'UO, DECEMBER 2, 1990**

The first temptation to a channel is the temptation to channel before the creation of a mythical pathway that one holds personally sacred, that one holds to with passion, with dedication, and if necessary, 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 stand firm, can endure against every temptation, every deceit, every anger, every grudge, 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 infinite, 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 the 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 their importance, 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, 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 but 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, numbers you would not understand. They have not been able to do anything except talk to people who are all 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 seems so reminiscent of the Creator, seek the hardest and look the hardest 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.

The first temptation is to be more than a servant, more than a foolish—we find this phrase in the instrument’s use greatly—religiously preoccupied person, more than any hysteria could account for. 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, but 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 role 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?

To those who live within the flesh, the answer looks to be yes. But there is a time of terrible trouble already in motion. 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, when 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 a 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. 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. For only they can stop the full flow of love, energy, power, illumination, transformation and vitality to the heart, for the heart must bear the greater part of this incarnation for each of you.

Each of you seeks to learn lessons concerned with love. There is an intellectual love, but it is a folly of the mind. The wisdom of the deep mind is an open heart, and love has never made any sense, nor can you make it make sense.

Consequently, any ego blockage will cause a new instrument, or even one who has much experience, to wish that it had an answer for this question or that, or perhaps the channel itself wishes to speak a concept, and when it perceives a refusal from us, decides that it would do no harm, since it is such good advice, to offer it, while not in the flow, not being the servant of love.

Those who do the best channeling make their requirements known as they make the connection, with fastidiousness and dedication, only to that which they call master, to that love of which they are the servant, and can be proud of being the servant. There is no energy except faith, call it hope, or love, or faith, or

charity. 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 each social memory complex that has moved through this instrument has expressed 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 oddity vies with each other artifact of humanity and logic, and all fall by the wayside, with endless wrangling and division. Nothing could please what this instrument would call the loyal opposition more, for any leaving of the unity of non-judgment in persons not immaterial leads to division in thinking processes more basic than a simple error caused by bias.

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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 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 what we feel comfortable in calling Christ consciousness, for we would not be a stumbling block before any, nor seem to blaspheme, for we are lovers of the mystery, and honor Jesus, this master who opened the doors of perception to eternity for any who choose to take up the cross of life and live it as if it were the last three hours of your life.

Burn that hot 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.

We do not deny humanity. It is precious, every moment of every life, precious beyond telling, for the Creator chooses here the nature of Its experience, and you are the spokesperson for that consciousness within you. You, light itself, love itself, carried about by an animal, a greatly sacrificial animal that has offered its pure, excellent, instinctual life of non-suffering and non-self-awareness and bliss, that it may serve that which it sees to be that which is closer to the infinite One. Love your body, bless your body, care for it, cherish it, but do not be attached to it one way or the other.

If an entity is hesitant, or troubled, or moves into negative emotion when it has polarized to the point at which it has attracted the loyal opposition, then it may experience the next level of detuning influence which is personal, and although clumsy, not unclever, and ever ready to use existing biases that separate, that destroy—either the self or others within the mind as perfectly acceptable—the temptation comes.

These opportunities in a polarized being are precious to those who wish to offer a different view of the New Age that shall be and is now becoming so. They wish to focus the mind upon those things which people

fear, because they identify themselves as those who look such and such a way, talk such and such a way, think such and such a way. If all this has not been considered, the temptations will be very easy.

You will be tempted in weak moments to give opinions to those who are new to the path, opinions too strong for their fragile faith. Any judgmental opinion of any spiritual work offered to a new soul, one newly aware of the choice and of the path, is creating a disservice to the one infinite Creator, for all information is placed there because someone desired it.

The great preponderance of negative information is a cultural artifact of a lack of passion, a lack of belief, faith, dedication, hope or sense of destiny, that involves anything to do with eternity. Many seek wisdoms which would make one feel special, elite, and different. Well, each of you is different, each of you is unique. There is only one you in the entire creation. And when you say to the Creator, "Listen to me. I am—" and you name yourself, it does not matter what name you use; it is the way in which you use it.

If there is a desire within any to appear a better channel than another, to appear a cleverer or more advanced studier 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. Those who do not buy love will 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 test and then tempt the faith that you have begun with.

So make sure that you are standing upon a faith with which you can live, and for which, if necessary, you will die. 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 purest pipe we can find.

**HATONN, JANUARY 24, 1991**

We suggest to all instruments that their tuning be as specific and clear as is possible. That it be ultimately honest and truthful, and that if there is not the passion felt at the beginning of the tuning process, the tuning should extend until passion, intensity and essence are, once again, revealed to the self through the process of tuning.

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**K:** What would the cause of the contact's becoming more faint at times?

I am Hatonn. The initial growing faintness was primarily due to the fatigue of both the mental and physical complexes upon your part. As we noted your patient awaiting of the ability to receive our contact again, we then initiated the observing of the patience, the dedication, the focus of the attention and the reestablishing of the contact. Thus, a chance occurrence was our opportunity to allow you to work upon these areas which are more and more important as an instrument matures. The ability to maintain concentration and an open channel when the opportunity to be distracted is presented is the practice of a more mature instrument.

**HATONN, FEBRUARY 8, 1991**

We ask each instrument always to be unafraid, for if words appear wrong, they may simply be unspoken. It is the instrument's choice. We feel most privileged to be able to aid instruments in finding their voice, finding that voice which is the blend of concepts which are novel and expressing them as poetically, clearly and evocatively as possible. We know that each in this circle wishes to serve and to encourage each in their several services.

**Q'UO, FEBRUARY 24, 1991**

It is as a teacher, although one prone always to error, that we address the question of the importance to a channel of its knowledge of itself. Any person that experiences contact and channels it in an outward form that may be perused by others is responsible to the effect that information has upon those beings about it. Thusly, one who channels incomplete or outright false information does so in a situation that sets up for that entity an honor and responsibility to that body of teaching. Such an entity is responsible firstly for living the life promulgated by the information as being the most spiritually evolved. Further, if one is teaching, whether one can or cannot see that student which is also that colleague, one is still responsible to the results of the catalyst to others that has been offered.

Consequently, it is, while literally unnecessary, spiritually efficacious to have gained sufficient knowledge of the self to be able to be responsible stewards of the gift of channeling. It is sometimes felt, especially as many of your peoples are engaged in combat, that words, as this instrument's old time rhyme says, "cannot hurt one," whereas bullets and other destructive weapons can hurt one.

This is indeed so. Within the relativistic illusion which you occupy, the round sphere upon which you live and abide seems to be one in which there are few true examples of the connective tissue between words and consequences. Certainly, words do not drill a hole in the body.

However, metaphysically speaking, they do indeed carry a tremendous weight. Depending upon how listeners are able to have access to the information, whether a teacher is considered a spiritual teacher, an academic teacher or any other kind of teacher, the teacher's awareness that it is expressing itself with authority may be understood.

How, then, can one become responsible stewards of a gift, such as channeling?

As always, the answer lies within the self. Each of you, each of us, and indeed all of creation which is conscious of the self is imbued in a vast ocean of overlapping and various illusions, some of which are brighter than others. In order to be able to find words that are evocative of the truth, the channel is most well prepared who has deeply considered the nature of the self, for the depth of the channeling, in its most appropriate configuration, is equal to the depth of spiritual solidity within the channel.

Let us give you an example. Say that an entity discovers itself able to heal but not able to continue the healing. The entity whom the one who channels healing wished to help has been given the illusion of health, but it finds it must return to that fountain of health that exists within the healer. Insofar as this is so, the healer has become negatively oriented in that it is causing dependency in the illusion that one entity intrinsically knows more than another. Far better that the healer first ride the horse of ego, experience self-importance and generate sufficient hubris to create nemesis, surrender to that force which has given this gift.

In just the same way, if one who channels does so from even the dearest and sweetest hearts, but is not able to ground that channeling in self-knowledge, that entity will be unable to refrain from responding to any and all questions that are asked without discrimination. This is due to the fact that when personal and freedom-robbing questions are asked of one such as we who are merely messengers and not planetary entities, we become, in the inept channeler's mind, the same identity, subjectively, to the channel, but quite a different energy altogether in terms of the metaphysical qualities of the entity which is calling itself by the same name as did the positively oriented entity which it first contacted through this gift.

Thusly, the instrument takes it upon itself to claim that it is psychic. It does not shrink at prophecy or dream interpretation or information about Earth changes or any other of the myriad of phenomena which assaults any channel. In the same way as with the healer, the clumsy and inexperienced use of this gift creates learners which are dependent upon the teacher, and increasingly so as time goes on. Thusly, instead of the channeler being able to aid those about it, it may well become, through infringement of the free will of the questing entity, a negative, controlling, authoritarian voice.

We do not come among your people in thought to be authorities, to give worldly advice or to contemplate out of the vast range of possibilities and probabilities events, situations and processes that are beyond the scope of a free will outer planes entity. Thusly, we may say that in our opinion it is extremely important that one who wishes to use the gift of discernment of spirits learn first to discern the nature of the self. Any channel which is not so grounded in self-knowledge is open to offering misinformation and thus creating far more folly than aid to humankind upon your globe.

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Faith is quite important to any entity and to any channel. How can one then encourage faith? When the groundwork has been laid in knowledge of the self by observation of behavior, observation of the subjects and hints of dreams, and aware of the aid given in meditation, one is then beginning upon a long, long journey. As one walks upon the journey, observing the self, observing the dreaming self, and investing in meditation, one begins to collect to itself a floating sea or ocean of catalyst that is not necessarily chosen to solidify about the heart of the self. Just as thinking about food or seeing it in pictures can make one hungry, so entities are endlessly suggestible, and as they open themselves more and more to the resonances of the present moment the catalyst which occurs from that point ceases to become feared and begins to become appreciated.

Since the third density is rife with duality and confusion, if not downright chaos, on the part of the entities of humankind which dwell upon its surface, it is only to one who is doing the inner work that there ever appears even the thought of finding a positive choice in a seemingly impossible situation. Yet, that is what each incarnated to do, that is, to find positive choices where none seem to exist, to love the unlovable, to console the inconsolable, to accept the unacceptable and to allow its grip upon the consciousness to loosen little by little, until finally one's heart does not find it necessary to hold the armor of the past and the future over the vulnerable and naked self.

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Another tool for inner work is the gazing at the kingdom of the Creator which is visible. All the beauties and balances and rhythms of life as you perceive it can be seen to be endlessly and over-generously beautiful. The more sensitive one is to the vast numbers of miracles which occur with regularity in blooming, in fruit and in harvest, the more one is able to perceive a love that created balance, harmony and rhythm.

If the Creator created that which you can observe, then what has the Creator created in you? Would the Creator depart from Its basic nature in Its creation of anything? We think not. We find, rather, that the Creator has given to us a creative power and the freedom to make choices. The Creator has infinite faith in each entity, for It allows each entity complete freedom to believe, doubt or disbelieve any and all qualities and absolutes, all of which are invisible and unreachable by the measurement of your scientists.

**Q'UO, APRIL 12, 1991**

We notice this instrument's struggle with the various terms used and apologize for the limitations of language and speech for we are attempting to communicate complex concepts with a very limited amount of words that may be applied to them and thus of necessity reuse words in slightly different applications when the meaning would be clearer were there different words available. However, this being the illusion we must all do the best we can, shall we say.

Q'UO, SEPTEMBER 20, 1992

As we begin the consideration of what our service to humankind consists in, we feel it wise to express that we and you who listen alike have the same service, that is to do the will of the infinite Creator and to live in such a way as to be continuously focused upon that will, surrendered to that will, and willing to either act or wait as the spirit makes itself known to you to do.

That being said, we may turn to details of our particular service to humankind at this space/time. We have chosen for a season to attempt communications with your peoples. The communication is of several levels, and these begin with the level of introductory material having to do with the infinite love and light of the one Creator being all that there is and the author of all that there is, concluding with the need for daily, regular and persistent meditation, contemplation or prayer. This is perhaps to be considered as the kind of instrument such as this instrument's so-called telephone answering machine. When there is a request for this information which is below a certain vibratory quality, the automatic information begins flowing. This is, shall we say, in place about your sphere and has been for some of your years.

It is only when entities begin attempting to realize their universal self aspect that we begin to be able to communicate more advanced material, whether it be in thoughts or images. By universal we mean that there is a distinction between personal sources of information and inspiration and universal sources, such as we.

The inner planes of your sphere have many greatly wise inhabitants—and many not so wise—all of whom are moved to at times become involved with a living—that is, incarnationally lying—entity. These inner plane beings and energies have a right as those of a native land to be very frank and personally helpful to the extent of their knowledge with those to whom they may speak.

We may speak to those whose vibratory level and ability to receive information is of a certain quality. Let us then look at this quality. The path of seeking moves each seeker through the trials of regularizing, crystallizing and clearing out the basic and central energies of self, self-love, love in relationships with others, and relationship with the society in groups and as a whole. The clearing of the heart and its opening is exceedingly important and usually much of a seeker's time is continually spent in keeping this heart energy flowing and radiant. The work turns, then, from the obviously radiant to a more tightly focused radiance in the development of communication skills which are based upon a certain depth of personality or depth of a point of view, that is in the blue-ray center.

We do not say that an entity has blue-ray energy simply because the entity speaks a great deal. The communication of one working in spiritually vibrant blue ray is of a certain quality or order. This in turn is based more upon work done in the brow or indigo-ray energy center than simply upon the open heart. Thusly, we are able to address this instrument in its highest tuning because we worked with our energies to find a harmony which was euphoniously interactive with this instrument's ability to receive in-depth information. This energy is one which will not endure beyond this particular channel's use of us as we formed this union in order specifically to work with this particular channel.

We see the concept of the universal self as one which may bear some interest to you. When you receive a certain level of, shall we say, initiation or transformation a peculiar thing begins to occur. The self that has many, many details to concern the self with begins a little at a time to receive from the deeper mind—that part of the deeper mind which speaks consciously. You may have noticed the growing tendency of your own mind to have a kind of knee-jerk response in terms of how one looks at events and occurrences. Spontaneously, there begins to be a larger part of the self which sees each thing occurring as being part of an universal experience, that is, one common to all beings.

It is to this energy that we communicate.

We have no right to interfere with your free will. For those who wish personal advice we have only spiritual principles to share, and often this is not satisfactory. However, we can only offer that which is rightfully ours to offer. It may be said that we who have been among your people have the right to be in your inner planes

and speak from that standpoint. However, we see one kind of information as being, shall we say, horizontal and the other as vertical.

The inner planes attitude is level with the mundane experience but has, in addition to the mundane, further mundane-oriented information which applies and somewhat crystallizes thinking about situations. We chose as each of two planetary groups to refrain from inner planes' work for our, shall we say, gifts lay more in the vertical or the transformative, universal information. The worth of this information, as all sorts of information, remains at the level at which it was delivered.

Truth seen through various biases of contact and channel does not go out of fashion. It is a matter of entities choosing to continue to improve their abilities as channel which limits the excellence of the channeled material, not the cosmic rhythms which have to do with the perusal or use of such material. There are more entities attempting to create teaching tools and resources at your space/time present than at other earlier or later times. However, the material is timeless insofar as the channel has held to the universal viewpoint while preparing to make contact.

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Consider that which this instrument does to prepare to channel. It always asks that it be completely transparent, so that all that flows from its mouth may be the words given by the spirit of the infinite Creator and not the instrument's own opinion. This seems an act of self abnegation, yet it is the key to this instrument's ability to receive fairly advanced material.

Were the instrument to be requesting very wise-sounding material, wishing to be thought of well, inner planes energies would then be attempting contact with this instrument. We do not deal with those whose personal—or what you would call egoic—nature is the primary mover causing the entity to seek contact. We are able to make good communication establishments only with those who have surrendered to the will of the infinite One, to the point where, if nothing occurs, the entity will simply carry on without any feeling of being less of a channel.

For those who are living in continuous prayer or meditation or are truly attempting to do so, our help is ever present as a kind of keel underlying and strengthening the ability to be stable which each entity has in its seeking. This is perhaps the most used of our ways of communication, and we are not identified as a source other than the self. That is because selves who can receive us in this inspiring manner think of themselves in a universal way.

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It is obvious that an instrument serves as it channels. It is not obvious that an instrument serves as it observes and reacts to sense impressions by creating mental formations which bless charitably those events observed and reacted to.

In each entity's life pattern there is the inevitable assumption that dramatic services are more important than non-dramatic services, that those who are healers or teachers are somehow more advanced than those whose service is to tend machines or to aid other entities in menial and mundane tasks.

The truth is that what is most of service is the attitude of the heart. Each entity must work within its own self to create the holy of holies within, to become aware of that place within the self and to move gradually, a little at a time, the heart and the seat of the mundane self into the holy of holies that is being prepared within so that the life experience is mundane experience seen from a standpoint which is stably spiritual in its structures of perception.

**Oxal, MAY 29, 1993**

We do not say that we only can speak through instruments but rather that we prefer the most careful and fastidious observance of the law of confusion and do not choose alternative ways which in your past we have tried and have found wanting because of breaches in free will. Therefore, each instrument bears our thanks for allowing this collaboration and harmonization of the treasures of time and memory and service.

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No less than three times were we challenged by this instrument in the name of what it holds highest. Most humbly and gratefully were we able to meet this challenge, for indeed the seeker who reaches into the darkness within third density for information which may avail in a spiritual way must be most scrupulous that the information that is obtained is used for the very highest purposes and in the very clearest way that the student of spiritual evolution is able to manage.

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We speak to you by the grace of the Council that sits in protective concern keeping an ever watchful eye upon the doings within this planetary influence. We have been given permission to attempt to achieve within this planetary influence at this time that unique balance of teaching and learning which shall simultaneously permit the growth, the evolution, of those mind/body/spirits incarnate within third density Earth and ourselves. We ourselves are equally at risk in the offering of this service as you are in performing the service, for us, of requesting it.

This is our understanding of the nature of the balances at work within the teacher/student relation. It is a most complex and compelling relation, this teacher/student relation. We ask that you consider well and consider deeply when broaching the subject of entering into such a relation with any other, for it is a sacred bond of mutual seeking which is thereby established, is it not?

**HATONN, JULY 10, 1993**

One may request the conditioning and we attempt then to intensify its effect. It is, however, a byproduct, rather than something to which one can attach true importance. It is simply the effect of one life stream being overshadowed or combined with another energy nexus, such as ourselves.

In the case of a new channel, it can serve as a focal point. When the conditioning is felt it can become, to the instrument who chooses to use it, that which is focused upon and deepened by attention. This adds to the self-confidence of the channel and it is our intention that its use might relax the channel which may be somewhat concerned about whether it is indeed receiving a contact.

You will notice that this instrument does not request conditioning, although it occasionally will receive a mouth movement or something of that kind. However, this instrument has much experience in learning to trust in the contact once the work of tuning and challenging has been done.

Perhaps we would encourage the new instrument to think of conditioning and indeed the concern about whether there is a contact, as part of a process whereby the instrument simply gains experience so that the process becomes known and the rhythm can be felt as the channeling continues from the first phrase.

However, for now, we are most happy simply to work on the basic fundamentals. The instrument needs to be very conscious of the tuning process and very interested in learning enough about the self to begin to find those techniques of tuning and becoming more purely desirous of service. The more carefully the instrument amasses knowledge of the self and the mental, emotional energies are exalted and raised, the better able that instrument shall be to hold a stable contact at the higher reaches of the range at which the instrument can relax as a steady state of consciousness within.

We ask those sitting about this circle continually to envision the light energy moving clockwise about the circle. For this functioning like a battery, if you will, does aid the new instrument and indeed any which are instruments in maintaining that steady contact which is so much at the heart of good channeling.

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This instrument is accustomed to ready itself for this contact by focusing particularly upon the effort to control the material at hand. To some extent, this is a crutch this instrument has requested and with which we are most happy to cooperate. However, it is the mark of a maturing instrument to be willing to take up the task of speaking with less and less expectation concerning what precisely it is that lies ahead, what precisely it is that will be said.

There is always some degree of anticipation involved in the process of being an instrument as a certain horizon unfolds within the process of supplying words for the concept which blossom in the deeper or less conscious part of the mind.

This instrument is currently in the process of developing that greater faith and confidence that the concepts shall indeed continue to blossom even when a clear structure of thought has not been delineated or laid out beforehand.

This blooming of concepts within the deep mind is the manner in which our thoughts came to you, in the blended energies of our two selves. Thus, if one reaches down to the source it is not wholly possible any longer to distinguish self from self, as indeed within the process of this greeting we do not distinguish ourselves from those embracing energies of all that is, the infinite and creative love which is source to us and to you all alike.

The fear which separates self from self shall gradually, my brothers and sisters in the light, fall away as do the petals of a spent blossom, even as the blossom closer to its heart continues to unfurl. We encourage each in the process of tuning and of allowing this deeper self greater and greater access and greater and greater voice within the life experience, which is your gift to be able to enjoy at this time.

### **OXAL, SEPTEMBER 4, 1993**

To aid in the channel's development of its instrument, we ask the instrument to consider that there must be the start somewhere. The way which is far mellow and seemingly easier is that way which simply requires that the new instrument sit in meditation each day and invite contact.

However, we have developed opinions, as has this instrument, upon the subject through practice, and our current opinion at this point is that the one known as Carla is doing well to, shall we say, "Toss the new swimmer into the water." For no matter how long the interval is between deciding to take that first long step into the chasm of not knowing; nevertheless, when the first attempt is actually made, there will be that strong and substantial feeling of not knowing, feeling of alarm, even at the possibly or the possibly not glimpsed contact.

As this instrument has said, the experience of processing the words of a channeling message is quite like the process of ideation within an instrument's conscious mind. The concept arises from the subconscious and, passing through the threshold into consciousness, is quickly or laboriously cloaked with logic and actual words, becoming a thought and then a spoken assertion or question. Consequently, there is no clear and provable way to know that a contact is positive and is the highest and best contact.

Also, this instrument has said a great deal of the total effort of an instrument is made prior to opening to channel as that instrument tunes itself more and more skillfully. Thus, in answer to the query concerning opening to channel without sure knowledge, we may summarize by saying that there is no provable way to be sure one has made contact.

However, the most aid one can give oneself towards assuring itself that it will receive the appropriate contact is to focus and observe closely the results of tuning sessions. As the experience mounts, some particular ways or elements of a way of preparing shall show themselves to you as being the most efficient and efficacious means for you, personally. Note these and repeat the use of them until there has been developed within you a kind of awareness which is ritualistic.

As you then go through the process over and over again, its ritualistic nature will reward you a familiarity of the deep mind. When the deep mind becomes aware that you are going through this ritual that deep mind will perforce open with much more balance and correctness of opening so that the way for the channeling is made well. Each entity, being on a unique path, will and must develop his system of or process of opening the channel in a protected way for himself.

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We remind the instrument that the way of moving forward in learning this skill lies in a balance between disciplined care at opening the channel and being able to take the process lightly enough that there is a relaxing and loosening of concern and worry, so that when contact is perceived, or hunched, the instrument feels free to make an error if it is wrong, and then simply begin.

We would also note that those of Latwii request that the new instrument be aware that there is no simple way for a discarnate entity to refrain from speaking if a contact is left open. Consequently it is encouraged, when practicing the processes of tuning and challenging, that there be a polite request made, if necessary, after the greeting to move immediately to the closing, so that the channel is neatly and carefully guarding the conscious mind of the instrument.

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**Carla:** Would you speak on the subtleties of working as an ensemble in harmony with other channels as opposed to working to offer one message with one contact?

I am Oxal, and am aware of your query, my sister. We find that the, as you call it, ensemble method of offering information is one which benefits both the new instrument and the more experienced instrument. For the new instrument is offered both the support of the other instruments and the multiple opportunities to perceive the contact and then speak the words that are given. This, then, is a more intensive means of learning this part and because of this intensity, the new instrument is developing the skill necessary to be an instrument on a dependable basis.

The more experienced instrument also are exercised in their abilities to allow their contact to move freely between them and to speak without reservation.

Thus, both new and old instruments can benefit from this method and thus we offer it for the exercising of any instrument.

Is there a further query, my sister?

**Carla:** I can always encourage people who want some kind of subjective proof of contact, to ask for conditioning. I wonder if you of the Confederation have any problems whatsoever with this. Is there any reason why I should not suggest this?

I am Oxal, and we cannot think of any reason why this should not aid the new instrument who would wish a physiological signal that would indicate our presence and our desire to exercise the instrument. Such training aids are valuable, especially in the initial stages of learning the channeling process.

**OXAL, SEPTEMBER 6, 1993**

Were we to suggest that you protect yourselves in the spirit of fear, we would be treating you to poor advice. For truthfully, there is not any thing or essence to fear in terms of negativity. However, the energies which each instrument seeks to employ are those which are those which have been potentiated greatly more and more intensely towards the polarity of service to others. It is in this mode of intention that the work of channeling is undertaken.

This desire places the instrument close to the source of light, and when one stands in very bright light, one casts a very visible shadow, sharp and black. In metaphysical terms, this shadow is to be respected. This instrument calls it the loyal opposition. The energies of service to self which offer their service to this planetary influence are most delighted when they can sway a channeled messages content to the point that the original intention to serve others is vitiated due to the mixed and increasingly service-to-self content of the messages received. This is done simply by the negative entity aping, or imitating the way the positive source was channeling in terms of both the way the channeling felt and the way the message was worded.

When a positive channel has been compromised in this way, and has become avid for more and more specific answers, the negative entity or energy offering this service simply continues to give more and more

specific information, which, however, becomes less and less accurate. Eventually, due to the inaccuracy of the channelings, that particular attempt to be a servant of the light has been foiled.

There are simple things which one may do. In addition to inner cleansing and purification or what this instrument calls the tuning process and we would suggest some form of this protecting effort be used.

We have found it easiest to work with the seven energy centers by color in suggesting a visualization technique which is fairly clear and simple to generate. Picture the spine, mentally, and see the chakra points: red, then orange, yellow, green, blue, indigo and violet as those centers are located upon the spine.

Ask to see these energies and you shall see some representation of what your energies are like at that moment. If the energy is sluggish, ask it to spin, to rotate, and to brighten to clarify or in every way to suggest that it become clear and bright. And even insofar as that is possible with other energies, do this for each ascending energy center, until you see the chakras spinning like, shall we say, a beautiful, large roll of your Lifesavers.

After this has been visualized and you feel that your chakras are open and productive together, visualize the swirling together of the violet, swirled to the clockwise way to the red color and back to violet, so that you have a red-violet color, then visualize yourself being drenched in this red-violet ray, inside and outside every cell. This is representative of the body's protection of itself.

Then move on to a visualization of the limitless light, or the white light that is pure and again drench yourself in this light, inside and outside in every cell. Breathe this white light in. Feel it move into every sense. Can you, as we describe this, sense even by one telling the clarifying energy of this procedure? If you do not feel brightened and strengthened by this visualization, we urge each to discover another representation which has this effect.

The use of the mind is poorly grasped among your peoples, yet we assure each that as entities work with visualizations such as these, these entities are using that skill which your minds, that is your consciousnesses, have in great abundance.

The benefit of such cleansing processes is perhaps best felt when one looks back upon an experience and is able to see that there was a positive addition of poise and peaceful feelings, which in turn aided the clarity of the contact.

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Each time that the tuning and challenging procedures have been followed and a contact is initiated, allow some portion of the sensibilities to record, consciously, the way that induction of shared energy has felt and store this memory as high priority so that when that sensation is again experienced, it may be sensed in a quicker and heightened fashion.

Some who channel find it helpful to request some signal which this instrument would call conditioning, such as the involuntary opening of the mouth, or the movement of the tongue.

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We stress that channeling is peculiarly difficult work. For the work of receiving spiritual information is abstract and metaphysical and takes place in utmost darkness. The light of what one may archetypically call the moon is the only light and this in light it is difficult to see clearly. Yet such is the way of spiritual teaching.

Therefore, be merciful to the self and realize that this work is careful and slow and in some ways never becoming easy. However, we believe that there is a call. We sense this call coming forth from your peoples for messages of light and love, words of truth and love, and therefore we welcome and hope only to assist such channels and we thank each who serves in this way.

We do not say that this service is greater than other services. We by no means suggest this. Yet this is one more way of sharing in the heritage of love with those about you and we thank each channel for without such, we could only speak in dreams and visions.

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**M:** I have one. As you were talking about protecting ourselves and the challenging process, I remembered reading in a newsletter about a challenging process. I was wondering if I could get a little clarification on that, because I spend a great deal of time speaking with my inner guidance and ever since reading that I was a little confused as to how to approach that.

I am Oxal, and am aware of your query, my brother. When one hears voices or guidance from within it is well that you offer to these voices the challenge that asks if they come in the name of that quality for which you live most passionately and would die most willingly. This can be a simple process and need not take a great deal of your effort or your time, yet it is well that it be accomplished with a purity and intention at each communication.

For as each seeker grows more fully open to the service-to-others polarity and gains in the power of this polarity, there will be attracted to the seeker those entities of a negative nature whose wish it is to control the power of this light now developing. The means by which such control is gained is that means by which we described at the beginning of this session, thus it is well to ask if whatever voice you hear comes in the name of that which you hold most dear.

Is there a further query, my brother?

**M:** Just a short one. Should this be done each time the voice is heard, or just the beginning of the conversation, assuming that the person you are holding the conversation with stays the same?

I am Oxal. This is correct, my brother. At the beginning of each contact is the time for the challenge and the challenge then may respond as it will and be relied upon to be as it says it is for the remainder of that contact.

#### **LAITOS, OCTOBER 6, 1995**

We do not wish to rush any new instrument past the point of confidence, yet we shall always provide the opportunity for a new instrument to continue to expand its abilities. This is true for all instruments, in fact, for even with an instrument which has practiced its art for many of your years, there is the constant opportunity to expand such an instrument's capabilities by presenting concepts of greater scope and, shall we say, intricacy, though we do not mean to suggest complexity.

#### **LAITOS, OCTOBER 7, 1995**

We look upon this opportunity to speak to this group as one which offers great possibilities of service, for we see each instrument likened to a seed when planted within the consciousness of the peoples of your planet. Each of you as you serve as vocal channels begins a kind of growth that may be likened unto one of your trees.

The trees that you call "oak" begin modestly, as any other seed. When planted within fertile ground and when there is the proper nourishment of the water, the sunlight and those nutrients of the soil, the seed sprouts and begins its growth that will culminate in a great, spreading oak. Many are the travelers that may pass beneath such an oak, and if the day is hot and the journey has been long, perhaps the traveler shall take the time to rest beneath the tree, to recline at the base of the trunk, and to relax in the shade provided by the great spreading limbs and leaves. Thus does one of your trees provide a service to those who travel in its vicinity, it being the traveler's choice to seek shade and rest beneath the arms of the oak.

So each of you as a vocal instrument may be likened to the oak, providing a rest, and more, perhaps an inspiration to travelers upon the spiritual journey who come within the reach of your branches. Such

travelers make their own choices as to where they shall seek shelter. Your service is to be there when shelter is sought and to share what is within your ability to share. The oak does not provide oranges or apples, but provides shade and rest and a calming effect that is its own to provide.

Many times in your services as vocal instruments you will be asked to provide services which lie outside of your abilities. Be not concerned when this occurs—and it shall—but rejoice in your ability to give what you have to give and to give it freely. This is the essence of the vocal channeling experience, that the desire to serve others is strong and that there is the ability to hollow oneself out sufficiently enough to allow concepts and inspiration to move through one's instrument in a free and flowing fashion. This is what is yours to share with others, and your sharing of serving of others is most efficient when you give away that which you have to make room for more to follow.

**Q'UO, DECEMBER 22, 1996**

When you as a seeker begin to desire to clear the channel for more clear channeling of the love and the light of the infinite One, there is the tendency to think in terms of working from the viewpoint of the one who wishes to take from work in consciousness that which does not belong. However, the concept that may in actual practice do the most to clear the channel is to go against logic and instead move back into those energies that, were the human structure as a house, would be in the basement.

The clearing of channels continues in the progress made in joining the self with the lower energies in a loving and non-judgmental way, through gazing with care upon the arrangement of what this instrument would call the dark side of personality—that side wherein reside those instincts for survival, sexuality, human relationships with self and other selves.

The feeling is to get away from the body and its millions of complaints and needs, yet in actuality you worked hard to deserve the opportunity to come into your physical body and into physical incarnation. The nuts and bolts, the nitty-gritty of bodily awareness, is continually important to attend to and embrace. The confusion that swamps the entity because of the sensory input of the physical vehicle is a problem, for in confusion nothing can be known.

The physical body is a blanket of confusion; and by dwelling within it you are removed from knowledge of the truth as to what your energies are actually doing. In the body you have no choice if you are spiritually oriented but to find faith and use that faith in order to make your choices, beginning with how you relate to your self: to your intransigent need to continue to survive, to continue the species, to attend to all of these things.

Do not brush these things aside, for the greatest of choices begins with these choices; and as you embrace and involve yourself, so do you open the way to that center within called the heart chakra or the green-ray energy center. The opening of the heart is possible only when the seeker gives up on the intellect and moves in unknowingness. The seeker lives in faith.

**Q'UO, SEPTEMBER 2, 2007**

We have watched with interest as this instrument has gone about the process of choosing to offer a channeling circle once again. We find it interesting that the alarm bells are ringing on an emergency vehicle in the vicinity of this house as we take up the question of whether or not there are dangers involved in introducing yourself and your personality shell to the service of channeling thoughts from entities such as we.

On one level the answer is unknown, for events fall according to a rhythm that cannot be known ahead of time. However, we may speak in generalities and say that it would be an extremely rare event, and indeed one that has not occurred in the experience of this instrument, that entities working within a channeling circle were vulnerable to any physical, mental or emotional danger at all.

This instrument has always been faithful in creating channeling circles which adhere to our requests and those of our Brothers and Sisters of Sorrow in other portions of the Confederation of Planets in the Service of the One Infinite Creator.

Thank you also for asking about the spiritual principles involved in considering this question. So often, we receive questions that do not have that sheathing of spiritual inquiry, so that the energy of the question itself moves from a place of fear. When we encounter such a query, there is very little information which we can give without infringing upon the free will of that entity who has asked for specific information from a place of fear.

In those cases, we cannot offer specific information. However even the most specific question, when sheathed with this garment of the request for spiritual principles, becomes a question that is grateful to our treatment. And thus we are able to speak on this subject.

This instrument was saying, in the course of this weekend of fellowship and study, that the energy of the channeling is one which is carried into the channeling circle by means of the tuning of each of the circle of channels. So let us discuss somewhat this concept of tuning and what it is that you are tuning as you tune your instruments.

All entities within third density are instruments. Each of you takes the breath of life and, breathing it into your physical body, you expel it, shaping words that create energies that bind and repel each other with your thoughts. Certainly words are limited in that which they can convey information in a rational or mental way bound by the definitions of the words used, their origins, and their implications within entities' minds as they hear the words themselves.

However, as instruments you have a means of sharing the vibrations of your feelings and the love in your heart, even if you are simply asking to pass the salt or offering a greeting to an acquaintance on the street. By your awareness and remembrance of who you are, you may utter the most commonplace words and yet send them forth with the blessing of your heart's love and the deepest compassion of your soul. There is no limit whatsoever upon how intense and pure a vibration of love that you may inject into your simplest communication. You are instruments.

This instrument reminds us of a story told by an actress named Anne concerning her husband, Mel. He touched her in a way she felt was rough and she said, "My body is my instrument!" And he said, "Could you play me a few bars?" You are playing your song and broadcasting the state of your spirit, that essence that would always escape any words, each time that you open your mouths.

Consequently, you do not have to pull in our vibration or the vibration of an entity not within your conscious awareness in order to be instruments and in order to practice being instruments that are ever truer of pitch, ever more mellifluous of tone, and ever more pure in that which goes into the production of tone.

Sometimes we realize that instructions such as these to become aware of your thinking and your thoughts and how they are translated into words may cause you to become self-conscious and be unable to be spontaneous. We do not intend this effect. We do say that the great spiritual principle involved in becoming a better channel is to be comfortable within your own skin, in the knowledge that all is well.

When an entity whose heart is full of faith speaks, there is the brush of angel wings. Those listening to such a voice may simply say, "Oh, you have a musical voice," or "Your voice has such soul or timbre." Yet we say to you that that brush of angel wings carries through into the voices of those who remember who they are and rest in that essence, knowing that all is prepared. There is no need to reach or to pull back, but simply to follow that path of resonance as you move from day to day.

You do not know what may be asked of you in the future. You do not know what shoes you will grow into. And yet you have inklings and hints that come to you, saying, "Yes, you have a mission. Yes, you can perform this function." And eventually you learn to trust that brush of angel wings, that inkling from spirit,

that moment of fire as the descending dove brings truth and insight into the inner heart to take root and to grow there.

As we continue to speak about being instruments, please realize that if you are not interested in joining this channeling circle, yet still our words are equally appropriate. For all are equally instruments of the one infinite Creator. We cannot say that often enough in preparing entities to channel.

There is our understanding of that great spiritual principle of unity. From that principle of unity stems long lines of logic and insight which end up suggesting that you are precisely where you need to be at this time. You shall continue to be in an excellent state in which to serve, no matter what the outer picture may appear to be. Thusly, the appropriate attitude towards this service, as you enter the beginning precincts of learning that art of translation which is called channeling, is that you are perfect beings, in the right place and at the right time. All striving may cease. All feelings that one should be “better” in order to channel may cease.

We are aware of how you see yourselves in the foreshortened lenses of personality. You do not necessarily give yourselves credit for your grace and courage as you follow your impossible dreams. You see only the suffering, the seeming lack of success, and the feeling of unworthiness to bear so magnificent a burden as the cloak of Christhood. You ask yourself, “How could I presume to be an instrument of sacred revelation?”

And we ask you in turn, “Do you imagine that you are more error-prone than any other entity upon your planet?” We are not looking for the perfect person, whether by our estimate or your own. We look for the vibration of your instrument. There are some entities that are not vibrating within the range of vibratory energies with which we may interact. With those entities we will never be able to establish a contact.

Therefore, allow yourself to be your true self as you come to thinking about yourself as a channel. For it is your true self upon which you must build—not an idealized version of yourself, not a self in Sunday best, with hat and gloves, as this instrument would say. The self that you are in your shorts and your tee is adequate to this task.

This instrument has talked to this group about the dangers inherent in opening a channel to outside energies such as we. And so we would speak about this to a certain extent.

Each of you is, as we said, a crystal, an instrument capable of receiving light, transducing light, and emitting light. In the metaphysical world, light is information. Indeed, your computer scientists shall agree readily that light is information, for it is light that is used to produce the information that your computers manipulate. Just so, you are a receiver, a transducer, and a broadcaster or radiator of light.

The crystal that you are may be tuned. As a new instrument begins to try its wings, shall we say, it quickly becomes familiar with the feeling of that particular contact which it has been able to receive. The danger lies in assuming that because an energy coming in feels right, that this energy is necessarily the energy which you wish to receive. This is why this instrument’s use of the challenging process is effective. And it is that which we shall discuss with those who wish to learn to be instruments for us in some depth and detail.

Suffice it to say that when an instrument challenges a spirit in the name of its most dearly held principle, that principle which is the fulcrum of that entity’s life, that negative spirit who is able to use the same love and light of the infinite Creator as the positive source, and therefore is able to feel the same as the positive source, cannot succeed in remaining within the aura of the channel.

Challenge in the name of love. An entity who does not vibrate in love must leave. It may seem that this is a very wispy and insubstantial thing to trust and to rely upon, and yet we say to you that all of that which is involved in being an instrument will be likewise wispy and insubstantial from the viewpoint of consensus reality. For your scientists have not yet created instrumentation to measure the vibrations that are used in channeling. Were they able to have that instrumentation, there would be a much more scientific and therefore trustable way for people who trust science to understand channeling.

In the absence of such instrumentation, we can only say that as you tune, you are tuning past the radio channels that are not those channels which you wish to receive, and when you have tuned yourself to the

highest and best that is within you, when you have crystallized that, and when you have opened to channel, then you may stand firmly upon metaphysical ground in challenging spirits who may wish to speak through you.

It is to be noted that this instrument does not ever seek to channel outer sources without a supporting group. It is further to be noted that this instrument has been channeling for thirty-three years, and that no harm has ever come to this instrument. The safety net, for balancing and regularizing the energies involved in channeling outer sources such as we, is the principle of batteries in series. One battery is not enough to sustain a universal contact such as ours. There needs to be a minimum of two batteries in series linked to the third battery in series which is the instrument itself.

To a certain extent, the more batteries you have in series, the more energy that can be developed and the more powerful a signal the channel itself may pull in. However, as you expand the number of your group, if you are not careful to preserve the unified quality of your common attitudes of mind and your common desires of heart, you will find that you are actually weakening the battery system.

Some large groups such as this one are magnificent batteries. The vibrations that you have, in your unity and harmony, put forth unknowingly throughout this weekend, have had a tremendous impact upon the grid of incoming fourth density. It has gratefully wound itself about those beautiful vibrations which your mingled auras have produced, and it has woven those strands into the web of love and light that is ever stronger upon your planet.

Another principle that is involved in becoming a good channel is the emptying of one's pockets of those artifacts of ego which, as a group, can call themselves pride. Intellect does not make a great channel. Sophistication does not make a great channel. Knowledge and learning do not make a great channel.

What makes a great channel is a humility that partakes neither of pride nor lack of self-worth. What makes a great channel is that dedication to service that lasts not just today or next year, but every heartbeat until you pass from this illusion into larger life. What makes a great channel is the patience that allows one to wait.

You may have noticed that there are significant pauses as we speak through this channel today. There is, in most entities within your hurried culture, the urge to finish each other's sentences if the other person pauses too long. There is the urge to get on with the conversation or the problem-solving that is being discussed. Yet, there are very subtle and layered forces involved in channeling the best that we can through instruments that are doing the best that they can. And, oftentimes, what is being transmitted through those periods of silence is more necessary for the channel to experience, and more necessary for the circle of seeking to experience, than our words.

Certainly there are times when we say, "We will now have a guided meditation." And then we pause, after setting up an image or a word for you to contemplate. And then the silence does not make you nervous. Yet in channeling, an instrument must be willing to rest.

In music there is a rest symbol, and then there is something called a "grand pause"—it looks like a little bird's eye, usually with a "GP" next to it in the music manuscript. At that point, the song that has been sung by the person or chorus or the choir finishes its phrase, and there is an echo reverberating out into the sacred space in which that song has been sung. Then the grand pause is allowed to allow the last chord to reverberate and die away. And if one is using an instrument such as an organ, before the next word or musical phrase there may need to be stops changed on the organ so that there is a different energy to the accompaniment of the sound of the song, and that too takes time.

When we stop giving her concepts, this instrument does not know when she will receive the next one. Consequently, she has learned to have perfect patience. The art of perfect patience is long in coming for this instrument. And indeed she does not feel that she has perfected it yet. Yet we would say that because of the repetition of her service over many years, she has become undismayed even if our silence lasts two or three minutes—and sometimes it does. The silence is part of the channeling.

This is a subtle and delicate art in which to immerse oneself. We believe that it is a service that is worthwhile. We would not be here if we did not believe this with a passion that is as deep as the roots of our hearts. As far as we know this is one of the most effective ways to insert ideas into the data stream of your people that may be helpful for the acceleration of spiritual evolution.

We know, beyond a shadow of a doubt, that we say nothing new through this or any other instrument. Truly, it has been said, "There is nothing new under the sun." Yet the eternal wisdom of underlying truth is such a simple story that it escapes rational comprehension. How can you internalize the unity of yourself and all beings? How can you internalize the paradox of seeming imperfection and ultimate worth?

In your workaday state of mind, perhaps you cannot. Yet we call all those who wish to improve themselves as instruments to the gradual realization of who they are, for each of you is an instrument. Each of you came here to receive, to bless, and to radiate the one infinite Creator's love.

Each of you came here to accept in full, heartfelt peace the love offerings of others. For we say to you that, as an instrument, you shall need to be able to hear flattering things and simply say, "Thank you." You need to know that you have no responsibility to be a "special" person, only to be yourself, for yourself is entirely adequate and perfect. In fact, as you form your desire to be an instrument, so we match our message to your instrument.

Lastly, perhaps we would say that there is a principle involved in channeling which is acceptance of that which is given. The human that each of you is has a tremendous backlog of life experiences. You have formed many excellent opinions in your time and you have, in the past, perhaps been very effective in offering such opinions to others in times of need.

When questions come to you [as a channel] about which you already have an opinion, it is necessary for you to lay aside that opinion, for that question did not come to you as a human being. That question came to you to be heard by a source which is going to respond through you, not from you. It is an art in itself to lay aside human opinion and to be content with whatever comes through your instrument in that moment.

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**Questioner:** Is it stressful on the physical body to channel?

We are those of Q'uo, and are aware of your query, my sister. The channeling that we offer through this instrument is of a type in which there is no stress at all upon the physical body, unless the entity who is offering itself as instrument becomes apprehensive and, by its apprehension, would have the normal, human, bodily reactions such as, perhaps, a heightened pulse or heightened blood pressure.

The nervousness involved in being a channel moves through fairly quickly in the learning process of the channeling, so that we would say that there is little to no stress involved in this type of conscious channeling of Confederation sources. We do not attempt to move your tuning to a deeper level, or to move you into trance, as this instrument would say. We are perfectly content with your instrument as you offer it to us. Therefore there is no added stress from the external vibrations of our sending through your instrument.

Further, the battery power of a group, working as a circle and aware of the blending of energies and leaning into that blending with visualization and perfect acceptance, creates a strong additional vibratory stability to the energies both being received and being put out by the various channels in the group.

This instrument has often remarked that when there is a good group sitting, the session of working leaves her feeling not worse, not less energetic, but better and more energetic. This is because the combined energies of a group, working harmoniously, act like the bread and the fishes in the feeding of the 5000, where a few crumbs of bread and a few pieces of fish, broken and shared, create a plenty for all.

There is tremendous strength in moving beyond the solitary vibration of your own aura and having a fearless connection with other auras. Each of you is a powerful light. You would be surprised, indeed, at just what infinite power you hold within the folds of your everyday thoughts. Yet, together, you are exponentially more powerful.

The energies of love always blend well with those who attempt to channel in service to others. Once they have checked their egos at the door, there is a sacred space created by the channeling circle which promotes the rebalancing of health and emotional stability while the channeling is ongoing, so that each of you is receiving the gifts of each others' auras.

Everyone has unique strengths. And those strengths and gifts are those which you pass around the circle. Certainly, each of you passes around those things which you may not consider strengths or gifts. And yet in that sacred space of a channeling circle, those are seen as harmonics that add to the beauty and the timbre of the gifts that you offer each other. Consequently, generally speaking, entities will rise from the channeling circle experience feeling very well indeed, perhaps better than they felt when they began the working.

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**Questioner:** The art of channeling, whether it be trance channeling or conscious channeling, has been, as I have understood and seen in my own life, of tremendous benefit. And it has seemed to have progressed, over the last hundred years, to where there are more channelings, especially over the last thirty or forty years. As we are leaving, very soon now, the Piscean Age and moving into the Aquarian Age, do you foresee any noticeable change in the effectiveness of how this particular medium of information transfer might change, moving with Mother Earth into this early fourth density, say up to the next forty, fifty or one hundred years?

We are those of Q'uo, and are aware of your query, my brother. We would agree with you that there has been an up-swelling of awareness of the channeling process within your culture during these past few decades. However, we would offer you the concept that there has never been a time in third density when this process was not ongoing. In other ages, such channeling was considered to be the product of prophets, oracles, seers or fortune tellers. The way entities frame their channeling efforts is heavily dependent upon the surrounding culture. It would be our suggestion that there has been a significant and substantial amount of information offered from sources such as we, as well as from many inner plane sources since the beginning of your density.

The experience upon your third-density world of the channeling process is likely not to change beyond the limits of the changes inherent in those who are progressively born with thinner veils and more of an ability to process subconscious material in a conscious fashion. This means that in days to come, channels may have a more successful time accurately rendering concepts that may be novel to the thought processes of the surrounding culture.

Indeed, we have found, as this instrument has worked with us through the years, that we are far more able to introduce novel concepts through her; that is, those concepts of which she has not yet thought. However, as long as the third-density population of this planet endures there will not be a sea change in the way this particular gift is offered.

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**Questioner:** You mentioned earlier that there were those who never will be contacted by anyone of the Confederation, because they fall outside of your vibrations. Can you expand on that a little more as it concerns this group, please?

We are those of Q'uo, and believe we are aware of your query, my brother. There is a very wide variety of radio stations on the air and when you turn on your radio in your car or your home, you may tune from talk radio to classical radio, to your National Public Radio, to rock music, to jazz, to hip hop, to cool jazz, and to all the different genres of music and thought.

Similarly, entities upon the planet have a personal characteristic tuning that is as wide in the spectrum of possibilities of those choices we just mentioned. Because you wish to become channels for the Confederation, you have already created the vibratory levels which we need in order to communicate with you. It is a matter of "like attracts like." Were you not compatible with our vibrations you would not have responded to previous channeling from our sources through this instrument and perhaps other instruments

that you may have heard which also bear the mark of this particular type of channeling, that this instrument calls “Confederation channeling.”

There are some channeling sources that do not choose to identify themselves as Confederation sources, for instance, those sources which have “channeled through” that body of channeling which this instrument calls *Handbook for the New Paradigm*. Those channels are indeed Confederation sources, yet, because they did not wish to color their channeling even with the identification of a name, such as Q’uo, they have not expressed themselves in that wise. Yet they are vibrating within that Confederation range of energies or vibrations. Therefore, you have already sorted yourselves out and begun to choose the radio station you want and it is radio station Q’uo, or another Confederation source that may fit your needs better.

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**Questioner:** We are attempting to create a group of channelers under the tutelage of an experienced channeler. We are also aware of a large body of work that has been brought through, through this channel. Is there any concern that should be had about expectations of style from that particular channel coloring the channels that are being created?

We are those of Q’uo, and believe we understand your query, my brother. It is inevitable and benign that new channels shall express or translate the concepts given to them in the same way that they have heard the more experienced channel offer those same types of concepts.

Indeed, this tradition, shall we say, of a channeling sounding somewhat different than human speech is venerable, for indeed, the prophets of old also spoke in somewhat different style than in their speaking style. And this has been carried down, not simply through centuries, but through millennia of your time. This instrument’s formal and somewhat archaic usage is an echo of channeling style, shall we say, or prophetic style that has endured through the ages.

It is more an artifact of the kind of energy that is being accessed than it has to do with the vocabulary and the style of speaking of the channel in daily life. There is a dignity and a feeling of sacredness which surrounds the channeling experience. There is the laying aside of one’s whole being in service to the one infinite Creator and the awareness that in that moment, the words that you need to say shall be given to you. And as those words come through, they resonate and feel sacred. And so as the new channel translates into words those concepts received, there is a natural tendency to offer that slightly heightened style that is lifted from the ordinary by that dignity of serving as an instrument for thoughts that are intended to aid in the development of humankind.

There is that awareness that something special is occurring and that human need to offer energy to making that feeling be part of the channeling. We find all of this to be benign. It is to be noted that, indeed, this channel still has a good deal of those artifacts of channeling those phrases and styles that she learned from that senior channel that taught her. However, in the course of many years of channeling, there has been a refinement and perhaps a standardization of her own style so that she naturally repeats many phrases again and again.

As new channels become experienced channels and naturally move beyond their teachers, they too will begin to find their own style, which may include many elements of the style they learned from their teacher but shall inevitably include increasing amounts of novel phrasing and preferred ways of addressing things in certain situations, based upon the natural personality and character of that particular channel.

We would not say from our standpoint that there is a problem with the new channel repeating the style of the experienced channel. Rather, we would say that the difficulty would lie in the new channel’s being content to produce what seems to be something that they would know in their human opinion.

It is well to leave such opinions about the channeling itself aside until a point well after the channeling session is complete, for it can cause distress to a new channel to feel that perhaps he is not channeling at all, but is only repeating from his human memory the phrases that he has heard or read so often in other channeled material.

If an entity can remain unafraid of such repetition, then there is no harm whatsoever, and it is merely a natural part of learning to channel.

Q'UO, FEBRUARY 10, 2008

You ask about the channeling that you have been working on this weekend. You ask precisely what use is it, given that there is little time until 2012. And we would answer that in two ways, my friends.

First of all, we would discuss its use within what is left of your third density, those precious five years between 2007 and 2012. You have just begun that five year period as of 2008. In that five years, you will be able to build upon that which has gone before you. That which has gone before you was begun long ago, in the work of Jesus the Christ and those which came after Jesus the Christ who wished to speak of unconditional love. There have been many voices among your prophets, priests and seers, and each voice has spoken to certain entities and helped those entities to awaken.

In this present time, as some of you have mentioned in your discussions moving around the circle before this meditation, this group has been consistently offering a voice of love and it continues to do so at this time. At first this voice was heard by very few. It would surprise this instrument and the one known as Jim to know how far the voice of love that they have been able to offer through their instruments has carried. It has indeed carried to the ends of the Earth. It has done its part in bringing the planetary population of Earth close to a tipping point.

The one known as C has spoken of the “Hundredth Monkey Effect”, and we would speak of that as well. From the hunger of a few who wished to seek the truth, there has been given as gifts from person to person and group to group, that same hunger. It is an infectious hunger, and it spreads because the nature of third-density entities is to have that hunger. And so that hunger keeps surfacing, no matter what else is occurring within your culture.

And as the energies of repression and fear have moved heaven and earth—literally—to bring the planetary population to a point of permanent fear and submission, they have, in effect, shot their bolt. They have come to the end of what they can do with fear, violence and war, whereas the voice of love has only just begun. So the purpose of channeling during this last five years is to continue that spread of positively oriented material which may be of help to those who are seeking spiritually in the polarity of service to others.

As the one known as Laitos said earlier in this weekend, each voice that offers to channel our words is unique. Each is as a certain kind of stained glass window that has colorations that to each of you may seem to be defects of character, limitations of spirit. And yet we say to you that those self-same quirks of character and spirit that color your thoughts give a pleasing color to our voice of love. And as you attempt to speak our words through your instrument, you shall create new stories, new ways of saying that one simple statement, “All is one, and that one thing is love.”

It is a great blessing to us when there are new entities through whom we may speak. And so we thank each of you for the attempt to open your channels. We thank you also for your courage and your integrity. It is important to offer these thanks to you for you perhaps do not feel very courageous. And yet to break free of the taboos against speaking thoughts without knowing ahead of time what they shall be or how they shall develop is a great departure from those rules of safe conduct of your culture. We hope that as you continue to develop your channel and to serve in this way, you shall find satisfaction in your part in bringing this tipping point ever closer upon Planet Earth.

We realize that it is difficult to imagine what shall happen after the year 2012, since that is when third density ends and fourth density begins. And we can only describe to you that which is to occur by asking you to realize that all of the densities of Planet Earth within this octave, one through seven, are nested together and interpenetrate each other, much as the various channels on your television set are nested

together, being picked up by the same transmitters and receivers and being available by the turn of the knob from one to another to another.

Indeed, there are those among your peoples who are able to switch from the channel of third density to the channel of fourth density now, and who can somewhat reliably report on the development of fourth density. Fourth density, indeed, is fully formed at this time. Because it would violate the free will of third-density entities, fourth density chooses not to be seen, not to be visible to the five senses of your human bodies. Yet it is impossible to eliminate or hide the vibrations of fourth density, which are interpenetrating third density at this time.

Indeed, it is not even desirable to attempt to hide or remove these waves upon waves of fourth-density energy. For they are another part of that which is enabling the last of those who would be harvested at the end of third density on Planet Earth to do their work, to proceed, and to polarize to the extent that they shall, with no trouble whatsoever, walk the steps of light that lead into fourth density.

However, third-density Earth has absorbed a great deal of the accumulated neglect that speaks to the racial karma of many, many of those who are upon Planet Earth at this time, who have come to this planet from planets in which their own third density was interrupted by their removing the ability to live a third-density existence on their home planet. In some cases they have even blown their planet to smithereens. In other cases they have simply rendered the planet or, in Atlantis' case, the continent, uninhabitable.

There has been an ever-increasing energy among those who are incarnate upon Planet Earth at this time towards desiring to retake the reins of stewardship of Gaia, of Mother Earth, and to administer healing and restoration to the planet which has been so loving and so good to them, and has been their home. And this shall continue for some hundreds of your years to be that great work which many who graduate from third density wish to accomplish before they move on into other lessons.

So, at this time there is a tremendous energy of new life and new growth upon your planet, due to the influx of fourth-density wanderers from your own planet. Those of you who have children know that these children are qualitatively different than the children that perhaps you knew as a child, or those children which have lived here in centuries past. These are children who are able to run third-density energy and light and fourth-density energy and light. Therefore, to them the veil is much thinner, and the truth of love is much more obvious.

So, within these days when 2012 has come and gone, information such as is collected and offered for sharing by this group shall be increasingly helpful because there will be far more interest in the spiritual as opposed to the religious. And those words which speak to the stewardship of the planet, as well as those words which speak of unconditional love and the oneness of all things, shall be as meat and drink to those who are searching for the way to be of maximum service at this time.

Many and many are those who are incarnate at this time as fourth-density wanderers from third density Earth. They have come back for the reason of stewardship to the planet, and within this next five-year period, for the lightening of Planet Earth and the maximization of the harvest of Earth.

This is that of which we see as a valuable service, and we are ready to offer our thoughts through instruments such as this one not only until 2012 but as long as there are those entities upon Planet Earth who are devoted to the restoration of the planet and to the healing of the nations.

Shall you in one fine, strong moment be able to change the face of the Earth? Naturally, it is extremely unlikely. It is likely that those who are polarizing towards negative graduation shall continue to hog the news, the headlines, and the avenues of power on this planet. And yet the vast majority of the population of Planet Earth lives without regard to the avenues of power, looking for truth, justice, liberty, beauty and all the fourth-density values within the humble pages of a humbly-lived life.

And it is precisely within those humble pages, within those humble lives that your service lies at this time as a channel. For to those who are seeking, it is a great blessing to find material that speaks directly to that

which is on the hearts of those who are seeking. We do not pretend to think we hit the mark all the time with that which we have to offer through instruments such as this one. However, we devote our entire energy to the attempt, and we thank each of you who wishes to aid us in bringing through these words of love, light, compassion, beauty, peace and power.

Many institutions may fall by the way, as various inconveniences continue to occur among your people. That which shall not fall away is the love and the light of the one infinite Creator. And while there is this wonderful tool of what this instrument calls the internet, while it is possible to make things globally available, this is the golden time for material such as this to be developed and shared.

**LAITOS, FEBRUARY 10, 2008**

**G:** Laitos, when attempting to channel, my thinking was that I would break the inertia, and as Carla says, put my ass over the line and speak the initial words From there I was hoping to sense the contact and speak what were your words. I did not. Can you tell me what the status of my channel was or what particular blocks I had to receiving your contact?

We are those of Laitos and believe we understand your query my brother. You, in common with every channel in this circle and every human upon your planet has a characteristic restlessness of spirit, a characteristic tendency to flit upon the top of the waves of seeking. The activity that you experience is excellent and of good character. However, that which may perhaps be lacking is that end to restlessness which abides in the One. This abiding is the result of coming to believe with utter confidence in the self, so that there is no longer expectation, impatience or restlessness but only the waiting for the next seed of thought from the one infinite Creator.

The challenge for each who seeks to pick up these voices such as we are, is that of laying down expectation, thought, and all human processes so that the configuration of mind which you enjoy is entirely that of the slate waiting to be filled with writing.

It is a matter of practice, my brother, for each to be able to come through the maze of one's characteristic distortions, such as restlessness, lack of confidence, feelings of unworthiness and the fear of mistaking our thoughts, in order to proceed quite naturally with the automatic and instantaneous expression of that thought which comes into the mind. That is the characteristic skill of channeling; that ability to enter into the speaking of the thought that is given, the image that is given, or whatever you sense is given.

That being said, my brother, it is entirely well that, perceiving nothing, you did not offer anything. That speaks very well of your integrity and your dedication to creating of yourself not simply one who can mimic the part of a channel but one who truly has become an open channel for the love and the light of the infinite Creator.

Always remember that the vocal channeling of our thoughts is a special case of a more general situation. In that special case, you are offering our thoughts, seeking wisdom or inspiration from energies which await beyond the veil, beyond the gateway of intelligent infinity. Nevertheless, in all that you do and say you are already being a channel for love and for light, as you become aware that it is possible for a human being such as yourself to seek the light, to see the light, to serve the light and to share and radiate the light.

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**Questioner:** I'd like to know how you experience us in this channeling circle. Can you see us in physical form or simply in energetic form? And the second part of that question is, are you simply energy or are you currently in an incarnation, within our Logos or without?

We are those of Laitos and are aware of your query, my sister. Firstly, we see each of you as your energy bodies, and more specifically as the readout, shall we say, of your violet ray. That is your identification to us, and that identification is as clear and unmistakable as a physical fingerprint or footprint. Your energy body is your fingerprint, shall we say, in the metaphysical world. Your vibratory rates combine to create one complex vibration that is unmistakably and unutterably unique as you.

As to our situation, my sister, we are those of fourth density and have a physical body which is far lighter and not chemically oriented as is yours. Yet it remains a physical body which we may clothe as we wish, as far as how we look and how our bodies are shaped and so forth. In terms of connecting with you, however, we exist in thought form alone. We have placed our social memory complex's form within the inner planes of your planetary nexus of inner and outer manifestations, chakras, densities and so forth.

We are in the fourth-density sub-density within the inner planes of your Planet Earth. There are endless sub-densities within the inner planes, in which reside those who are discarnate yet part of your planetary population, and also those who come from elsewhere and wish to serve those of your people.

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**Questioner:** What spiritual principal would be helpful for me in becoming a clearer channel?

We are those of Laitos and are aware of your query, my sister. The spiritual principle which applies in attempting to become a clearer channel is that principle which may be seen to be quietness or confidence, that realization or assumption that all is well.

There is always the temptation to reach for what you feel is needed in life, whether it is on the physical level or the metaphysical level. And there is certainly much appropriateness to this reaching. For is it not the function of desire and will to reach?

Yet in terms of channeling and in terms of spiritual work in general, it is far better to form the intention, hone the desire, firm the will, and then release all thought of what you as a human being feel would be the way to realize this will with desire, and instead offer to the one infinite Creator all that you are and all that you have. In quietness and confidence know that the consciousness that is at the heart of you knows all that there is to know, has all that it needs to have. It is capable, as you relax and embrace the present moment, of moving into that present moment to express, with the utmost of clarity, that which is able to come through you without coloration because you have relaxed, you have embraced the moment, and you have opened to that which is instantaneously and spontaneously coming through your channel at that time.

There is no need to reach or grasp in the house of the Father. There is no need to hold or conserve in the work of the one infinite Creator. Love is always infinite and fully available.

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**M:** Does Laitos hope for or try to convey more detail in the concepts that were given during the channel about the tree and the children.

We are those of Laitos, my brother, and are aware of your query. Indeed, had there been the possibility of moving forward with these images, the hope of our group would have been to develop each of these images in a way which would feed into the flow of the channeled message. Through this instrument, at a point later in the session, the images were indeed picked up again and developed, perhaps not as you, with your precise personality and tuning, would have developed them but in a way which was equally compatible with the development of this particular offering of thoughts through you to the world.

There is, however, much to be said in praise for your ability to receive these images and to work with them as you were given the energy and the light to do. We assure you, my brother, that as you repeat these exercises, these various details and transient phenomena of the channeling process shall become smoother and less utterly confounding. We congratulate each in this circle for moving forward so well, so quickly. Even those who have not been able to channel our thoughts very well, in their own opinion, are moving forward very well in terms of their own natural rate of development.

As always, we would remind each that there is not a common speed of development in this or in any other art, but each entity shall develop perfectly according to his own time-line.

**LAITOS, MAY 4, 2008**

As we move around the circle to each of you, we shall attempt to make our conditioning vibration apparent to each of you. Although we realize that each has some concerns or apprehensions about being able to develop as an instrument, we do assure each of you that, as this instrument has often said, each of you has the innate ability to receive our thoughts. It is far more a matter of how long it takes each entity to develop this ability to receive and to transmit our thoughts than any question of it being impossible.

When we work with the newer channels, it is our tendency to move into the realm of storytelling, for we find that the exercise of telling a story has more of the ability to feel comfortable to the newer channels and not to present the difficulties that might arise if there was simply a discussion of a point of our philosophy, which you may have heard many times before.

With storytelling, on the other hand, each story is a new one. So there is more of a feeling of confidence that can be created as the channel is passed from person to person, in that the content of the story is not known beforehand. Therefore, it will be fresh and new to the channel, thus giving the channel far less of a reason to doubt himself or herself.

**Q'UO, MAY 4, 2008**

The nature of contact betwixt a physical being—that is, a spiritual being which has associated itself with a physical body in your third density—and a non-physical being—that is, a being which does not have a body that would be considered a physical body in third density—begins with a consideration of the nature of the energy body itself. Such a consideration must begin with a look at who you are energetically, and how your energetic system works to create a place for connection. Each of you has studied the material that we of the Confederation have offered you through this instrument over the years about the energy body.

You are aware that, in our opinion, that it is the primary body, even though you are in physical form as far as your physical eyes can see. The creature that you are would be empty and hollow were it not for the interpenetration of your flesh and bones by the energy body which is associated with your infinite and eternal self. The first point of contact to be considered in your question is the contact between you as a physical being and you as an energy being or an essence. Your physical body is a marvel of engineering and design, a self-contained chemical distillery set in delicate parameters for the sole purpose of use by your soul.

Because you have experienced what this instrument calls Derby Weekend, you have been talking about the courage and bravery of the thoroughbreds that run, and especially the incredible courage and self-sacrifice of the filly known as Eight Bells, who gave her life in order to please her master and run the straight race to her very best ability. You may see your physical bodies in the same light. Just as a horse and its rider, your physical body wants to be ridden—waits to be ridden—and loves the rider who rides it. That rider is your energy body, or your soul body, or your spiritual essence.

The connection between the two is delicate, yet very powerful. It was set by intention prior to your joining the physical body with the soul body. Somewhere during the process of your mother's pregnancy, or perhaps just after your mother delivered you into the world—the point of entry of the soul or the energy body into association with the physical body varies greatly—yet eventually you are born and you are inextricably intertwined spirit and flesh, incorporated in one creature of amazing complexity and nuance.

And yet, in the end, moving by very simple principles having to do with attraction, repulsion and the whole principle of choice, this all that you are has brought into your physical manifestation many non-physical items. They include your physical traits such as quickness of mind or quickness of coordination, personality traits such as your preferences for choices of pleasure and choices of work, and your limitations and seeming failings and faults, all of which were carefully placed where they were as they were in order that you in this very short lifetime of yours may have the maximum potential for using what the one known as D called “the day,” each brief day of lifetime, to create an ever more just balance within your energy body, within your soul essence between the qualities of love, wisdom, power and peace.

It is the nature of your density that you are not to know the truth of that which we say, nor having any way of proving it. Rather, you take your journey on in a state of unknowing, and as you leap into faith and make your choice for love, you have only the most subjective of feedbacks to reassure you that you are on the right track, on task, and on target.

It is not given you to know if you are drawn to something like channeling simply because you wish to be of service, or if there are other strains of unmanifested, and perhaps undiscovered, reasons for being attracted to the service of offering yourself as channel. It remains for you an act of faith, an act of courage, and an act of absolute dedication to service, so to prepare yourself to be able to receive our thoughts and to transmit them, or translate them as this instrument would say, through your voice, your sensibility and your awareness.

As those who do come to this service seeking to make it better, we are very glad to speak of the second point of connection, which would be the connection betwixt your energy body and our energy body. This instrument has, in teaching during this weekend of study and fellowship, spoken several times about the importance of intent. Within the world of spirit, which is the environment of your energy body, creating an intent is as real as taking a tool would be in the physical world to a board and creating an opening by sawing a hole of a certain shape and size in the material. There is a lot of thought that goes into making a certain opening in a board—perhaps it is supposed to fit onto another board, and is just of this dimension and that thickness—and so the saw must be very clever and the wielder of the saw must be skilled in order that the cut may be smooth, the hole may be appropriately sized, and the fit may be a good one.

When you make your intention, you are creating an opening into your body that is your energy body, that is of a certain nature, of a certain shape shall we say for simplicity's sake. You have crafted that intent by stating precisely what you wish to do, why you wish to achieve contact with the source. You have used the material of your energy body to create this opening. It is not precisely an opening within any of your chakras, but rather it is an opening made by the alignment of your heart chakra, your blue-ray chakra, your indigo-ray chakra, and your violet-ray chakra together with the gateway to intelligent infinity and the octave chakra, or eighth chakra, which rests above your head in time/space.

So it is not only an opening that is not a flat opening, but rather it is a multidimensional opening of a certain shape—that shape being the shape of your desire and your intention—and the clarity and the cut of that shape being made by the degree of clarity which you bring to your service of opening to channel. Thusly, we say to you that the greatest part of cooperating with the process of opening to channel is the degree of clarity, integrity and depth of thoughtfulness with which your intention to offer this service is made.

There is always, in doing this service, the concern on our part that, in your eagerness to be of service, you shall skip the thorough examination of your entire energy body before setting your intention to open to channel. The one known as T was asking earlier if certain blockages that she may have deep within her might keep her from being the best channel that she could be. And we would say to that question that the answer is yes. And not only the blockages that are within her in particular, but in general those blockages which remain within the energy system, and which either acutely or chronically are narrowing the beam of energy which is able to be drawn up through the root chakra, up through the heart, and out through the top of the head.

This is the base node or the foundation energy from which the channeling must proceed. Therefore, we would encourage those who wish to channel to make a daily practice of examining, balancing and freeing the energy body from all distortions that can be found as you examine your thoughts for the day and those things that have occurred to you that would tell you where your energy may be caught within the energy body.

There is no more helpful thing that you can do to prepare for the service of channeling on a regular basis than the daily clearing of your energy body. This entails a great deal, actually, and we would use one word to characterize the nature of work with your energy body. That word is forgiveness. Forgiveness is a very powerful thing. Perhaps you are upset with yourself because you ate that which you shouldn't have eaten, or

you spent some time when you should have been doing A, and then instead you preferred to do B. Perhaps you felt that you talk too much, or too little ... perhaps many, many things. Whatever those thoughts about yourself, they call for forgiveness from you, not because you are worthy, and not because you are unworthy but are redeemed, but because the nature of you and of everything else in creation is perfection. Shall you hold it against manifestation that it cannot show you that perfection, or shall you by faith alone claim that perfection that exists triumphantly, regardless of appearances? You forgive, because that is the truth of your being. You forgive because in claiming love as your nature, you know that love forgives all.

And when it comes to forgiving others, you go through the same process, although we are aware it is exponentially easier to forgive others than to forgive the self. Therefore, we speak of the self first, and we speak of the self last in asking you always to remember to forgive the self, even if it seems that the self was not involved, and all you have to do is forgive another who has wronged you. Dear ones, this is not the equation as it truly exists. That which is held against another is held against yourself. That which is forgiven another is forgiven yourself, for you and another are one. Therefore, come into a state of forgiveness, sense that all is forgiven, know that love is everything, and in that environment can you set your intention to be of service. The quality and lucidity of your intention create a vector through the gateway to intelligent infinity towards the target that you have selected by the specificity of your intention.

This instrument has talked before about how you are radios and in tuning you are dialing towards the highest and best channel which you can receive on your instrument. Therefore, the tuning process that you have been learning this weekend is very important in terms of the contact that you are able to make, and how securely and soundly that contact is made. Consequently, we are very pleased that each of you has spent much time working with the process of tuning. We encourage you to find your own way. As this instrument has said in her teaching, do not rely upon what she has learned, but only use her suggestions as a starting place and then, by observation and by repetition in your own practice, refine your own way of tuning your mind, body and spirit into alignment with your highest intentions.

It is good that you take time to do this, not only because it is good to tune—that in itself is reason enough to spend the time before making a contact—but there is a further point to be made here, and that is that although it is a tender invasion between an instrument and the source of channeling, it is nevertheless an invasion. We are incorporating our energy into your energy, and that incorporation will last for the duration of the channeling. Consequently, it helps the energy body to have a little time to get ready for this very intimate connection which can be likened to the sexual connection in that it is a connection of power that is made for the purpose of propagating love in a certain vibration.

Our propagation is never intended to take corporeal form. There is no sperm or ovum, there is no child that grows. There is only that most tender and delicate stream of concepts that interpenetrates the sensibility of the channel coming through the gateway of intelligent infinity from that specific point of targeting that has been hit, down through the violet-ray chakra, the indigo-ray chakra, the blue-ray chakra to the heart chakra, and bouncing up again and resting in the blue ray, that throat chakra which we rest in order to use your vocal apparatus and to offer our concepts to you. It is a penetration in utmost honor and respect in love and in light, and it is blessed and protected by the care and the fastidiousness with which you have prepared yourself for this contact, and by the care with which you have tuned and then challenged the spirit who answers your call.

It is wise indeed when the contact is over and we have withdrawn from your energy body back through the gateway to our resting place in the inner planes of your density for you as an instrument to take that same amount of time to rest and allow the experience to mellow. You may think of it as a time of the gradual return of your full energy to the outside world, or you may think of it as a time of afterglow following the sexual metaphor that we used earlier. For it is a communion of a very high order when an instrument allows the incorporation of the source which is channeled. Your children are your channelings, and you offer them with that same love and devotion that a mother offers to her children.

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**S:** I wonder if you could speak a little bit to the experience of channeling. It often seems to the channel that what we are speaking is actually our own thoughts, and not the thoughts of another. This seems particularly true because the experience requires that we put together sentences the way we would as if we were speaking on our own behalf. Can you give us some guidance about how we might sort out where that which comes from us lies and where that which comes from the source received by the channel lies? Thank you.

We are those of Q'uo, and we believe that we understand your query, my brother. If we understand you correctly, we would say that there should be no thought taken as to whether the thoughts that come to your mind are yours or are ours. The less thought that is taken on a conscious level once the channeling process begins, the cleaner the contact will be, and the more space we shall have in which to work. The reason that it is so difficult to distinguish betwixt one's own thought and the thought of the source that is channeling through your instrument is that there is no difference in the production of a thought by you and the production of a thought by us, as it comes from the world of concepts and ideation into the workaday world of sentences and statements which express the thought or the concept.

Since there is no difference in the feel or texture of thoughts generated from your subconscious processes and the processes of a source channeling through your subconscious into your conscious mind, any thought taken constitutes an element of self-doubt. It invites the consideration of many things by the intellectual or rational mind, and it encourages the distraction of the energies that have been so carefully aligned through the chakras from the heart on upward through the gateway to intelligent infinity. Consequently, once a contact has been accepted, the encouragement of such thoughts is sabotage to your original intent. It is not necessarily a harmful distortion for you to flash upon these thoughts—this is conscious channeling, and the conscious self will be there around the edges, shall we say—but let that conscious self be a spectator, and let the process of allowing the incorporated entity to speak through your instrument to go forward unimpeded by any encouragement whatsoever of that spectator to join into the equation of channeling.

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**G:** Q'uo, of the infinite range of reactions that an entity could have upon hearing or reading your words, is there a hoped-for reaction behind your intention when communicating through earthly instruments?

We are those of Q'uo, and are aware of your query, my brother. My brother, it is our hope to share our thoughts. We have no hope that they will be accepted in such and such a way, nor have we any expectation of any particular kind of reaction on the part of those whose questions we answer. Our hope is to express in a voice of love the thoughts that we have to share in the least distorted manner possible. Our hope, in short, is to decrease distortion and enlarge love within the awareness of our self and of those to whom we speak. Our hope is to be part of the light and the love of the one infinite Creator as it's manifested so many ways, seen and unseen, known and unknown. We could never point or predict or narrow the possibilities of reaction that are acceptable to us. It is acceptable to us if entities listen and have no interest in that which we have to say. It is acceptable to us if entities find our work, our thoughts, our opinions of use. It is our pleasure to meet the opportunity that has been given to us in a channeling session to have a conversation with those of you who are yet in third density calling for our help, hoping to hear a voice of love. We hope to be such a voice. Beyond that, we do not have any expectation or desire to see a particular outcome. Were we to do so, we would be less than fully of service to others, and that would never be part of our intention.

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**G:** Q'uo, what categories of questions yield the best results and/or are most suitable for your contact? And if there is time, conversely, what categories of questions are least suitable for your contact?

We are those of Q'uo, and are aware of your query, my brother. We are those who hope to be a source of information helpful to those who are seeking the truth. Consequently, questions which are shaped from spiritual concerns are those that most directly avail themselves to a fruitful discussion by us. We are a voice of love and our energies are nurtured by questions that are couched in loving terms by those seeking in a peaceful way to progress, to know themselves better, and to accelerate the pace of their spiritual evolution.

Those questions which baffle our ability to serve are those questions which do not have to do with spiritual concerns in any way that we can find as the question is presented.

And it is to be noted in this regard that this instrument's frequent suggestions to those who would have sessions of channeling with our source to ask for what spiritual principles apply to any given concern are very well founded. The request for spiritual principles opens to us the ability to offer our humble opinions on those subjects. We may not be able to address directly a specific concern, yet if spiritual principles are involved in the query, we may discuss those which we can see may have some use as a resource in considering an issue at hand, whether it be abstractly spiritual or involved in a more specific and earthly concern. Because we are a voice of love, because we come in service to others, those queries asked from a standpoint of fear and service to self are those which most effectively baffle our ability to be of service.

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

**G:** Yes. Another category of question that may not be suitable which you did not mention is the category of question that may qualify in terms of being about spiritual concerns, but may disqualify itself in that it seeks something that is beyond the instrument's own knowledge base. Is this true?

We are those of Q'uo, and if we understand your query, my brother, it is not so. When a question is beyond an instrument's knowledge base, but yet is that of which we are aware, we are often able to give impressions to an instrument that allow it to create structures of thought that are able to be used by those with the information which the instrument does not have. If the instrument has been able to be lucid and true in the creation of that metaphor which replaces knowledge, then the questioner may then infer from that metaphor of words and sentences the structure of the information that is desired.

**LAITOS, JUNE 6, 2008**

While each of you is not channeling we ask that you continue to tune your instrument, sensing into the energy that is moving in a clockwise fashion around the circle and leaning into that clockwise motion of shared energy which strengthens the contact for all of the group.

**LAITOS, JUNE 6, 2008**

It is a great service to us to allow us to work with each of you and we thank you, for it is very close to our hearts to attempt to develop new voices of love that seek to share our humble and simple thoughts, that all things are one and that that one thing is unconditional and unutterable love.

As the conversation goes around the circle, we will be working with each instrument to improve the connection between each instrument's energy vehicle and our energy vehicles, thusly enabling the communication between us to be of a unified and comfortable nature. We would ask that you avail yourself of this conditioning wave as you wish, looking for it and taking it in, in the way that seems most beneficial to you personally. There is no one right way to work with this conditioning wave, but if you simply avail yourselves of this wave, then we shall realize that we are free to work with improving this connection.

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As we began through the one known as Carla, the contact with which we work, when we work with each of you, is that thing which we seek to strengthen. And as each of you works with us, this contact is indeed strengthened and becomes a more solid and dependable thing.

However, in the beginning, as we familiarize ourselves with each new instrument and in turn each new instrument familiarizes itself with the conditioning vibration and the opening to channel, there is a, shall we say, shoring up of those softer or looser places within the contact as it is being established. Thus each new instrument will discover that there is a slightly different feeling for some period of your time and experience.

As we begin working with each instrument there is the strengthening, the familiarizing and the exercising of the contact.

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Much as the vanilla bean can be tasted differently by different tongues, so can our energies be experienced differently by different bodies. It is not something that can be described or written down concretely so that others may know what this sensation is like. It is, once again, a matter of free will that these sensations be different.

If it were always the same sensation for every person in exactly the same way as say, the pressing of a finger upon a sharp instrument like a thumbtack or a pin that causes bleeding, whereby one could write down the mechanical processes of the neurons firing such that the brain feels the sensation of pain and the body produces blood, this would be something that can be proven and replicated.

If such a thing were to occur by our energies, whereby every sensation were exactly the same, and this were written down and could be referred to, there would be somewhat of an infringement on the free will. There would be a kind of proof, suggesting that our energies do indeed exist and can be proven. Therefore channeling exists and can be proven. Therefore our messages would carry authority rather than a subjective knowledge that each individual feels from his heart, a truth that is relied upon by way of faith rather than proof. Therefore, we will be experienced differently through every individual and this is the way we would have it.

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It is appropriate that the words that are spoken are unique to each instrument that speaks the words. For the words come from the pools of experience that the instrument have gained in their lifetimes. Each is as unique as a snowflake, or a flower. Even though the intent behind the message is consistent from moment to moment, the words that are chosen to be spoken aloud are those of the instruments. The choice is the instruments', based on the experiences that they hold within, given this form of communication that we are choosing to use.

Therefore it is not necessary nor advisable to judge that which issues forth from the instrument's own words. Knowing that the intention was there to bring forth our message in a faithful manner is all that is required. Trust that, as one steps out into the unknown, the path will be given, the words will be given, the thoughts, the intentions will be given.

There is a trust that is required on the part of the instrument in order for him to go forth and speak the words that he feels compelled or impelled to speak. This is all that is required at this point in time in order for you to be effective in the communication that you offer to this circle.

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We thank the one known as D for recognizing our vibration and speaking the identification, which is the entrance from the inner world of the work that each instrument does within its energy body and within its mind in preparation for the outer world of words. This forms the opportunity to create messages of inspiration and information, bringing us through that gateway of intelligent infinity and through your higher chakras down to the blue-ray chakra. Then you are able to express our identification. This is a tremendous advance in the learning of offering words which we offer to you through your instrument. We wish to assure the one known as D, and any who do not immediately find themselves able to channel thoughts from us, that we are very happy to be able to work with each instrument regardless of the apparent progress that has been made so far in opening the instrument to channel.

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I want to speak about the importance of an activity which can cut through all of this and can help us to keep the channels' intentions uppermost in their minds. It can help them to move forward in their ability to express that which is being presented to them, and it can enable them to be trustful at a level which they may not have achieved at this point in time, and this is the activity of meditation.

This instrument should pay particular attention to this as she tends to be very much a "doing" type person and some days pass when she does not meditate. The activity of meditation can help you to move beyond

the filtering of that which is being brought to you through your past experiences on the earth which you have not resolved. It can help you trust more. It can help you be more fearless. It can help you hold a high intention. It can help you attract the highest and best because you will be putting out a vibration that will attract the highest and best.

Imagine yourself standing at the door of the astral plane. You know that the astral plane is populated with all kind of vibrations. You stand there with your intention to channel one of these beings. You want your channel to be the highest and best; one who will speak words of wisdom which will help your other selves on the earth plane here to evolve.

You wouldn't want the mass murderer who is on the astral plane to respond to your intent to channel. You wouldn't want the person who is psychotic to respond to your intent to channel. You would want the highest and best that would be attracted to your vibration. So I encourage you to be very faithful in your meditation experience on a daily basis.

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The practice of meditation allows one to calm the mind and develop the ability to sense energy. Once the internal dialogue has been calmed, energy at all levels can be sensed and picked up on and impressions can be made. This impression varies from person to person, much like a thumbprint. It is never the same for any two individuals. As this instrument senses our energy and picks up the vibrations of our message and carries this through in a voice of communication that we are sending forth, she is using her energy body. The way this works, in her energy body is an alignment of the chakras. The chakras are different within each individualized body. As each chakra is aligned and balanced, the alignment can come closer to the alignment of our collective energy body and bring forth the message.

As the one known as Carla has stated, the message is always clear and simple. The beauty of the channeling process is that each individual can put his or her thumbprint onto the message that we send forth. The key is the ability to calm the mind, to sense our energy, and to bring forth this message as a flower would be blooming.

The conditioning wave that we send to each is a wave of pure love. This love can be felt through each and brought forth literally as an energy into the world. This is a gift to your world, to your planet, to each other-self who resides here. The significance of this is beyond words. Just know that this capability is something that is needed on your planet and something that you can do that will have a large thumbprint with your name on it. This is a purpose that is honorable and most high and we are grateful beyond words to each of you for offering it.

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One of your earlier prophets, to paraphrase, said that words spoken without love are like an empty gong. The words that may come through channels may not be understood intellectually by all those who hear it. It is like a wave form coming out. It intersects the energy wave forms of the people who are listening, or not listening.

When the information forms are enveloped in a carrier wave of love, they have additional informational power, because when people feel and experience the intersection of this carrier wave of love with their energies, there is a tendency for them to feel safe, to feel that they are not being imposed upon, to feel that they are not being forced to think or believe something. And so the carrier wave provides an opening. Even if they do not understand the technical information, they experience a connection.

And that connection provides an opportunity for them, at that time or at a later time, or maybe in the next lifetime, to be open to the information that you may channel and that we may express through channels. And so this expression of love often comes to a person in meditation. As seekers become more advanced, they can find that carrier wave when out of meditation as well. It is an important way of presenting information, knowledge and understanding.

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The discussion has several times touched upon the instrument's functioning as does a receptor, like a radio that receives. It has been suggested that when the vibrational level of the instrument falls within the vibrational level of the source that has been contacted by the instrument, there is then the ability of the two to collaborate in creating a unified string of thoughts.

We are the most wide-band of the sources within the Confederation of Planets in the Service of the One Infinite Creator. Perhaps you have found stations which are supposed to be at say, 91.9 megahertz and which can be found anywhere from 90.7 to 92.1, because of the fact that it is a very wideband vibration that is being sent.

The other members of the Confederation of Planets which attempt communication of this type are more and more narrowband. The fourth density level entities are the widest band. Fifth density has the next narrower band and sixth density contact uses an extremely narrow band that is usually beyond the ability of third-density entities to pick up because of the interference of lack of focus, shall we say, or less than perfect focus, and also the lack of ability to retain a precise tuning for a period of time.

So the mechanism of connection between the source that has been called by the channel and the channel being used as instrument is the ability of the two sources to become compatibly tuned vibrationally. This instrument has been thorough in teach/learning the various ways in which entities may tune to channel and we feel that each of you has made great strides in finding your own way and your own style of tuning, and your own way to declare yourself as a metaphysical being.

These skills shall continue to be refined and honed by you each time that you take up the intent to form a circle and offer yourselves in the service of vocal channeling.

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C: Would it be beneficial to do a chakra clearing during the tuning process, prior to the attempt to connect to channel, in order to increase that bandwidth, so to speak? In addition to that question, would it be the fourth chakra that would be the one needing to be as cleared as possible to connect with you, since you reside in fourth density? Is that a correlation that I'm making that is correct?

We are those of Laitos and are aware of your query, my sister. Firstly, it is indeed most beneficial to do the clearing of the chakras before opening the self to this work of vocal channeling. As each of you has experienced, this work is particularly tiring to the physical body due to the fact that there is so much intensity of energy which must be focused within the inner realms of the entity, those inner realms that are seldom emphasized in daily life as you experience it.

Consequently, the clearing of the energy body gives to the channel the maximum amount of the love and light of the one infinite Creator that is streaming from the heart of the earth through the base chakra and up through the energy body in an infinite amount.

As the lower chakras especially are cleared so that full energy can flow into the heart chakra, the amount of energy that can be brought through the energy body is heightened. And indeed when there is a very firm resolve and intent upon the part of the instrument, that amount of energy can be enlarged by many orders of magnitude, so that not only are you getting a more ample stream of the Creator's energy, but it is being compressed to higher intensities, as if your amperage were being raised as well as your wattage.

This is very helpful to us. The more powerful the vibratory characteristics of your beam, the easier it is for us to slip into the vibrational field of your beingness and create a very comfortable and effective contact that enables us to be one with you and to collaborate with you in creating a unified message of love.

Further, the desire of entities who wish to offer themselves as channels is often towards working with the higher chakras, and we would place a cautionary note here, in that it is always effective and wise to focus, not upon the upper chakras, for they will open like flowers once the energy is coming through the heart, but upon your lowest chakras, the red, the orange and the yellow rays. If there is resistance or static from the

aggravations and confusions of your daily life, this is where those will likely be held. Releasing them is a help not only within the channeling process but also within the process of living your daily lives.

As to the second part of your query, my sister, it is not necessary for you to focus upon the green-ray energy center simply because we come from the green-ray density. The process of channeling is such that the energy moves through the green ray and through the blue, indigo and violet rays, into the gateway of intelligent infinity and through that gateway in its quest for the compatible energy that has been requested. Then, that energy having been requested as vocal channeling, sources shall come through into not the green ray but the blue-ray chakra.

However, as we said before, it is extremely likely that an entity whose heart is open and whose intent is clear and clean in offering itself as a vocal channel, shall always have an open blue, an open indigo and an open violet ray, once the heart has been opened. So it need not be a concern of yours to work specifically on the heart chakra or even the blue-ray chakra because of the fact that once the heart is open, that springboards the focused entity who knows its own will into the appropriately open and cooperative higher chakras.

**LAITOS, JUNE 7, 2008**

We are most happy to work with each instrument and wish each to know that we will be working to adjust for comfort and for clarity of contact with each instrument as we offer thoughts on this excellent subject which has been brought to our attention; that of how to make the channeling process more effective in your own practice, or as the one known as Carol put it, how to make the highest and best that you are, higher and better.

The one known as C is correct in seeing that the state of being highest and best is not only unique to each channel but, within one channel's experience, unique to the moment. A sign of spiritual maturity is the regularization or standardization of the vibration with which an entity characteristically meets life. However, even in the most spiritually mature person there will be variations in tuning which occur due to the natural ups and downs of the events of a life lived in third density.

To a certain extent this is also true of us and of all those in fourth density as well as in fifth density. Within sixth density it is likely not to be the case that there is a noticeable variation in the basic tuning.

Whatever the tuning of everyday is, it is likely to be less close the ideal of one's personal highest and best in that particular moment of time than it will be if tuning is done, and that is why we encourage each to move through a tuning process before opening oneself to channel.

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As each entity proceeds through the process of tuning, there is the desire to serve as an instrument which propels the entity to its highest standard of excellence, shall we say, in achieving the tuning process. This desire, in our opinion, serves as the foundation stone upon which this service is built.

This desire is that which springs from the deepest portion of the entity's being; the mind, the soul, the heart, however one may view this deepest portion of one's being, combined together to fuel the energy of being, the energy of existence, shall we say, and is the first channeling that an entity will experience.

As this desire is then channeled into the conscious mind of the entity it begins to manifest in various ways so that the entity may gather its forces, gather this energy and point it in a certain direction.

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Much as a flame can become brighter and bigger by adding fuel, such as wood or oxygenated air, so too can the fire of a channeler be made brighter and the tuning made more refined by the substance of experience fueling that channeler. The idea of "better" and "more better" is meaningless. There is only what is. Every word that comes from a channeler that is spoken in faith with a purity of heart is perfect already.

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So when channeling, there is no consideration of wishing that you were better or that you were more perfectly tuned, for that which you offer in that moment is perfect of its kind and wholly acceptable. And yet there is not only intention and will and focus in the preparation of a channel, but also one's own very personal and even intimate sources of inspiration.

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Be clear and pure with the intention, to offer the self faithfully and unreservedly, to practice and practice and practice in the company of those of like mind, heart and intention, and most of all to love: to love the self, to love the expressions of which the Creator makes you aware in contact, and to find within the self that deep well of connection between you and the Creator and, through the Creator, to all of its expression.

These words are simple but they provide a means of continuing with this process and improving and perfecting the tuning, in a sense, though it is worthwhile to remember that perfection in and of itself is an ever-moving goal and will never, in this density, be fully achieved.

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Just as the symphonic musician has honed his performance through many hours of diligent practice and the athlete has honed his performance through many hours of diligent practice, attempting to achieve a goal, so it is with the person who is learning to channel. It will take diligence in working toward the goal of a perfected tuning.

There is a kind of lifestyle that supports this kind of practice and that is a lifestyle of living in integrity. In your books of wisdom there is a simple but eloquent statement that you know as the golden rule, and that is, "Do unto others as you would have them do unto you."

A lifetime of integrity is also set forth in one of your books that has been very popular in recent years and that is *The Four Agreements*, written by a man named Don Miguel Ruiz. Living a life of integrity, moment by moment, hour by hour and day by day, forms the foundation for the kind of skill that one needs in perfecting and honing one's tuning abilities.

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We speak of tuning today in hoping to create a more refined way of connecting with each instrument, with an understanding that each individual is working towards his or her own personal evolution, just as the Earth is working towards her evolution. This is the beautiful symphony that has been spoken of all coming together to form the music of the creation.

For purpose of tuning to connect with us with clarity, we ask that each considers the chakras as they connect with each density. The first chakra in the body connects with the first density on the planet. To have this chakra balanced and clear one cannot be concerned with one's own survival.

We ask that each individual work towards balancing the chakra system, beginning with the first and then the second and then the third. When balance is achieved, one will not be so concerned with how the self appears to others. The third density correlates with self awareness. As this chakra is balanced and the energy is able to move up into the fourth chakra, which correlates with the fourth density, one can feel the love in the heart. And when this love is felt, you are connecting with the fourth density. This is the raising of the vibration through the levels and then connecting through love. Once the connection is felt you will know.

In speaking the words earlier of Hatonn in the readings, it came forward that a signal can be made when connecting with the contacted channeler. This, dear ones, can be your signal—the feeling of love in your heart. This is what we mean when we say we are with you in meditation with the desire for love and the feeling of love.

As we spoke, it is difficult in the daily life to hold that vibration. But it's very achievable when the desire and the intention is set to raise the vibration to the level of love within the heart of the human.

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We offer an image. The instrument is standing at home next to a stepladder. His little granddaughter climbs up the stepladder to a point above his head. She turns to him and says, "I am taller than you." And in a sense she is right, but in another sense she is up in the air. Her body is not on the ground.

The lesson here perhaps is that to be really tall and high you also need to be grounded. It's also like the oak tree, where the deeper it goes into the earth, the higher it goes into the sky, into the upper realms. However, the oak tree at each point is a perfect oak tree, so that there is not a real higher or lower, but rather there is development. And the lesson here is perhaps to pay attention, not just to being high but also to being grounded in the lower chakras. From there comes the energy into the higher chakras, so that development is balanced and stable and steady.

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The tuning process is indeed one which begins and ends with the true nature of the self, which cannot be pretended or faked, and not only the true nature of the self but also the passion of the self. Some of those in this circle such as this instrument and the one known as Jim have worked with the process of tuning for many years and it could be said that they long ago became proficient at the form of the tuning process. They are able to move through the various stages of that process as they have found them to be useful in the past.

However, tuning oneself to one's highest and best includes an element of fire as the one known as Lorena channeled earlier. There is that fire of passion. It is easy for the most experienced of channels to forget the importance of the spontaneity and excitement of the fire of love and to become lackadaisical or oriented toward fulfilling the form of a tuning process. And so we would offer the idea that tuning for channeling to one's highest and best is, in some ways, akin to tuning the self in relation to the mated other self for sexual energy exchange of a sacred nature.

It is not always the same elements that excite one and move one towards the readiness to exchange sexual energy. The red-ray Eucharist is a good analog to the tuning process in that it is more involved with the physical realm and is easier to think about in terms of how the passion is excited.

Perhaps for the past little while the passion was excited within one's inner being by thinking of various aspects of the physical act of sexual congress, or by those things about the mate which have, in the past, excited and stirred one, whether those things be physical attributes or attributes of character. There is therefore the necessity, when one begins to play in the fields of the Lord, as this instrument calls lovemaking, to get in touch with what is truly exciting, not simply in the past but today and right now, and to focus upon that with all of one's heart, giving to it 100% of one's attention.

Just so, what inspired and excited and inflamed one to seek and to see and to serve the Creator in every way and at all times may have become a different thing than it was yesterday for you. Perhaps yesterday a particular prayer lifted you to the heights and stirred your heart into flames. Perhaps today it falls flat. Have the awareness then, when you are seeking to tune to your highest and best, to realize that it is not time to move forward with the tuning process until you have found that prayer which is effective today; that invocation of the higher self that lifts you today; that song or that visualization that stirs you today.

This instrument has often spoken of the tuning process to this group as if it were a finite thing. It is not a finite thing, any more than you are finite beings. You are a complex of vibrations which exist in dynamic harmonization with each other under the aegis of an overarching field of vibration that is your vibration as an entity. Within this field your energies are in constant motion. The colors of your auras are changing, brightening, dimming, spinning faster or slower, linking up in specific harmonies as you go about the choices and chances of daily life.

And it is no different during the tuning process. You are a new being every time you tune and you wish to be alive to yourself so that you are infinitely aware of how you are lifting yourself; how you are moving the music of your soul upwards to the vibration which is indeed your most inspired, your most engaged and your most focused for this particular moment.

Further, we would offer through this instrument that, just as in the lovemaking, the energy of physical desire can be dissipated or it can be focused and brought to the highest and best energy exchange possible, so in tuning to channel, that energy can be dissipated in emotion that spends the fire before it has become focused enough to lift the self.

This instrument, for instance, has on occasion become so wrapped up in praising the Lord Jesus the Christ, that she moves into a chant of, "I love you Jesus, I love you Jesus, I love you Jesus." This is certainly inspiring her and lifting her up. And yet, in a way, choosing to focus upon the somewhat emotional or emotionally driven energy of this chant moves this instrument away from her highest tuning as a channel for the one infinite Creator, for she spends that fire on devotion rather than holding it in focus and opening through this devotion to the unknown which is to come through the gateway of intelligent infinity.

Consequently, it may well be that the tuning process which worked wonderfully for you yesterday may need what this instrument would call a bit of tweaking today. If you are praying a certain prayer, for instance, and it does not seem to move you as it once did, open your thoughts to the possibility that there are other prayers that would be equally inspiring and fresh to you, so that you do not become overly used to and overly familiar with something to the point where it no longer had the capacity to fire you.

We want to thank each within this circle for the great privilege of being able to work with your instruments. It has been a wonderful exercise for us as well, as we hope that we are more and more competent at conforming and adapting our vibrations to your own and moving with you as you develop as channels. We assure you that each of you is indeed evolving as you work with the energies of those such as we who come through you and link up with you to collaborate in this mutual quest to offer words of love to a world which has a great hunger for inspiration and encouragement.

We thank you for responding to the desire to be of service in this way. It is a great blessing to us that we have been given this opportunity to work with each of you.

**LAITOS, JUNE 8, 2008**

We are aware that each of you has studied and practiced considerably upon the subject of the challenging process and are further aware that it is the carrier wave that we of the Confederation offer to those who ask that is the confusing element here.

The way to find out who is speaking to you at your private meditations is to offer a challenge. If the entity meets the challenge, then you may ask what type of entity that it is. If it is a Confederation entity, then you can simply ask that entity to contact you later when you are in a group situation.

If it is your inner guide, then you are completely assured of safety as you communicate with this source of guidance that is a portion of your larger being; the gift to yourself, given in mid-sixth density when the self realizes it is beginning to turn towards the gravitational pull of the one infinite Creator and is going to be leaving behind the hard-won wisdoms of experience up through that density. Consequently, as a part of yourself in the literal sense of being a part of your individual spark, it is quite safe to communicate in this wise.

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Why is it that it is not until the carrier wave is applied that one's guidance system might come forward? My friends, you have only to gaze at the incredible complexity of your daily life. There is so much to do! And even the most skillful of organizers can at best make some sense out of the chaos by prioritizing those things which need to be done in any one day. When one comes to the hour of meditation, there is much still upon your minds. And so it may be somewhat difficult to release all worldly cares and move into meditation.

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Once you have called for and you have received contact and you have challenged then and the contact has successfully passed such challenge, then you can be assured that you are in contact with that which you have called forth and there is no need for concern further past this point.

From our perspective it is quite simple in that you are a tuner of frequencies of energy and you operate your tuner through your intention. You have these safeguards and systems for determining that what you are listening to is indeed what you have asked for. So it is in some ways a mechanical process.

But there is the issue of the conscious mind: your conscious mind and the doubts and fears and concerns and stray thoughts that go through one's mind as one is in this process of establishing contact and translating these energies into spoken words. There is little in terms of a mechanical process that can be used to allay one's fears or concerns or doubt other than to remember that this process works as it has been laid out to you at this time as you understand it.

Therefore, there is a measure of trust that you employ in this process.

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**L:** Is there a way to parse out these thought concepts that we are given more easily? Where do we start? When we are given such a large body of information and then asked to convey this in a manner that is receptive to other people, would you please give me some advice on how to go about starting to parse out these concept bubbles?

I am Laitos, and we are aware of your query, my sister. We would simply suggest that you begin speaking the first concepts of which you are aware and continue speaking as long as you are aware of concepts. This is something that will simply take practice, for as you become aware of the "concept ball," as it has been called, you are aware first of the immensity, because in your particular case you are quite sensitive to information and are aware of the amount that awaits your translation.

If you pause overly long in beginning the contact and speaking that with which you are first familiar you will begin to make a blockage for yourself in that there will be a longer and longer time until you begin. So we would simply suggest that you begin speaking and speak for as long as you are aware of concepts. Be as relaxed as you can in your own attitude toward these concepts and let fly, my sister.

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**T:** I was aware of concepts in this cloud or ball or whatever you call it, but I also felt the urge to pass the contact on so I didn't speak until all of the concepts were gone and that felt okay to me. I guess I'm asking you, was that okay?

I am aware of your query, my sister. Indeed, it is okay. That which you do as you take part in the channeling process—the tuning, the challenging and the speaking of that with which you are coming in contact—is perfectly okay. You may pass the contact whenever it feels appropriate to you, even if you have an awareness of more concepts that are available for your translation. You may continue speaking until there are no further concepts which to translate.

Everything that you do in this process is okay. For it is a process by which you become familiar with and comfortable with beginning the contact, speaking the contact and transferring the contact. All of this takes time and practice and we are most happy with your progress and the progress of each instrument in this circle.

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**T:** I become aware of concepts forming when I hear the others channeling and I try to make my mind as blank as I can just to hear what they're saying but not to be aware of the other concepts that are forming. My goal is just to not be aware of any concepts until the light is on me to speak. Is this the right way to do it? I at times was aware of that struggle because the concepts were just wanting to manifest to me but I was, again, having to push them away. Is that the best way to do it? Shall I allow them as I'm listening and just be aware that they aren't what I need to be speaking? Or shall I just continue to try to keep them from my awareness?

We are aware of your query, my sister. Since this is an intensive practice with a number of instruments participating in the circle, there is a great deal of awareness of the process of our presence and of our

message. This awareness is shared by each within the circle. If you allow yourself to become aware of this process as each has done, it is not surprising that you would be aware of the thoughts to be transmitted, even though you are not at the present moment participating in the transmission of thoughts. It is not a concern that you need to be responding to by pushing away the concepts. Simply do not speak them at the time that another is speaking. Wait until your turn.

This entire process of learning the channeling craft is not that difficult, as each is beginning to discover. It is a process with which each is familiar in the daily life. For as you engage in conversations with friends, with strangers, with anyone, you do not participate in a prearranged “package deal,” shall we say. You have not planned that which you are going to speak. You are at each moment a channel, channeling from another level of your being. Perhaps you channel from other levels of reality when you are particularly inspired.

What you are doing in this circle of seeking is focusing that talent, which you have developed throughout your life, so that you are able to pick up concepts from another source, that source seemingly outside of yourself, a source such as are we. We speak as representatives of the Confederation of Planets in the Service of the Infinite Creator. We are thrilled to be able to make contact with those in this group and to speak words of information and inspiration through each.

We could say that there is one basic quality that we recommend at this time for each and that is a relaxation into this process. Do not be overly concerned about how to do this or that. Simply let it happen. For it is that which is natural to your being and is a satisfaction of the deeply held desire that each has within the heart.

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**R:** This time around I was able to feel the conditioning and then I went through the challenging and I could just barely feel the bubble coming up to the surface. I wonder if the block that I have is anxiety or perhaps just hearing too many channelings in the past and having formed some expectations of the way in which the message will come into my consciousness. Would you comment on those observations?

I am aware of your query, my brother. The most difficult portion of any training of new instrument is the instrument’s feeling the freedom to speak the words, the thoughts, and the concepts that come into the conscious mind, as the mind is held open and ready for such. Even when they appear, it is sometimes difficult for a new instrument to be able to, as the one known as Carla would say, “hang the ass over the line.”

For who wants to look foolish? Who wants to make the wrong move? In your culture and in your society you are raised with the feeling that there are definite wrong moves and these have been punishable in your past by ridicule, by laughter, by some type of harm coming your way which caused you to retract, to build a wall, to be more careful, to be more aware that there could be a mistake made.

In this instance, we are asking that you remove such blockages, that you forget such punishments, that you allow yourself to move into a new area of being loose, being free, being willing to be the fool, being willing to step forward and speak that which you feel, that which you hear and that which you have become aware moving into your conscious mind.

Simply do that which you feel and say that of which you are aware.

**LAITOS, OCTOBER 30, 2008**

We assure the one known as R that each time he moves into the channeling, even though it may seem to him that he is not progressing, each repetition smooths the way for the more immediate awareness of our thought impulses. We thank the one known as R, as well as each in this circle, for their willingness to use the repetition of the Channeling Circles in order to hone their skills at picking up our contact and at being able to move spontaneously with the flow of our concepts.

LAITOS, OCTOBER 31, 2008

We thank this instrument for its effort to return to the service of channeling and in particular for the effort it has made to open itself to our vibration, which for this instrument is somewhat challenging and feeling a little breezy, shall we say, to one who is accustomed to toting around a conceptual apparatus of considerable weight.

We feel that the effort is well made and that an openness has been achieved. We appreciate that the instrument has, in becoming aware of these issues, allowed itself to be made the subject of this discussion, for it is in general reluctant to do so.

This is relevant to the message which we bring today, because it represents a kind of judgment which often conditions the subjective feeling that a new channel will bring away from the experience of opening itself to the experience of serving as an instrument.

It is very frequently the case that the new instrument in particular will find that it feels it has failed and that it will carry this sense of failure into the aftermath of the experience, as it were, and become discouraged.

This is not a particularly useful use of the faculty of judgment which, in our experience, is best directed to matters of discernment when it comes to issues of finding your direction within your third-density experience.

When the faculty of judgment is turned back upon the self, it tends to be a very harsh master, and all those who have gathered here have achieved a certain sense of a standard, shall we say, or an idea of perfection, in performing the service that they attempt, that if used as a strict measure in relation to their own efforts will make it seem that those efforts do fall short.

And we can tell you that in a sense all efforts fall short. Even our own do so, again and again.

What we can encourage is a realization that the importance of your attempt at service lies primarily in the intent; that when you open the heart there is in a sense no possibility of failure. And though we ourselves can feel, and very frequently do feel, that opportunities have been missed, upon further reflection it becomes clear that there were sound reasons for letting these opportunities go at the time in question.

And therefore one needs to practice patience and be aware that opportunities do come round again, and that meanwhile the effort to be of service does not go unnoticed, shall we say, in the overall process in which you are engaged at this time.

We think that too often in your people, as in this group itself, judgment runs amok. And we would encourage you to seek the lighter touch, to seek the gentler hand in treating yourself, even as you have learned this in attempting to be of aid to others.

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This process is one that is open to all who truly wish to serve and that the effort made in good faith will always pay off, though not in ways easily recognized by the neophyte, especially for those who come to this experience with certain expectations.

This instrument has found a way to free herself from the expectations during the process, but once that channeling process is completed she slips into the stance of gaining the experience above her level of ability and therefore she does not take full advantage of what has been accomplished—what she has accomplished.

And, in greater or lesser extent and for various reasons, this tendency also occurs in others who attempt this form of service. Rest assured that, whenever this contact is made in good faith and there is a recognition of contact and dialogue between us and the instrument that progress is made. And regardless of the aftereffects, whether they be of the feeling of depressed energy or elation, doubt, questioning or whatever the case may be, that the desire remains and the attempt continues. The progress is made and will continue to be made.

So many of the problems and distortions of third density are responsible for the true progress that is being made in this endeavor. And as you reach beyond the illusion of third density, you will become strengthened

in the knowledge, as you progress beyond what this density would present as reality, until the point is reached where you will be able at will to see more clearly from that higher perspective of fourth density.

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The concept of energy expenditure is one which is helpful. We look at the process of channeling. The process is one which utilizes both the expenditure of energy on the part of the channel and an expenditure of energy on the part of the source. The collaboration betwixt the two creates an unique blending of the energies of the channel and of the source, so that the resulting message which is produced by the channel is greater than the sum of the two expenditures.

The way the channeling process works may seem to be one which is without effort on the part of the channel, where the channel is not expending its own energy but rather is simply a conduit for the source. And yet this is not so. And each of you has experienced the intensity of the effort involved, even though that effort consists seemingly in the calming to quiet of mind and to transparency of personality in order that the source may completely take over the words that shall be spoken.

Consequently, when the process of channeling a message has been completed in one session of working, there will inevitably be some kind of residual emotional feeling that is the result of the energy that has been expended.

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We believe the one known as T2 received the concept which we were attempting to transmit through his instrument quite accurately. However, there were spikes of energy which, shall we say, blew the channel, and we find that the one known as T2 is slowly regaining that focus and that openness that were his.

However, this process often takes a certain amount of what you call your time, and we only wish to assure the one known as T2 that his instrument was able to pick up our concepts accurately. We would encourage this instrument to persevere without judgment or self-doubt, for, as we said earlier in this session, such self-doubt is indeed a rather poor use of energy.

Rather, when a perceived failure occurs, we would ask that that every thought of the self be one of nurture and encouragement, for channeling is as much an art as a craft. And there is a tremendous amount of help that is available to the channel that does not allow itself to become discouraged but rests in the knowledge that it shall try again with undaunted enthusiasm for the service that it has chosen to pursue.

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It is important to describe the concept of a focus as soft and pliable and malleable. That is the intent of this type of focus during a session with a channel such as us, where an interchange and exchange of energy can occur.

The picture that we bring to mind is one of a child who plays with Play-Doh. The child is able to manipulate the Play-Doh, in ways depending on its consistency, his energy expenditure and design, and his ability to put the Play-Doh into a malleable form. It is important not to over-think the process.

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We spoke earlier of our energies and the energies of the channel coming together to create something larger. The channel may wish merely to be a conduit, passing only the information from the Creator and adding nothing of his or her own. This is a good focus to try to achieve, yet, because we are coming through living instruments, this is impossible in practicality, much as the child forms the Play-Doh. The Play-Doh does not form itself.

Therefore, we come through living channels that must speak the concepts that we wish to convey to the group. The energies of the channel are necessary for accomplishing this feat. It is not the channel that interjects his or her energies onto us. It is rather we using the energies of the channel to serve our mutual purpose, the mutual purpose between the channel and us. The conduit gives itself to its purpose. The energies are given in service to the Creator, and it is the gift of these energies that we use.

Therefore, it is accurate to say that the channel does not consciously interject any of its own [material], and may still bring forth all of the Creator and none of the self. Yet, in reality the channel is also having some of its energies used in the procedure of contact and in creating a dispersion of information from us to others.

We would say to this group that the energies that you possess here are used with much gratitude. Thank you for allowing us to combine our energies with yours.

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It has been some time since we have used this instrument. We look about the mind as we would examine a basket of fruit and vegetables, looking at one which is particularly delicious and ripe—

*(Laughter)*

—and share what we find. We choose today an apple. This instrument is much like the ripened apple at this moment, having completed its round of activities for the week, having fallen from the tree, shall we say, and rolled on home.

*(Laughter)*

As we approach each instrument, we look to find that which is most easily and readily available as concepts to share with the group. For new instruments are in need of fertile ground on which to walk, familiar territory through which to pass, and concepts which are easily recognized and transmitted.

It is our great pleasure to be able to perform this service, for it is a great service to the Confederation of Planets in the Service of the One Creator, and to those who listen to these messages, to have new instruments through which to speak.

The message we have to share is ever and always the same. There is but one Creator who is made of universal love and of which each participant is a portion, finding those paths to travel that all lead home. And all are home. The journey and the destination are one.

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There are techniques of which you are already familiar which aid in the preparation for the channel. And, although it may seem a needless repetition to mention them, we humbly desire to be redundant because of the centrality of these techniques in deepening the stability of instruments and in broadening their point of view in order that those things that were not dreamt by Horatio and his partner in conversation [1] might become possible to dream, so that through such instruments we of the Confederation of Planets might be more able to offer concepts which the instrument may find easier to spin out into words and thoughts from our offerings.

One of these techniques is entering the silence and maintaining a silence of self, and the other of these techniques is the balancing exercise. We would speak briefly of each.

Firstly, we would speak of the balancing exercise, as this exercise can be misused, and we would wish to encourage each, when reviewing the thoughts and the feelings of the day, to move into those energy expenditures which seem to the self to be somehow distorted, either overly happy or overly sad in reaction to the catalyst that caused them to occur.

The misuse of this exercise is in getting fixated upon the seeming errors or distortions. Say, for instance, that you have become impatient with another. It is important to be able to move into that impatience without judgment, to feel that impatience and even intensify it, still without judgment, then to allow the dynamic opposite of that state of mind to flood the mind so that patience is experienced to the intensity that impatience was experienced. The result of this exercise, then, is an enhanced knowledge of upon what issues the self is working and the growing fullness of awareness of the self as a living, real being.

Oftentimes, because of the intensity of the many roles that each plays in living a life, it is easy to lose track of the basic, authentic self that underlies and embraces all of the thoughts, emotions and behaviors that are experienced by each individual.

The other technique, of course, is that of entering the silence.

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You have studied in some depth the tuning process, which has been well explored and recommended by the senior channel of this group, and we can say to you that this process is certainly among the very best that we have encountered.

However, each must develop a unique orientation to this process, because the energy arrangement within each individual, the priorities within each individual, the strengths and weaknesses within each individual, are utterly unique.

Therefore, one must find one's way. One must find that for which one would give everything. One must find within one's heart the clearest trail to the heart of one's intent and be prepared to follow that trail and to protect it at every crucial turning so that the channel may remain as pure as it is humanly possible to achieve.

We would thank this instrument for the intensity with which it attempted to challenge us at the beginning of our contact, and yet we feel this instrument will not take it amiss if we say that intensity by itself does not constitute the most eloquent, shall we say, challenge. For the challenge that is most successful is the one that not only challenges the contact but also challenges the self to find within itself its highest intention.

This is a process which will not be perfected in the first attempt, but we cannot stress enough the importance of undergoing the process and of keeping it in mind as one proceeds, for apart from this the channel will always be in danger of opening itself to influences it finds within itself but does not, upon further or deeper reflection, wish to mate with, shall we say. And the experience of channeling is very much like an experience of mating in an important respect, because there is the experience of two becoming one.

The unity or combining or blending of energies to become one across the distance of density, as occurs in Confederation channeling, will inevitably involve some level of discomfort for the channel. This, far from being something which should be despised, is rather something one needs to learn to welcome, for it is the mark of the reality of encountering another that this feeling of discomfort should linger at a low level throughout the experience.

One reaches for that which is not entirely one's own. Only as the experience of the channel begins to grow and to ripen, as our previously invoked metaphor goes, will it become clearer to the new channel which is attempting to learn its craft that there is indeed both push and pull from the other side, so to speak.

From our part, we feel a similar process going on, and we can assure you that we are in many cases as uncertain of our footing as you are of yours. And yet we have experience enough to trust in the process and to take that which you may have said as a channel which was not part of our thought and to enshroud precisely that which was not of us in that which is of us, so that when it comes back to you as yours it is also ours, and we may begin then to speak of an "us" that is combined of the instrument and ourselves, who are the contactee.

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T2: Laitos, when the contact was first transferred to me, it seemed as though I received the first four words in some bold lettering, but unconsciously I immediately started questioning which way this was going to go. And after the end of the fourth word there was nothing there.

I do understand that this is a problem with new channels, to start questioning. But then, when Carla handed it back to me the second time, there seemed to be nothing but a flat hole. There's just a darkness, and there seemed to be an emptiness within me, and I felt absolutely nothing.

Did I feel that correctly? Can you explain that for me, please?

*(Carla channeling)*

We are those of Laitos, and are aware of your query, my brother. As we said earlier, the circuit of your openness to contact was blown by the energy of your concern over what would happen next. This, as you know, is very common, yet it is always disturbing when it occurs to a channel.

This instrument recalls her circuits being blown for a solid two months after it began to attempt to learn the process of channeling. Energy would rise up within her and successfully blot out all ability to distinguish or discern the collaborative contact betwixt source and channel that would result in a message being brought through.

When the one known as T2 again was offered the opportunity to receive the contact, the reset button had not yet been pushed within the one known as T2, so that there was indeed nothing there. That was an accurate perception. And it might be a cause for concern were it not for the fact that it is inevitable that when a circuit is blown it must be reset and there is a period of time, as you would experience it, which is unique to you and is unique to each channel, that is necessary in order to become once again centered and focused and firm in the intent to receive the channeling contact.

In other words, it is necessary to retune when a circuit has been blown, and we use that terminology because it really is a kind of electricity, or the energy that you would understand as electrical, in that the contact is the closing of the gap betwixt the portion of the Creator that is the instrument and the portion of the Creator that is the contact or the source, so that the time that it takes to retune and to reopen to contact will vary infinitely indeed from person to person.

We feel that the way to look at such experiences, my brother, is that you are gaining experience each time that you sit in a session of working. Each time that you may experience this phenomenon of the blown circuit, then, is an opportunity not for self-judgment or for despair but for the practice of the retuning process, so that you are once again one-pointed, open and transparent to that which is incoming.

#### **LAITOS, NOVEMBER 1, 2008**

We entertain today the question of anticipation, anticipation's own patterns, which include also the element of responding or reacting to the propensity to anticipate. One can become quite convoluted in this process. One can see that when one anticipates one's anticipation and attempts to fall back from that, one can find oneself in quite a pretty tangle indeed.

So let us assure you that there is a degree of anticipation which is quite healthy and quite normal. When one finds this at work in one's process of orienting oneself to the preparation to receive the channeling, as it were, this may be regarded as a healthy configuration, shall we say.

For the important point to keep in mind is that a stability of the energy of the instrument itself is highly desirable. What we are suggesting is that a kind of anticipation without an over-reliance upon what it is that is anticipated is the desirable result. But there will always be some need for a content for this anticipation and this content, though it be a distortion of one's own thoughts, is not to be despised as part of the process. For one's own distortions are indeed part of the Creator itself, and are a perfectly acceptable portion of the process of the channeling experience, in proportion, as they are viewed as a requirement for the sustained opening [to concepts from the source], which shall never be lost sight of.

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We now speak about the concept of acceptance. This instrument felt the concept in the words wishing to be expressed through her, but hesitated, though she herself had focused upon the open acceptance, the embracing of faith, in preparation for this channeling circle. For the first time, she was able to bypass any form of anticipation, laying herself open to participate fully in whatever would eventually [occur], but yet, as the circle was opened up to the rest of the group and the indications were there to speak, she paused.

And it is this tendency in so many who wish to serve that slows the progress towards greater light and service. For there is this desire in so many people seeking the light, who wish to serve so fervently, but yet, when the opportunity is presented, there is hesitation. The reasons are many for one not to proceed along

the ways of service. Much of it, perhaps most of it, comes from within the server. There are so many illusions that would confuse one when one would step upon the path of its own true service. There is also confusion which would make it difficult to discern the truest path of service for any given individual. There are also societal pressures to which some are prone to succumb. And there are other reasons to get in the way of one's true path.

But recognize, all of you who are committed to the service of the planet and the Creator, that whatever obstacles impede your path, within you resides the ability to overcome these obstacles, even the ones that come from within your own being. In fact, these are perhaps the greatest to overcome, and for that reason they are the most necessary to overcome.

For when there is a place within your heart where that desire to serve and to do so truly and fully is recognized, then a way can be found. And the desire is therefore a reason. And unless and until you find the way through to that service, there will not be the fullness of peace and rest and joy that you would experience and would share with others.

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There is a wealth of recollection which feeds into the present moment for each channel, whether new or experienced, that is powerful and helpful as the instrument meets the present moment and the spontaneous opportunity for cooperation with those of the Confederation such as we.

There is also a usefulness to the quality of anticipation. Anyone who has anticipated Christmas morning as a child knows the joy and the light of such waiting and looking forward, even though it seems like an agony to await until the sun has risen and it is all right to start the day, in terms of how one's parents may feel. Still there is that overriding elation that comes with anticipation of a good event.

The only time that anticipation is not helpful is when anticipation is accompanied by fear or dread. So that there is the ambivalence of the salesman who is shy. He climbs the stairs and goes to the front door and knocks on it all the while saying to himself, "I hope nobody's home." It is an understandable quandary and we are certainly not attempting to make you into salesmen! However, we do await your willingness for us to, shall we say, knock on your door or for you to knock on our door or for us to knock on each other's doors, in order that we may open to each other, come into our common heart and make linkages.

There is a good deal of possibility in any channeling situation, whether a formal channeling situation or a common, everyday situation, that you will be deceived to a certain extent because of prior assumptions or the expectations that are not accurate. Consequently, we ask that you make as few assumptions as possible and leave the past and the future at the door.

We earlier discussed the experience of the one known as Samuel in the Old Testament. It is so, indeed, that the ultimate outcome of the conversation was, "Here am I." However, Samuel was awakened from sleep and confused by the Creator's calling of his voice. He assumed, quite wrongly, that his master, the one known as Eli, had called him. And he went to his master, who, understandably, was not terribly pleased to be awakened in the middle of the night, saying, "Master, you have called me." Eli, of course, said, "I did no such thing." This occurred twice.

Finally Samuel realized that if it was not Eli calling him then it must be the Creator. And that was the moment at which the floodgates of his ability to serve opened and he said, "Here am I." It was not that he felt suddenly that he was more competent or that he was more gifted. It was rather that for the first time he understood that it is possible to have direct communication with the godhead principle.

And in a certain way, we are a sub-type of the godhead principle in that we are unseen and unknown, and yet we are essences and entities that are as real as your essence and your being as an entity.

Consequently, the more skillful way to approach the awaiting for contact, or the seeking for contact, is to come as fully as possible into the present moment without denying either your past and all of the wealth that

it has given you to come to this present moment or the anticipation that leaves you eagerly pressing into the present moment to discover its fruits.

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Anticipation is one of the many powerful tools that can be used in preparation for channeling, among many [ways to]work for the Creator. Any powerful tool is wonderful when used correctly and can be damaging to others and the self when not. The main mistake that is made when trying [to channel] and when exercising anticipation is to allow the fear and worrying about the outcome. It can just be said that in any event, whether the first channeling attempt or third channeling attempt or a channeling attempt of an experienced channel, there is always some element of anticipation that can actually be used to heighten the senses and the energy of the vibrations of the individual. And when the fear takes over or if concern about the outcome is begun to be felt by the instrument, just remember that joy and elation may be felt as powerfully as you remember feeling it on Christmas morning when you were a child.

When one is focusing on a task that one thinks is important, an important service—which is a good thing to be felt—sometimes [there is] a tendency to become microscopic and blow the importance out of proportion, a feeling of an “all or nothing” situation. But the opportunity to channel is a moment to be of service, just as every moment of living and breathing is a moment to be of service and in a sense you can anticipate every moment with joy and elation and feelings can well up within you and radiate. It’s a powerful propellant.

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The topic of anticipation is one which we find to be salient for new instruments, for the process of anticipating what the channeling experience will be like is one through which each new instrument goes, not only in the beginning of the contact but with each successive word, each successive concept that is anticipated, experienced and expressed.

The anticipation that each feels during the channeling process is likened unto a kind of lubricant, shall we say, that allows the process to occur in the energetic body, for the channeling process is one which blends all aspects of the instrument’s being. Or perhaps it would be more correct to say, it requires the blending of all aspects of the instrument’s mind/body/spirit complex.

For this is a meeting of two worlds, shall we say; the space/time third-dimensional reality in which each exists in the normal round of activities and the time/space or invisible realms that each aspires to bring through to this third-dimensional experience, to inform it, to enrich it, to guide it. Thus, anticipation is most important and is not something for which each must search diligently. It is that which naturally springs from within the depths of each entity.

**Q’UO, NOVEMBER 22, 2008**

We wish to thank the one known as G for this query [concerning the difference is between two basic activities: channeling and becoming.] It enables us to look at the two paths of seeking which may be called “passive and reductive” and “active and inclusive.” The passive and reductive path is that which we would characterize as the Buddhist way, the Way of the Yogis. The beginning of the path is seen as one of chaos and a world of confusion and suffering. The end of the path is seen as the end of suffering and the reduction of all chaos into the “zero” of the uncluttered and empty mind.

In contrast, the way of activity and inclusiveness might be characterized as that Western way, which is understood by this instrument as the Christian way, where there is a journey from the beginning which is a similar landscape to the beginning of the Buddhist way, full of chaos and suffering. However, the end of this way is seen as a journey into more and more fullness of content, more and more connection to the world, until the world becomes holy or sacred.

In its way of describing that which is the spiritual journey, the Confederation, as you call our group, leans more towards the inclusive path than the reductive path. And yet both are views of the same process and the same underlying reality, if we may use that term in such a world of illusion as is the Creation.

The activity of channeling is one in which the seeker who chooses to become a channel secures itself in a metaphysical manner by declaring, in concrete and absolute terms, the identity of the self with that overarching principle for which he lives and for which, if necessary, he would gladly die.

Grounded and on the *terra firma* of that unshakable identity of the self that is recognized and respected in the unseen realms, the seeker who has offered itself as channel then asks for the source which vibrates in compatibility with that identification. This instrument, for instance, challenges always in the name of Jesus the Christ, asking for the highest and best contact that she can carry in a stable and conscious manner of that vibration. Indeed, we of the principle of Q'uo created this principle specifically to respond to this instrument's request.

During this channeling, the instrument is in a state of rest in the physical sense, having quieted her physical body during the tuning process. The light/love of the one infinite Creator streams through her open chakras with no let or hindrance, so that the gateway is open through the violet ray and the energy moves ceaselessly through the gateway from the entity's south pole up through the north pole of the gateway and down from the north pole of that gateway through to the instrument's blue-ray chakra. There the two energies meet as this instrument uses the blue-ray chakra's energies of clear and compassionate communication.

Were the channeling that of a healer, those same descriptions would be true except that the seat of the meeting of the energy through the gateway and the south-pole energy of the Creator's light/love would be at the green-ray level.

Were the channeling intended to be that of pure radiance of being, the same description would hold forth except that the locus of the meeting between the north-pole energy through the gateway and the south-pole energy of light/love would be at the indigo-ray chakra.

The becoming seeker who merges with all that there is is doing the equivalent of the channeling of radiance of being, and the description would be the same as the description of the channeler of that radiance of being, the gateway energy streaming into the indigo-ray chakra and meeting the south-pole energy there.

This description would indicate that in our opinion there is no difference between one who believes that he is channeling pure radiance of being and one who believes that he is entering a state of non-separation and the complete unity of all things.

Speaking in general, seen from our perspective there is indeed no difference. We cannot speak in specifics because each entity has a characteristic vibration and mode of seeking which will create individual differences that embroider upon but do not contradict that which we have said.

We would bring the seeker's attention to the power of culture and the power of words. While there is no difference between resting in radiance of being as a channel and becoming that radiance of being, as a Buddhist seeker would frame that same activity, there are deep cultural differences that create seekers which are geared and informed in ways that are compatible with the surrounding milieu of their cultures.

Similarly, there is great power in words. That which is entirely and infinitely full and that which is entirely and infinitely empty are two ways of describing one experience. Yet, because words cannot accommodate or express paradox and can only barely indicate the quality of mystery, it is easy for an observer to believe that the two paths are entirely different and perhaps incompatible.

Indeed, the two paths are not at all incompatible. However, it takes a great deal of experience within incarnation for one who dwells in the body to see beyond the apparent differences of the two ways of thinking about the spiritual journey and the techniques of the seeker that aid him further in his maturing.

This instrument has had many experiences of becoming the light so that there was no observer. This instrument has also had the experience of being in the light, where there was still an observer. The difference between these two states of consciousness is the quantum between one kind of light and another. That is, there are infinite gradations of light. The two states are a very small distance apart in vibration. And in

neither state can this instrument ever recall being able to retrieve that state, in terms of being able to share it fully by describing it to those around her.

The question of what kind of personality difference there might be between one who seeks as a channel and one who seeks to become those qualities that a channeler seeks to channel are more apparent than real. That is to say, one who is brought up immersed in the culture of the Western world will be culturally biased towards the active path of seeing the self as doing something, even if it is simply opening the gateway to intelligent infinity, whereas one who is brought up immersed in the milieu of the Eastern world is biased toward seeing the path of the adept as one of reduction and the elimination into that zero that holds all things.

We have greatly enjoyed your people's use of the circle as a zero, for it represents both nothing and all things. It is that spacious circle of nothingness which paradoxically contains all that there is.

When one who is reared in the West is drawn to the path of becoming rather than channeling or being rather than doing, it is quite possible that such an entity has had many incarnations in the cultures of the East. And likewise, when an Eastern-raised seeker is drawn to the path of activity, it is likely that such an entity has had many incarnations in the West. The differences between the two personalities are cultural and shallow, whereas the similarities or commonalities are deep and abiding.

**LAITOS, FEBRUARY 6, 2009**

**G2:** Laitos, let's say that there is sixth-density social memory complex which is a part of the Confederation and the social memory complex's name is Zorton. Let's say that the one known as L2's higher self is part of this sixth-density social memory complex named Zorton. And let's say that L2 channels her higher self. She doesn't do outer-plane channeling but she is channeling her higher self. Now, I know that words are not the equivalent of concepts of thought forms, and especially in social memory complexes, but as far as words are synonymous of the facts for which they stand, wouldn't L2, in channeling her higher self, be accurate in saying, "I am channeling Zorton?"

We are those of Laitos, and are aware of your query, my brother. It would not be at all accurate to say that in such a circumstance the one known as L2 was channeling Zorton. To say so would be analogous to her saying that she is channeling America when she recite the pledge of allegiance or consults the Bill of Rights or the Constitution for information. One's higher self is the culmination of all harvested energy expenditures and biases that have accumulated around an individual's soul stream throughout the progress through densities one through six. It is a presence unique to that entity. It is the gift of the soul stream to the third-density self at the point at which that sixth-density self realizes that there is no longer any desire to be satisfied except the desire to merge with the one infinite Creator in its entirely unpotentiated state. This unique source is only available to you. Each entity has his or her own higher self. This is not at all the same thing as the social memory complex as it is interacting as an whole with those who would seek its opinions.

**LAITOS, FEBRUARY 8, 2009**

We would like to express our gratitude for the determination and the commitment that each in this circle has shown over the course of a period of time during which it has not always been convenient and it has not always been easy to pursue this chosen path of becoming a channel for our thoughts and through us and through those higher energies—we correct this instrument—of those higher energies which we too attempt to channel: the highest being, that of the one infinite Creator.

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**R:** I have a question, Laitos. As I had the contact the second time and I was able to perceive the image of the boundary line, why was I not able to pick up some something else besides the image, if you can comment on it?

I am Laitos. I am aware of your query, my brother. We applaud the courage which you have shown this session in working, in that you have been able to see and experience more of our contact than in previous

workings. That you have not seen further into the contact is simply that journey which you have yet to make. The ability and willingness to open yourself to these types of concepts is an ability which is not common among your peoples. It is not normal to open oneself up in such a manner and it takes a great deal of practice for most entities. And for your particular experience, we find that you have made great progress and would not suggest further worry about that which has yet to be perceived.

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L: I perceive myself becoming more and more weary, wearier than usual, in this weekend. I wonder, firstly, if you can confirm that this is a fact and not simply an illusion, and secondly, if there would be anything that I might do to create rest for myself in the process of doing this work.

I am Q'uo, and am aware of your query, my sister. We may confirm your supposition that the weariness that you feel is indeed weariness. For you have expended a great amount of the energy of mind, body and spirit, the élan vital which is available to each as a daily gift, shall we say, of the one Creator.

It would be helpful in your future experiences of teaching intensive group channeling sessions such as this one if you were indeed able to take more periods of rest into sleep, for this is most helpful for your physical vehicle at this time. It has been expending energy at a rather high rate for a longer than usual duration of your time and has the need of being regenerated, replenished in its energy sources.