

L/L RESEARCH



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THE PARTICIPANT-DRIVEN SYMPOSIUM

PRESENTATIONS & DESCRIPTIONS

Lana A	<i>Seeking the Creator</i>	Being centered on the Creator, being centered on finding joy, balance, love, light, and gratitude for all things that come—this is my work in consciousness.
Jim M	<i>A Heart Meditation and Q&A</i>	A blending of a mantra and silent meditation for the purpose of opening the heart and perhaps beyond. Followed by a period of Q&A.

LANA A.
Seeking the Creator

Lana: I'm going to hold a presentation about Seeking the Creator.

When I was here for the first time four years ago, I held a presentation about something that has been troubling me for most of my life. And I didn't want to give a presentation. It was my first Homecoming, I was nervous just about that. And you know, there's this fear of speaking to people, many people, that probably many of you have. But I felt like I didn't have a choice. I had to speak about it because it was like, every day in my life and it was troubling me. So I gave this presentation, and I think that it made the thoughts in the head more clear, you got that clarity. And after that, I didn't experience any troubles at all! So it just kind of like, went away. So I'm hoping that maybe by giving this presentation, something like that magic will happen! [laughter]

What I mean precisely is that Ra said once that We Are All One, and that is a central thought. That these thoughts may then smoothly activate and balance a human being, and then other lessons may begin like balancing, working with your energy centers, etcetera, etcetera. So this is what I want. I want this smooth activation and balancing and that is always thinking about that We Are All One. And they mention once that Ra, Carla, her thoughts were like 98% on the Creator, something like that. She was like, whoa! I think like 2% of my whole waking time about the Creator, or just having this feeling that We Are All One.

So I'm going to have three central questions in this presentation. The first one is, why would we seek the Creator at all? And the second one will be, what is the Creator? And the third one will be, how do we not only seek it but also find it? Like Fox said, on Friday I think, "I'm not a seeker, I'm a finder." I'm like, yeah! That's what I mean.

So why do we seek, why would we seek the Creator? We have our very busy lives, with jobs, kids, families, friends, homes, and perhaps even pets to be attended. We have smart phones, ipads, TVs, movies, and so much more that we want to have time to enjoy. We also have many must-dos and have-to-dos that need our attention, energy, and time: the laundry, cooking, cleaning, you know how it is. And especially if we have small children like I have. She's going to turn 9 this October. We know how much energy, time, and everything they consume. But it's of course all awesome.

But in our society, I mean like this fairly developed country, we are not the society where it's like common for us to take the time off and to contemplate, meditate, and seek. And there's also this concept of God which is not proven at all to anyone. We all have to take it on faith. Maybe not all, maybe those who have like this constant experience of what we call satori, they know. But for most of us, I mean. And here in America, as far as I understand, there's maybe more worshipping going on, like people go to churches and they are more religious. But in Sweden, we are like almost 98% atheist society and environment. It's even embarrassing to tell others that you go to church or you believe in God. They go, "Really? Do you believe in God? What's wrong with you?"

And so it's all this thing and the way of living, why would we seek the Creator? I guess it's highly personal business. Many people who do believe in God, maybe don't even seek it, it's just the way they've been brought up, or perhaps something that's always been there like their religion. Maybe they go to church because everyone else do and they don't want to be different. And they say grace at the dinner table because their mom and dad did. But it doesn't mean that they actually seek God.

Personally I was brought up in also another atheist environment, in Soviet Union 'til I was 14. And there were no prayers, no worshipping, no nothing that had to do with spirituality or religion or any mystery at all. But for me, there was a lot of, there was like mystical sides of all things almost. So I had to seek and when I got old enough, about 12 years maybe younger, I don't remember quite correctly, my friend and I, we started to go to those different churches. And it was in Moscow. We did have churches there because it was like a cultural leftovers, so you could go inside and look at them like a tourist, and that's what we started to do.

Then I started to read Bible, I read it a couple of times. It didn't satisfy me. I read the Bagavad Gita and other books which had to do with magic, spirituality, ghosts, mystical experience, you name it. And that is how it all began. Of course the seeking wasn't this intense during all those 20 years. It has always been there in some form, but finally after 20 years, one dark October night, I found something. It's Ra.

So why would we seek the Creator? And as I said, it's probably individual business. Some may be seeking but they don't know exactly what they're seeking. Maybe they're seeking mystery of the unknown, for instance when they try to find out about aliens and ghosts and they try to find proof of that. I think what they may be seeking is the truth that mystery does exist: there are aliens, there's something out there that we don't know about yet. Or maybe they seek comfort or safety and when they say prayers at night, it makes them to feel good. Or maybe in some cases they seek excitement or some sort of ecstasy, for instance when they are taking some drugs.

But I was just wondering how many do seek consciously and understand that this is what they are seeking. Well actually, Ra did give us a clue about this, why would we seek the Creator. And they said that there exists a simple principle which may explain the seeking, and this "principle of the constant or Creator and the transient or the incarnate being and the yearning existing between the two, one for the other," -- So there you have it. We have this craving for each other. And this yearning, which exists "in love and light, it is there amidst the distortions of free will acting upon the illusion-bound entity."

So I guess that no matter the distortions, there exists, there always exists this craving for the Creator. And maybe in some cases this craving becomes louder than the illusion around us, and when we hear it that's when this need awakens, a need to seek and find the truth. But what is this truth? What is the Creator which we long for? Ra said was, "Picture if you will, the One Infinite. You have no picture. Thus the process begins."

And in Sweden we have also a saying that goes something like, "A beloved child has many names." And God is really a beloved child, considering its many names. Some of them are God, Creator, Maker, Allah, Nirvana, Yahweh, Tao, and gazillions of other names in the religions where there are many gods like Hinduism. In session 4, Ra said, "I leave you in the love and the light of the One Infinite Intelligence," which is the Creator. And I like that name, One Infinite Intelligence.

So, God, Creator, Maker, Tao, One Infinite Intelligence. What is exactly that we are seeking and how do we not only seek it but also find it? I think these questions are similar to each other, they go like hand in hand. And I guess that the way it says as many as there are individuals, Ra gives many examples. Like in one example, one is to look at the self in the mirror and at another self and see the Creator. This is difficult when the Creator does not have a picture. But I think that some people still have some image or feeling or thought of it. As they say, seek and you shall find, ask and you shall receive. And I guess that's how it is when we live in the creation of the One Infinite Intelligence. But if you ask it, you will receive what you are asking for, eventually.

Another example that Ra gives which I have already mentioned, is to remember that We Are All One, that in this unity lies Love, that in this unity lies Light, that it is by the central thoughts that the mind-body-spirit complex becomes smoothly activated and balanced, and then other lessons become important. That it is always in the Creator that we begin and end.

So, and Ra also said this, about union with this one and only, "The seeker seeks the One. This One is to be sought, as we have said, by the balanced and self-accepting self, aware both of its apparent distortions and its total perfection. Resting in this balanced awareness, the entity then opens the self to the universe which it is. The light energy of all things may then be attracted by this intense seeking, and wherever the inner seeking meets the attracted cosmic prana, realization of the One takes place." Wow, I want that!

But I believe also that this sort of experience can occur when an individual is not balanced properly. It is what is sometimes called satori. And Ra also referred I heard today to LSD that sometimes the person can open the door to it. Anyway, I've had a couple of these experiences myself called satori. But these experiences, if the individual is not properly balanced, are not lasting. They come but then they also go. Only a person who has prepared itself for it, who has worked for it, can walk around and have this state of mind on everyday basis.

I believe that this is what Ra was referring to when they gave this analogy of the hitch-hiker. They said that, "To the disciplined entity, all things are open and free. The discipline which opens the universes opens also the gateways to evolution. The difference is that of choosing either to hitchhike to a place where beauty may be seen or to walk, step by step, independent and free in this independence to praise the strength to walk and the opportunity for the awareness of beauty. The hitchhiker, instead, is distracted by conversation and the vagaries of the road and, dependent upon the whims of others, is concerned to make the appointment in time. The hitchhiker sees the same beauty but has not prepared itself for the establishment, in the roots of mind, of the experience."

But this is just, as Beatriz said, this is just my understanding. I'm not saying that's what they meant, it's just how I think. And as far as I know, I have had this yearning inside of me for this One Infinite Intelligence since I was 12. I was looking for it maybe even before that, I don't remember. But it's only then that I understood I could try to find it, and I have been seeking ever since. What I was looking for through worldly sources was Ra. Ra is just a messenger, although a very beautiful and bright messenger. I can't thank Jim, Carla, and Don enough for bringing what they had to say to this world. Thank you. But now the journey begins, the journey to the Creator. Thank you.

[applause]

Lana: And my presentation was shorter than Garry's. We have 16 minutes, so if you want questions, answers, or proceed, whatever you guys want to do. Discussion.

Gary: I just would like to note, not so much a question, but that when you attend multiple Homecomings, you get to see people who return to the Homecoming grow over the years and I definitely see that between your first presentation and this presentation now. And just the fact that Garry gave a presentation this year and didn't last year, and what you had to say, I can see in both of you guys, and it inspires me.

Lana: Somebody wants to say something? About the self? Sure.

Gary: Some of those passages you read, especially to the balance in self, accepting self, aware both of its apparent distortions and total perfection. "The seeker seeks the One." When reading those especially, those are the most highlighted for me in the book. When I read those, sometimes I feel something just leaps out of

myself. Not so much a leaving of the body, but you know, just an intense desire arise for the Creator, for that mystical experience of the Creator, the loss of the individual I and the embrace of the All, realization of the All. To me, that's what the Law of One says.

Lana: Yeah. What I was trying to understand is how shall we get there. So I was like reading all these pieces that I read. For me those are important ones. And this is like, the first one is just, you focus on the Creator we all want, have this central thought inside of you most of the time. Then something will happen, which I'm waiting for. [laughter] Of course you can work on the energy center and etcetera, etcetera. That's what I do too but there hasn't been this smooth activation and balancing yet, as far as I feel it. So for me it's like, I wanted to have like, this is the first step, this is the second step, this is the third one, and then WAHHH! Nirvana! [laughter]

Eddie: Lana, do you ever listen to Scott Mandelker's audios?

Lana: No.

Eddie: You know who he is?

Lana: Yeah I've heard of him.

Eddie: I find that I get a lot of satisfaction from listening to those. Even as much as I love the Law of One, I find it kind of difficult to read. Not only do I get good understanding from his audios, but I actually get a good feeling. I don't really know how to describe it, but I get a feeling of peace when I listen to his audios. Maybe you'd like to give those a try. It might help.

Lana: Okay. Yes.

Steve: I wonder if you could speak to a question about which I've been somewhat curious. I'm aware because my wife is European,

Lana: Your wife is...?

Steve: European, that religion is not seeing its best day in Europe. And in this country, there's a view that religion has much more of a hold. But many people that are religious don't live, as you pointed out, don't live lives very different from the way that they're lived in Europe. They just have the trappings of religion. So do you find that absence of trappings of religion, it was easier to find your way to the Law of One? Or did you find it harder?

Lana: I wouldn't know because I grew up in Soviet Union. It was atheist society. And now in Sweden where I've been living since I was 14, is more or less atheist too, so I wouldn't know how it would be to be in a family or society that is religious. But yeah, I guess that...

Steve: Did you find that the society itself, that your feeling about how the society was kind of an impediment to your seeking? An act of impediment?

Lana: I don't know what impediment is.

Steve and others: Obstacle.

Lana: Obstacle... to find the Law of One? No. It wasn't. It is okay to have some sort of new age seeking as long as you don't go too far.

audience: Or talk about it. [laughter]

Lana: Looking at crystal balls [laughter]

Steve: Because religion can be an active obstacle, and so then you often find people that find their way to...

Lana: But they can also be a positive thing, like a thing where you can express your spirituality and you go to church. I want to go to church but I don't have the guts yet. Maybe now after this Homecoming. Just sit there there and [inhale]

Steve: But very often there's a process that you hear from seekers in this country that first of all, they were religious, and then they had to go through an anti-religious period, and then they had to overcome the anti-religious phase in order to find something more meaningful that's of a religious nature beyond that. So it's that middle part which constitutes the obstacle that seems to be missing in your story, and I was wondering whether you thought that was a significant thing for you or not.

Lana: Oh I just found that having this non-religion, non-spirituality, nothing at all, was empty, but maybe it could also be what starts you toward seeking. But I don't know, I can't answer if it was an obstacle.

Jim: You said you started seeking you think somewhere around the age of 12. Do you have any idea why? Where did it come from?

Lana: Emptiness inside. I missed something. There has to be mystery, magic somewhere. I wanted to find it.

Jim: What was the first thing that filled that up a little bit, that started to satisfy you?

Lana: I think it's like a process, you go to church and it's all interesting, never been in church before, so you go inside and you sit in this atmosphere and then you start to read the Bible, and you don't feel this, it's like not being satisfied and you just keep going, keep going, keep going.

???: I just wanted to say something, could possibly serve as a word of encouragement. You say you're looking for that smooth activation? It seems like it's gotta be a matter of perspective. So if you look at silk from a distance from two feet, it looks very smooth. But if you look at it under a magnifying glass, it's hills and valleys and very coarse. So maybe what you're experiencing is just you're tightening your perspective on yourself. Your constance of thought might give a false impression of not being smoothly activated when the opposite may be true.

Lana: I don't think so. [laughter]

???: Good try.

Lana: Thank you.

Eddie: I don't think there is such a thing as smooth activation. When I think about enlightenment, before you achieve any sort of enlightenment, you tend to think it will be a wonderful thing, it will solve your problems. In retrospect, what it's like is you're climbing a steep mountain and you think you've got to the top but you get to what you think is the crest and you find it's just a shoulder slope and ahead of you, it's

higher and steeper and just more work to do. So I don't know that there is a smooth activation, unless you just happen to be born into it.

Lana: I think what they meant is that you always have this constant present, not only thought but kind of like it's your being. You always think, We Are One.

???: A turning point.

Lana: Yeah. And most of the time it's just there, all the time. I think that's what would balance and activate.

Fox: I have to think about Ra saying that they're near the end of their cycle. They only have like a million and a half years to go. [laughter] You know, we have a long ways to go, we might as well be patient.

Lana: Yeah. Patience is good.

Lynn: I was just telling Walter today how I realize I suffer from jealousy of someone like Carla who just seems like pretty much her whole life she just knew. She had plenty of struggles and opposition I can't even imagine in her life, but it seems like she was just always on that straight line, you know, she just knew. I'm like 30 now and I don't have a clue what I'm doing with myself still. It feels like the more I learn, the more screwed up I feel inside. [laughter] Shouldn't it be different by this point? Shouldn't I be seeing some kind of... and of course I've grown in a lot of ways, but it's just like, I'm with you, shouldn't there be a point where you just start feeling, okay this is it, and I haven't found that yet.

Lana: Yeah for me it's like, I don't know percentages but most of the time I'm harmonious and things like that. But there is intense catalyst on Earth and it's just 2% of these situations where I experience this negative catalyst and it's like, oh yeah we're One, yeah right! Uh whoa. [laughter]

Ken: Do you keep any kind of diary or journal or anything?

Lana: Yeah.

Ken: Because that might be helpful too. Do you revisit it frequently?

Lana: Sometimes.

Ken: Because then you could... well, the fact that you feel "ehh" about it

Lana: Catalyst, yeah.

Ken: might be a signal right there, but even just going back, there might be small daily steps that you're making that you don't realize, and if you go back two years, three years...

Lana: Oh yeah I know, four years ago when I was here, I was in a completely different place. And I've healed a lot. A lot of things happened, yeah.

Ken: Don't be afraid to give yourself credit where credit is due, when you know, you do see progress like that. And if especially there's a journal and you can recognize. Because you're what matters, you'll see where you were, where you are and where you're going. Which seems like you're already doing so keep it up.

Thank you. [applause]

JIM M.
A Heart Meditation and Q&A

... After half an hour or so, I started feeling very emotional and tears started flowing. So I thought, "There's something going on." Later on that week I thought, "Well now maybe I could combine this with my meditation in the morning, because I noticed that as I did more of the Halleluiah and when I stopped, I had better focus in my mind. I could concentrate better. There were other things that happened, too.

So, I'd like to try it with you all and just see what goes on. So, first of all, this is not a performance. Don't worry about what key you're in, or pitch, or whether you're a singer or not. I'm not a singer. Just make it from the heart. Halleluiah, for example, is Hebrew. It's either Halleluiah or Alleluia; your choice. It doesn't matter. They both mean "Praise God." So, I look at it as "Praise the Creator." So, while you're doing that, if you can configure your mind in such a way as to praise God or praise the Creator. Maybe ask for love to come into your heart. Maybe ask for Christ. Maybe ask for unity. Whatever has meaning to you. Configure your mind in that way while you're doing the Halleluiah. And then, after we've done it for about five minutes, I'll say something like, "This is the day the Lord has made." And then we'll stop and we'll do a silent meditation. Or, if you want, you can go ahead and continue mentally doing it silently; it doesn't really matter. And, if that's too Christian or anything for you, just do a silent meditation.

So, get in a meditative state and let's try to see if we can stay together. And you don't have to do it loudly. Like I said, it's not a performance. Just do it with feelings from the heart. So... (Jim leads the singing repetition of Halleluiah. Group joins in.) Jim states, "This is the day the Lord hath made." (Silent meditation follows.) Jim states, "We will rejoice and be glad in it." (Silent meditations ends.)

Anybody have anything they'd like to share? Anything happen for you? (comments follow):

"I heard a whole chorus in my head." (Others share stories. Most not audible) Did anybody feel any activity up and down the spine? ("Yes, it's always been real powerful.")

Anybody notice their respiration slowing? Anybody feel anything else? (comment... noticing gratitude)

Jim: I think it might work better for people at home alone, where you feel more expansive and maybe not worrying about whether you're doing it right, because there isn't any right or wrong. Once you get comfortable with it and put your heart into it, I think you might find more things happening, especially the heart opening. And I've been able to forgive some folks I held grudges against. They didn't ask for it; they probably didn't know I had a grudge against them. They didn't even think they needed to get any forgiveness, but I was able to do that in that state. And I knew it was done, because I asked for it to be done. And, all of the sudden, I was overcome with tears and I recognized that that was the lightening of the load. The load had been lifted from my shoulders; I no longer felt that anger. And there are other things as well. So, if you're interested, try it at home. If you want to amplify the experience, try it in the bathtub, with your ears below the water. The water is an amplifier. Try it.

Any other questions before we get on to more questions? (Comment: "A mantra is a word that can have no meaning, but I like that this particular word that you've chosen is a word that celebrates life and points to a sacred dimension.") I read some time ago that someone was doing research on the very best mantra and they came up with "One." It's sort of neutral, but whatever works for you is what's important and this just came into my mind. I think some help from that classically trained friend of mine.

Okay, more questions? Anything anyone would like to know about LL Research? About Don? Carla? Me? Gary? Stephanie wants to know what measures we went through to protect Carla or anybody who would serve as an instrument. Because, in this particular context, Ra did suggest that protection is necessary.

So, in the first contact, it was a surprise. We didn't have any way of protecting Carla, other than her natural tuning that she does before every channeling. With every channeling, she'd go into a room by herself and

do a little meditation where she saw her energy centers, red through violet, and tried to pick out any place where there was a blockage. If she saw anything that she thought would block the free flow of energy, then she would try to resolve that. And, if she could figure out what it was that was causing the blockage, she would balance it. So that when she went into meditation, she was always ready to bring the energies in freely, without any personal blockage to distort it or color it. So, she had that type of protection before the first Ra contact. But then, after that, Ra gave us a procedure to use. And it's called "Walking the circle of One."

So, after we'd gone through our regular meditation together in the morning in the living room, we would retire to the room that we used only for the Ra contact, and we'd walk the circle of one. And that was... "What is the Law? The Law of One. Why do we seek Ra? We seek Ra because he is the messenger of the Law of One. We seek to serve the Infinite Creator." That is basically what it was. And we'd walk that circle and that was the protection that we provided; and that had to be done each time. It provided a circle of light through which negative entities could not pass. So that was basically the protection.

Also, in any type of channeling, including the Ra contact, it was also necessary for the line of questioning to be focused on spiritual principles and away from nontransient information (Who's going to win the Kentucky Derby?), fear-filled information (What do I do if someone attacks me?). It's important to keep that line of questioning going. Ra said they were a narrow band contact, so we had to stay on the beam. And how we found out whether or not we were on the beam was, at the head of the bed, Ra said that because Carla was Christian, we put a bible turned to John 1, v. 1, which was most closely associated with the message Ra had, a chalice of water, incense, and we had to have them aligned. In general

And if we were slightly off in our questioning of that transient material, like Men in Black and where they came from, or cattle mutilation and the fear that, and how negative entities used that... always at the end, Don would ask, "Is there anything we can do to increase the comfort of the instrument or improve the contact? That question of 'improve the contact' gave Ra the chance to say something about alignment, but they wouldn't say a direct the sensor is 2/10 degree off alignment of perpendicularity. After a while we thought that can't be talking about the sensor. How do I measure 2/10s or 2/100s of a degree? So we figured out that they were talking about our alignment of questions. So, all throughout the contact, when you see at the end, Ra mentioning the alignments ("The alignments are extremely good. If you have a second session today, be careful of the alignments."), that's what they're talking about.

When we had conscious channeling, (This wasn't done during the Ra contact, because she wasn't conscious.) there were two ideas that Carla came up with throughout her years of channeling that helped her to be a clear instrument. One was tuning, and that was what I was just talking about with her energy centers. The other was during the contact, any time any spirit wanted to speak through her, she'd challenge the spirit in the name of what she would live for and would gladly die for. For her, that was Jesus, Jesus Christ. I always channeled in the name of Christ Consciousness. You could use Service to Others, or whatever. But, you need to go through a process of determining what it was that was at the core of your being, that for which you live and would gladly die. So, she would challenge every time in the name of Jesus Christ. She would not think she knew who she had on the line the next time we had a session. A lot of channels will say, "Oh I know my contact. I know their vibrations." Well, so did the negative entities; they know them better than you do. And they will mimic them if you get off the line of questioning. And that's why so many contacts start off so positively and then go off into negative information and become mixed, and they lose their ability to help people. Because, when you are channeling, when you're speaking words of light and love, you are creating a power, an energy that is seen on the inner planes as a light, just like a flame attracts moths. It attracts entities who would wish to control the light. That's the negative polarity. And if they see it, they'll seek to put it out. So, you need to be careful about that.

That's the two things that Carla came up with on her own in the many years that she used herself as an instrument. It took her probably three or four years to figure out the tuning and the challenging, and then

more years to finally figure out about the questioning. So, there really are factors that keep the contact clear and pure in a positive sense.

Question: "Were there any other veiled symbolic messages (RA) tried to convey to you?"

Jim: Yes, a couple of three times. Toward the end, when we were thinking about moving, somewhere around session 102, in the Fall of 1983, we thought if we moved to Georgia where Don was actually stationed as an Eastern Airlines pilot, it would be so much more easy for him, because he wouldn't have to take the hour to fly here. So, Don and Carla went looking for a place to move to and they found what they thought was really good. When we got back and got in the door, this huge hawk flew right up to the door and landed right outside the door. That was amazing! And, in the past, we always took hawks as a positive signal. Ra was symbolized by the hawk. He replaced the hawk-headed Horus. But Don was not sure. So he asked a number of times what the hawk meant. And Ra wouldn't say. He said it was an abrogation of the Law of Free Will. Didn't know what it meant. So, about the third or fourth time Don asked, and this was months apart, we didn't go to that place because he thought that was too unusual a thing to have happen. And it must mean 'don't go.' So, we didn't go. And it was only three miles from the airport, and it would have been real easy for him to get there.

So, after he asked again about four or five months later, Ra went to great lengths to get a coded message, something to the effect that, "If in a shared experience, one who is not part of the experience is that which is helpful to the experience of those who experience the experience, it is to be considered by those who are in this experience that it is helpful to note that which was noticed." A long way around the barn there to say, "Yeah, that was a sign."

And then Ra said, "Anywhere that you seek contact with us is fine." Still that wasn't enough. So, we ended up moving to a place that was an hour north from Atlanta, in Cumming, Georgia; and it took Don an hour to get there, the same amount of time it took him to fly there from Louisville, and it was in the Winter. The roads were covered with ice a couple of times, couldn't even get there. It was a disaster.

So, that was one. There was one other. Asking about the appropriate angle on the pyramid to use for the pyramid we built in the front yard to sit under it, or the one you put beneath your pillow. I'll tell you that's a code, that 1.16 of height to base. I won't solve the code for you, but I'll tell you, that's a code. They didn't want to give the information straight out, because it's powerful information; the right size of the pyramid has power.

Question: (about negative attacks and how to protect from that... if related to Don's death)

The basic principle is a negatively-oriented entity is attracted to the power you're creating, because you're a light seeker and you have energy that you can share with others of positive nature. They can only use distortions you have really chosen yourself. They can't put anything in your path you have not chosen. So, any movement away from harmony that you have chosen, like if you get angry at somebody and you don't solve that problem, you don't resolve the harmony within a certain period of time; if you're engaged in the work of the serving of others, there's a possibility that that type of energy can be enlarged and made difficult at a certain time, so that you would have problems.

For Don, a very cautious person, (he was extremely wise) that caution, for him, meant that he needed to gather a lot of information before he made a choice. So, when we were in Georgia during the Ra contact, all of us were under surveillance by the negatively-oriented entities. And, if they could find anything at all that would help them stop the contact, they would use it.

A quick example for Carla is one of the houses that Don and Carla went to was perfect, but it was dirty. And Carla wanted to get it cleaned right away, but she couldn't, because she was disabled; she couldn't do the job. So, she blocked her free flow of energy from the blue ray by not saying, "I don't really want this place because it's dirty; we need to clean it." So, she held that in, and that blockage was rare for her. And the next day, when we were on a walk together, her throat began to constrict and she couldn't breathe. But she

was calm and she eventually allowed it to pass. Ra said if she'd been distorted in any degree towards hysteria, each breath would have been increasingly difficult and she would have died of suffocation. So, that was a freely chosen choice she made not to speak clearly.

When we were in Georgia, both Don and Carla were said to be going through an initiation. Initiations usually include some type of challenge that you have to meet in order to pass the initiation. Many times you don't know you're going through an initiation, you're just having a hard time. But all of us, at some time or another, go through initiations where we have to pass a challenge. There is some degree of difficulty to it; it doesn't just happen.

So, both of them are going through initiation, and Carla was concerned about Don. And at one point when we were sitting in the house in Cumming, Georgia, she said, "You know, Don, why don't you just let me worry about this stuff. You don't worry about it. You let me take over your role and you be small and foolish like me." And Don, unaware that such a thing was even possible, agreed.

Ra said that because they were as one since before time, this deleterious energy exchange happened, so that both Carla and Don were living in Carla's mind. And Carla had transferred her lack of armoring against what Don felt were problems in his life. "Eastern Airlines is going down; it's going bankrupt." And he was afraid that Carla's health was deteriorating and she wouldn't be able to survive. His own health was deteriorating. So, he had worries.

This deleterious energy exchange made everything literally con-fused in the basest sense of the word. All of his problems were fused together and became one even greater opportunity for our friends of negative polarity. Since we had been fortunate enough not to give in to the fourth density entity challenges to our desire to be of service, to our desire to be harmonious, we didn't move from our desire to be of service. Then, apparently, they kicked the ball upstairs to their boss, a negative entity of fifth density, which is kind of unusual, because most entities can be challenged away from their third density polarity by fourth density, because they have their own tricks.

So, the negative entity of fourth density decided to attempt to remove Don from the incarnation. The last great choice that Don made was this house, and for the last seven months we were here, he had more and more distortions toward that sense of caution, which then turned into paranoia and the fear that he would no longer be able to support it, that Carla was going to meet an untimely end.

And, at one point when we were living at the other house, where we had the Ra contact, he even mentioned to me, "I wonder if it would be possible for me to take the brunt of the attack that Carla's suffering." And I said, "That's not a good idea, Don. You've got your own problems." We never knew if he was offering himself in place of Carla, or if he just got to the point that his own sense of caution had been enhanced enough to become paranoid, so that he saw no further reason to be here.

He did, at one point, have himself committed to the local hospital, where they had a psychiatric ward. But they did not do him any good at all. He was much too intelligent for their normal techniques of using therapy. So, he got out of the hospital and came here and began to lose weight. In seven months he lost a third of his body weight. He was down to 140 pounds from 210, and he had other issues going on. He was deteriorating rapidly. So, we thought that the only chance that he had for survival was back in the hospital. But, he wouldn't go, because he didn't want to die there. He knew his end was coming soon. So, we hated doing this because we never believed in abrogating free will. But the only chance we saw was the hospital. So, I signed a mental inquest warrant and the police came for him.

He had thrown away all of his guns previous to that time. He was a gun collector and a trick shooter. He could throw a quarter in the air and hit it, and then hit it again. So, he threw his guns away, knowing that it would be a good idea. But he had, in the meantime, purchased another one. And he pulled out the gun, put it to his head. And we had to leave the house.

After a five hour stand-off, the police felt they had to have a resolution. They couldn't let him sleep it off. That's their mentality. And they shot tear gas into the house, in order that Carla might be able to live in the house, knowing that he'd killed himself outside the house. He left the house and shot himself outside the house and died there immediately.

Comment: "If you open doors that have magical charge, it is true that you alert entities of both polarities, and one could see that there is a danger there. (continues to reiterate Jim's point that "only those distortions which you already have can be highlighted to work against you. The only thing to fear is fear itself." Makes point that "the authority is always in your hands, so no fear.")

Jim: In the very last session, Don was advised by Ra to give praise and thanksgiving for everything. And he just couldn't do it. He was just so far down the line of worry and paranoia that he didn't see anything to give thanksgiving for. And that would have been his key.

Comment: Someone recalled Carla talking about (seeing) Don a few times after his passing that confirmed a message.

Jim: She saw Don twice in waking visions, and once it was after love making. We were in front of the fire in the living room. All of the sudden, she saw him and he was smiling; he was golden. And he said, "I missed that all my life?" Because he was celibate. And then he said, "Everything turned out the way it needed to. You won't understand that until you, too, pass through the doors of death. But everything is well. All is well. And he appeared one more time, and had the same message. So, yeah, you can't understand it, but there it is.

Comment: "I think it's important to add real quickly that you signed that inquest warrant (you didn't say it to the group, but) because Don had threatened to kill himself. So, you had no other action at that point."

Jim: Yeah. It wasn't just I was looking at him and thought he's not doing well; we've got to get him to the hospital. He threatened to kill himself. And that's the only reason you can sign a mental inquest warrant is if somebody's threatened to kill themselves. And then, they're held for seventy two hours under observation. And then they have to be released, unless they threaten it again.

Comment: Someone recalls the reading that predicts both killing themselves.

Jim: Yeah, that book apparently predicted a lot of things that were going to happen to Don and Carla, and to me. They wrote it in a way that they actually saw it. I mean they saw it happening, and they just recorded what they saw until it got to the end. They knew that one of the three was going to have to die and they couldn't figure out who. In the book, Esmerelda, the female, the Carla figure, died. But it didn't turn out that way.

Gary: "Carla beat the odds from the beginning. Doctors told her mom that she would pass as a baby. And she continued and in a miserable body. What would you say was Carla's key to success in that regard, in lasting so long?"

Jim: She had a happy heart that could not be denied. She saw Jesus when she was two years old in her magic kingdom. She had to wear glasses, because she was born with a birth defect. Her left eye was pointed toward her third eye when she was born. After about a year, her surgery was able to correct the defect, but it meant that she would have to wear glasses. So, after she was two years old, her mother put her down for her nap. There were venetian blinds close to the bed. She took her glasses off, folded them up, and put them between the blinds. That made the blinds part just enough for a beam of light to come through her glasses, and she was able to slide out of her body on the beam of light, where she went to what she always described as a magic kingdom. There she could see music in the air, and the animals talked to her and at the center of the little magic forest, she met Jesus. And he was dusty from the road; his hair was all mated. He never said a word, but when he held her hand and looked into her eyes, she knew exactly what unconditional love was.

And that experience happened to her a number of times. And, from that point on, she was a follower of Jesus and wanted to be of service to others.

From that point on, she had a happy heart. And there was nothing you could do to keep her heart from being happy. It didn't matter what was happening with her body. She had rheumatic fever when she was three, and the family doctor told her mother she wouldn't live past five, because every internal organ had been damaged.

And then, when she was thirteen, because she was so intelligent (she was a prodigy), her mom and dad thought that the best way to handle her intelligence was to give her constructive criticism of what she could do better, which meant she never got complimented. And, by the time she was thirteen, she felt like she was a failure, that she couldn't do anything right.

So, she prayed to die. And six months later her kidneys failed and she had a near death experience. She went back to that magic kingdom and she knew that just over the hill she could see a temple. And all her friends were waiting. But, on the way up the hill, this voiceover came and said, "It's not your time. You chose a lot, but if you want to, you can come back in another life and have two childhoods and split the load that way." And her childhood had been so miserable, she didn't want another one. So she said, "I'll go back." So, she was right away back in her body, and the doctors and nurses were around in a little circle of her head and her body was full of pain. She was back in her painful body.

So, that was the next time when she almost died. And there were other times when she had the colon, nine inches, removed in '92. And then, like I said, when she almost suffocated. And then there were other times when the negative entity was almost successful in displacing her into negative time/space, just like what happened to Esmerelda in the book.

So, yeah, she had so many things happen to her body. She was in a wheelchair a number of times, hospital beds a number of times. But she always had a happy heart. And she always was greeting people like the nurses with, "Hello. How are you?" And she was giving out positive energy. It was just the way she was.

Any other questions?

But, I know that she would want me to tell you all, that she's so grateful for everyone being here. We always felt so blessed by people like you, who either wrote in or came to Homecomings and shared what they knew with us. So, we are really all one, and we have things to share with each other. And, like I said, Homecoming was her idea. She thought that people needed to have a chance to talk to others who were like them. There were very few who were like her and me, who had a mate that they could talk to, you know. It's such a blessing. Most of the time you end up with somebody who is willing to accept what you're doing, but doesn't really buy into it, not really in it as strongly and passionately as you are. And that presents its own challenges and also not by mistake. There are no mistakes. But Carla would want to tell you, "Thank you so much coming."

Comments: Thank you, Jim, for having us.

Jim: My pleasure. (applause)