

L/L RESEARCH



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THE PARTICIPANT-DRIVEN SYMPOSIUM

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PRESENTATIONS & DESCRIPTIONS

- Jim M. *Variations on a Theme: Comments on the Ra Session Q & As* Carla began the Camelot Journal in 2005 as a way of letting readers know what a day in the life of L/L Research was like. Jim took over writing it after Carla had her second back surgery, and after her transition he added a feature to it of commenting on all of the books which Carla had written and channeled. In December of 2015 he began commenting on the questions and answers in the 106 Ra sessions. For this Homecoming he hopes to share some of the more inspiring and also some of the more informative of these selections that he has written this year.
- Lynn B. *Let Food Be Thy Medicine* As seekers, a lot of focus is often placed on the more psychological facets of the human experience. We think a lot. We meditate and try not to think. We nurture our Mind and Spirit very much, or attempt to, but can often neglect the third part of the trinity, the Body. Keeping our bodies nourished helps us be more aligned with our seeking, as all parts of the Mind/Body/Spirit complex are getting adequate attention. Real food is crucial for this.
- Beatriz G. *The Chakras: The Soul's Journey and Self Healing* As beings of light and love we are co-creators of our destiny. It is by exercising our free will that we evolve through the energy centers within, known as our chakras, to access higher states of being and become one with our Creator. Regardless of our spiritual evolvment, we all have access to the sixth chakra, the gateway to Intelligent Infinity. This is the Higher Self. People who have had Near Death Experiences and who underwent spontaneous healing, did so because they accessed this divine within. We all have access to the Higher Self even without an NDE.
- The purpose of this presentation is to show how issues that underlie our most prominent concerns in life offer us catalyst for self-healing and how we can use this catalyst to move from separation to unity consciousness. We have the ability to invoke the Higher Self to help us align with our soul's journey through the chakras and ultimately become one with our Infinite Creator.
- Austin B. *The Skeptic's Guide to the Law of One* We'll discuss skepticism and science, and how they relate to channeling and the Law of One. What is skepticism? Can we apply skepticism to channeling? And can channeled information be considered scientific data?
- Zak K. *Service Through Media* Sundance award winning film/TV producer talks through big vision strategies for how we might effect positive shifts on our planet locally and globally.
- Ken W. *Music and Moving Images* I would like to share some creative projects I've been working on. Some are only music others have video components. I'm especially excited to share my work in the Homecoming environment because I feel the aspects and intentions of love and acceptance in this art are

amplified here and will more easily move others into a place of love.

BJ & Aaron *Katie, Katie! Ra, Ra!*

Ra: “Firstly, the mind must be known to itself. This is perhaps the most demanding part of healing work. If the mind knows itself then the most important aspect of healing has occurred, for consciousness is the microcosm of the Law of One.” (4.17)

Byron Katie: “Mind joins with mind – all of mind, without division or separation, all of it loved. ... Mind’s love affair with itself is the great dance, the only dance.” (from *A Mind at Home with Itself*)

We, Aaron and BJ, hold a genuine love and respect for what both Ra and Katie bring to our lives. Ra says that on the path of healing and balance the mind must know itself. Katie shows us very specifically how to do that, how to know our minds, by accessing all the catalyst available in the form of stressful thoughts. In this one-hour presentation, we will introduce you to The Work of Byron Katie, a precise form of meditative self-inquiry that we experience as an antidote to "the veil," and a resolution of the paradoxes.

Morris H. *Living in Gratitude*

Thoughts on how living in gratitude brighten your life experience. You can have a glass half full or half empty; how you look at it is your choice. Choice in this life is really important to the experience.

David K. *Suffering & Helpers*

What is the nature and purpose of suffering? Is it necessary to suffer alone? Of course not! You are never alone.

Gary B. *The Frequency of Fourth Density: Signal and Noise*

We will explore tuning and sensitizing ourselves to receive the signal of fourth density.

Suzanna M. *Opening to Ecstatic Sexual Energy*

A few years ago, in the midst of personal turmoil, I experienced an awakening of ecstatic sexual energy during meditation that caused me to completely re-examine and redefine my understanding of sexuality. Since then I have devoted myself first and foremost to allowing, exploring, and nurturing this energy, and second, to sharing everything I am learning along the way in my blog and podcast at www.Blissrunner.com. I believe that this energy is simply part of who we all are, and that a few subtle shifts in our awareness around sexuality can lead to a profound and blissful opening. For the first time in a group setting, I will share my story of awakening and my thoughts on the shift in consciousness needed in order to open to this energy.

Vojtěch S. *Law Of One: Journey to a New Paradigm*

The Law of One was probably too shocking back in the days than it is now. Discovering hidden treasures in science and religion could help us develop a supporting system for the Law of One and make it less shocking. New knowledge showing us how much we are interconnected and how the holistic approach to body/mind/spirit could reveal so much about ourselves in spiritual seeking. Can we find a basis for the Law of One in science and religion? Let’s take a look.

- Lawrence K. *Multidimensional
Allies - Logoi
training from the
other side* Lawrence Kampf shares his experiences of being invited into a deeper experience of human capacities for service through the creation of life. The purpose of this presentation is to share recent discoveries, seek deeper understanding through the perceptions of the group as well as collectively contribute to a greater manifestation.
- Jade N. *A Sharing of Love
and Light Jr* Jade hopes that she can take a brief moment with each in attendance to share a personal moment of mingling of energies and gratitude for the experience of coming to meet at this nexus in space/time.

DAVID KRUSE
Suffering & Helpers

Suffering

What seems to be suffering is a valuable lesson. It is like working problems in school. You learn the lesson in order to pass the test.

There are easy tests, and there are hard tests. The person who is able to pass a hard test advances more quickly spiritually.

Suffering comes in a path that is totally made of love. Suffering is a valuable gift. It burns away the dross, so that the gold will appear.

Everyone will suffer. For every person there will be dark nights, and then the dawn.

Do not admire those who seem not to suffer. Doesn't your Bible say, "The last will be first and the first last?" Seek only to know the Creator.

(Hatonn, January 11, 1976)

Know that these things are occurring to you in such a way that you will not be tested beyond your ability. Do not rejoice at pain, but understand that within pain there is peace. If you are seeking the Father, the Father will provide what is necessary for you.

(Hatonn, January 25, 1976)

Jesus said, "Not as the world gives, give I unto you." The Creator's peace I leave with you.

(Oxal, January 25, 1976)

Your life within your physical body is very brief. Your life within the Creator is infinite.

(Hatonn, February 1, 1976)

When you have your next painful experience, ask, "Where can I be healed? Where is love in this situation?" If you are quiet, and if you meditate, truth will come to you.

(Hatonn, February 15, 1976)

In a higher understanding, there are lessons to be learned from suffering that are not available for learning by other means. The lesson from suffering is always away from separation and toward love. Suffering is for a short time, and it is full of purpose.

When you are with someone who suffers, you can choose to have compassion, and let them into your heart so that you also suffer. You cannot take their suffering away, but you can feel what they feel. It is a simple act, but it means so much to your fellow people. That is what Jesus did. He could share with others. One look into the sad eyes of Jesus would help many to understand why those who personally knew Jesus were so devoted to him.

(Latwii, August 3, 1980)

What about troubles in general? It is very difficult to get humans to learn unless they have some kind of trouble. The trouble serves as the stimulus for learning the lesson. Consider your emotions. Little by little extinguish the fires that burn out of control in anger and negativity. Little by little discover the beautiful rainbow of emotions that are positive.

It is common for people to feel a great deal of insecurity at some points in their lives. They don't know what is coming. The insecurity will fade as you look at every event in your life as an opportunity for learning. You have nothing to fear, because every occurrence is a part of the Creator's plan to lead you to the path toward the Creator.

Do not worry about the future. You are trapped in the present. When the present moves down the stream of time in its little boat, you will know what happened.

(Latwii, August 10, 1980)

We assure you, that the lesson of suffering someone is enduring is profound. If it were not incredibly important, the person would not be suffering.

(Latwii, August 24, 1980)

What is the purpose of your life? Is it to be satisfied with your situation? No way! The life you are living is a gift to you so that you will learn and grow closer to your Creator. What is it that you seek? Patiently, humbly, quietly dwell on this question, accepting your dissatisfaction. The combination you will find to be most fruitful.

(Oxal, April 26, 1981)

Angels

Angels are spiritual entities. They are not boring harp-players who flap around with wings. They are beautiful ethereal light beings. If they manifest in physical form, they are beautiful. In their natural ethereal manifestation, they are very bright. The eyes of a person who is spiritually awakening may see higher spiritual entities.

(Hatonn, February 1, 1976)

“You have not ever been, and will never be alone. You truly have those who care for you.”

(Laitos, September 5, 1976)

We are extraterrestrial beings. We are not angels. We are not of Earth, but your angels are.

(Hatonn, October 15, 1976)

The question was asked, “Does everyone have an angel?” Reply: “That is correct.” Angels are assigned to people. “Most have more than one angel, depending upon how much of a stinker they really are.” Those who are kind and affectionate toward others normally have the complete assortment of twelve angels that one person will have.

(Latwii, November 3, 1979)

Angels give guidance and a feeling of support. Although few people know how to call on their angels, they are there and are full of love and light. Since your angels are assigned to Earth, they have the right to do a little more for you than we can. For example, they have the right to be with you, whether you request it or not. Their rights only stop at the point where the person denies that such beings exist, or denies God and love itself. Such denial does not remove the angel from the person, but it renders the angel completely helpless, and so the angel will patiently and consistently again and again set up situations in which the person who does not believe will see something, which if he thinks about it, can open the door to belief. Angels can do this, but we cannot. We are not assigned to Earth, as are your angels. We can only come when we are specifically called. We must obey the law of Creation, which is total free will.

(Latwii, November 3, 1979)

It depends on your state of belief, as to whether or not angels can physically aid you. If you believe in their reality, they can do almost anything because grace is given to those who believe. There are people who have

learned to give glory and praise to the Creator. To them the angels can pass on the power of the Creator's light. So, if you pray and happen to hear the rustle of angels' wings, good for you! You have made contact with a part of your personality that links you with the perfection of the Creator.

(Latwii, November 3, 1979)

Angels must know the limits of the laws of Creation and the will of the Father. So, it may seem that your requests are not being met. If this is so, the angels are helping to provide what you need, not what you may think you want. Angels are simply messengers of the Creator's love.

(Latwii, November 3, 1979)

Although translated from another language, it was written many years ago, "Ye, though I walk through the valley of death, I shall fear no evil." Be aware that in every moment there are presences that guard you in life and in death. Your consciousness is not subject to this death.

(Hatonn, April 18, 1982)

GARY BEAN

The Frequency of Fourth Density: Signal and Noise

Uncharacteristically, my presentation this year is not typed out in advance. I do however have no shortage of associated resources to share. The pages following include:

- **The Space Between Stories**

Thanks to the co-sponsorship of Beatriz Gonzales and Jim McCarty, Austin and I had the opportunity to spend a week at the “Space Between Stories” workshop led by Charles Eisenstein at the Omega Institute. It was an extraordinary experience that was magical not in the generic sense of being special, but magical in the sense of being magical. Other terms includes transformative, beautiful, and heart opening.

Among its consequences, the experience helped to open our hearts more fully to the ongoing birth of fourth density. This is my account of that journey.

- **Three Q’uo Channelings**

This includes three channelings within the past 1.5 years that focus on the topic of Earth’s transition from third to fourth density. The first two channelings have some questions and material not directly related to the topic of what the Confederation calls harvest. The third channeling focuses almost exclusively on that topic.

- February 6, 2016
- December 3, 2016
- February 26, 2017

- **The Election: Of Hate, Grief, and a New Story**

This is the article that first awoke me to the work of Charles Eisenstein and set me upon a journey that manifested in the “Space Between Stories” essay mentioned in the first bullet point. Eisenstein published this article immediately following the election. When I finally stumbled on it weeks later it offered perspective like nothing had before it or since.

- **A New Dawn of Experience**

And finally, a couple of Q’uotes (from the channelings mentioned above) and one Ra Q&A that I’ve hung onto when considering the seemingly increasing disharmony of the world around us:

- We will not say that the birth will be easy. It is sufficiently clear now that it will not. There will be dark times, there will be confusion, there will be many opportunities to turn away your eyes in despair as you gaze upon the deeds of your fellow human beings. Know, however, that you are an unquenchable source of love. That is the gift that you bring to the party, so to speak. And when you join with another, your gift is redoubled, and redoubled again with the addition of each new soul that joins with you.

So you begin your song silently, perhaps it bubbles up within your heart, and makes its way to your very lips, whereupon it becomes a melody which inspires a memory, another to sing along with you; and when the song becomes a chorus, and when it begins to fill the ears and the minds and the hearts of one more whose memory resonates with this song, that energy complex will begin to vibrate differently, will begin to vibrate as a social memory complex, and then, at that point, you will be well on your way towards entering a new dawn of experience.

It is the dawn that awaits you, it is the dawn that lies on the other side of this darkness. **The darkness can be seen as impediment, or the darkness can be seen as prelude to this dawn.** As we have suggested, the choice is yours. You are creatures of free will, you are creatures each of infinite worth, and it is our hope for you, and it is our confidence in you, that you will find your way. – Q’uo

- We will not say that you should inevitably withdraw from all interactions with what you may call, the larger social movements, which may be underway and which may have the opportunity to change the course of events as they unfold upon your planet. We have simply spoken to the need for each individual to consider well, to consider often, and to consider deeply, what energy you are contributing to the flow or the current represented by these movements. If you bring anger, you will find that anger begets anger. If you bring fear, you will find that fear begets fear. If you bring love, you may find that love reaches out in love and finds itself in response to love offered back.

And as predictable as anger is in its response, and as predictable as fear is in its response, even in a completely opposite way is it unpredictable how love will respond to love that has been offered. For it is love that is the creator of energy, and it is the energies of anger, of fear, and of judgment, that are restrictive, that are destructive

There are energies abroad in the land at present which are of a negative hue. Negativity is not ultimate correctable by equal but opposite negativity, and so the trick of serving in the environment you now face, is to, first of all, find the source of the positive love you have within you, and then secondly, to find some pattern of expressing your being that allows you to maintain the thread of that positivity as you wend your way through the complicated pathways of your opportunities to serve your larger society. – Q’uo

- In third density, at this time, those clinging to orange ray have a much more complex system of distortions through which orange ray is manifested. This is somewhat complicated. We shall endeavor to simplify.

The appropriate true color for third density is, as you have ascertained, yellow. However, the influences of the true color, green, acting upon yellow-ray entities have caused many entities to revert to the consideration of self rather than the stepping forward into consideration of other-self or green ray. This may not be seen to be of a negatively polarized nature, as the negatively polarized entity is working very intensively with the deepest manifestations of yellow-ray group

energies, especially the manipulations of other-self for service to self. Those reverting to orange ray, and we may add these are many upon your plane at this time, are those who feel the vibrations of true color green and, therefore, respond by rejecting governmental and societal activities as such and seek once more the self.

However, not having developed the yellow ray properly so that it balances the personal vibratory rates of the entity, the entity then is faced with the task of further activation and balancing of the self in relation to the self, thus the orange-ray manifestations at this space/time nexus. – 41.4

The Space Between Stories

This is a personal story about discovering lightning again. About rekindling hope, reawakening the soul's purpose, weaving threads of synchronicity, and, ultimately (though beyond my individual powers) the birth of fourth density, the more beautiful world.

Part I

The Election

Like many other people, the election was tough for me. The disharmony of the process, the ratcheting tension, the reality bubbles, fact divides, rising nationalism, cynicism and anger, unrelenting news, whiffs of violence, and, of course, the result—which shocked me as much as it did many others.

You may have a 180 degree difference in perception, and that's fine. We will be over this hump in just a couple paragraphs. I simply hope you might understand my experience *as it occurred for me*. I felt as if we had entered an alternate reality. Not just in the US but elsewhere as regressive energies seemed to be on the rise.

My faith in the big picture is total. I know, philosophically at least, that all is one, that nothing is lost, that this is an illusion, and that whatever happens on the surface—even unto planetary annihilation itself and the cancellation of “Sense8” on Netflix—all is well. The Creator is experiencing itself. But my faith in *humanity* was teetering. Prior to this point I thought that maybe we could hold it together long enough for a new reality of love and understanding to gradually emerge from this shadowed world into the sunlight. But now . . . now I felt that we might drop the ball. Hard. As climate change heats the planet and the ecological crisis degrades the biosphere, as government and corporate control and corruption increases, as the needle moves into the crisis range, as an urgency to develop a healthy, sustainable, and *loving* relationship with our world is so desperately needed, and as so much depends on an alert citizenry, raised consciousness, and skilled leadership—*this happens*. Maybe upon seeing the coming cliff we wouldn't turn the wheel away but would instead step on the gas.

I read a lot. Analysis about the election, the country, the political situation, etc. Everything informed me but nothing imparted vision or true understanding. Then I stumbled on “[The Election: Of Hate, Grief, and a New Story](#)” by someone unknown to me at the time, Charles Eisenstein. In the span of a short article I was changed. Eisenstein exercised a deep understanding of the dynamics at play. And in a purely nonpartisan but radical fashion he was able to lift my vision for the first time above the trees to see the election as embedded in a larger, unfolding process. He could see the possible outcomes that separation, fear, and hate might precipitate, but, more importantly he saw the greater possibilities made available with the exercise of empathy and compassion between peoples. Not only was this person brilliant, perhaps even a visionary, but he also had activated his heart in a profound way. And entered my own.

The More Beautiful World Our Hearts Know Is Possible

So in love with this article was I that I soon thereafter picked up his most recent book *The More Beautiful World Our Hearts Know Is Possible*. It's the kind of title that my eyes would probably pass over were I just

browsing—doesn't on first glance sound like something from the pen of a visionary—but I was soon to discover how appropriate and powerful an idea it is.

My reaction to the content of this book was profound. I was so moved by this book, in fact, that I proselytized. Well . . . I exaggerate. . . I didn't go door to door asking the home dweller if they have heard the good word of *The More Beautiful World*, or suggest to anyone that they *need* to read this, but I did uncharacteristically gift the book to a few people. Maybe 10. Maybe 20. Okay, over 25. All in the usual L/L spirit of non-coercive, non-persuasive respect for free will. But, while I was genuinely not attached to outcome, I was not quite so . . . dispassionate. I put my voice to work and sang the book's praises to the mountain and back. And the great majority of people reacted very favorably. Most, actually, had a reaction similar to my own: they felt their hearts sing.

When I find something that utterly lights my world, my next immediate reaction is to share it with loved ones. Isn't that true for all of us? Who wants to keep their joy all to themselves? Who comes upon a scene of beauty and doesn't want to show others the same place so that they, too, may benefit from the seeing. (Free will disclaimer: should the other want to see the same scene, or be sensitive to beauty, or think that what you're saying makes any sense.)

Such was my motivation when sharing *The More Beautiful World*. After consulting with Jim and Austin, I also wrote an open letter to the larger L/L Research community and posted it on our social media outlets, the archive website, the forums, and [here](#), at Bring4th. In summary, I wrote that Eisenstein speaks powerfully of a better world that's available within all of us, one that is taking root on planet Earth. In both broad and nuanced strokes, he describes the **ending of an old story** in order to make space for the **birth of a new**. He speaks to the profound uncertainty of this moment, its sometimes dreadful nature, and the necessity of traversing the distance between stories in naked unknowing. He encourages being receptive and open to the new birth, to listening to what we might call the promptings of spirit, and to holding a vision of love and empathy. It rang in melodic congruence with the transition from third to fourth density described in the *Law of One*.

Sponsorship

One of those to whom I had given the book, our dear friend, Beatriz Gonzales, learned that this Charles Eisenstein fellow was hosting a five-day-long workshop at the Omega Institute called “The Space Between Stories” in early June, 2017. Before she could finish saying that she would like to sponsor my journey there, I was already packing my bags.

I had been to Omega a couple of times in the mid-“aughts.” (2006–2008, I think.) One for a Stanislov Grof/Jack Kornfield holotropic breathwork/meditation workshop; another to take my then-girlfriend to see John of God. (Which was structured not unlike a childhood visit to Santa Clause at the mall: a long line of people waiting to see the seated figure for a total of 20 seconds.) Upstate from New York City, it is a beautiful campus situated in the hilly, forested terrain of Rhinebeck, NY, and quietly perched far from the main road. Omega hosts a variety of workshops in the non-winter months conducted by teachers and facilitators, guides and shamans, artists and visionaries both well and little known. Their cavernous dining hall serves three all organic, all locally procured, mostly vegetarian meals.

I was thrilled, needless to say. And, knowing of his own passion for this work, I immediately invited Austin Bridges, who immediately accepted. And to help us, Jim gifted us with a co-sponsorship as well. We were on our way.

Omega Workshop: The Space Between Stories

“The Pavilion” at Omega is a circular structure, with circular walls and a tipi’d roof. It is nestled in a corner of the campus completely surrounded by and underneath a canopy of trees, its exterior made of a deep brown wood that harmonized perfectly with the surrounding forest. Over half its walls have windows, so we felt ourselves in a very sylvan atmosphere.

A diverse group of 35 people gathered in the Pavilion to attend the Space Between Stories. At one end of the circle (do circles have ends?) sat the person we had all come to see and learn from, Charles Eisenstein. He had no assistant and later confessed to taking on a larger group than was balanced for him, but from the first moment to last he held the space with grace, poise, and presence.

We really didn’t know what to expect going into it—Charles’s published scheduled seemed rather skeletal. We honestly thought we might show up and be greeted with a “Hey guys. So, uh, what would you like to do?”

Instead, he came equipped with ideas and plans, though it was clear as the week progressed that he was adjusting on the fly according to his sense of the needs and interests of the group. In that and other regards Charles served as a supreme navigator and facilitator of the group energy. He threaded his own work into group work, using his vision as jumping off points into group exercises.

Each section opened with a lighting of four candles surrounding water in a bowl, followed by someone in the circle offering a prayer to the water and fire. The idea in the prayer: to treat the water and fire as entities, as intelligent selves; sometimes expressing that prayer as the voice of doubt that has trouble seeing fire and water as such.

The Circle

We performed multiple exercises every day. In most cases in dyads (two-people pairs), though in some cases there were three- or four-person groups. I’m generally not the most social person—I’ve gone out of my way to avoid awkward-inducing social contact with people I don’t know—these exercises were surprisingly amazing. In each case we had the privilege of listening to and feeling the heart of what this world calls a “stranger,” and we had the privilege of doing the same in reverse, watching that notion of stranger dissolve and the space between become less distant.

Among the exercises, Charles had us share moments from our lives when we acted out of the old Story of Separation, and then asked that we re-see that moment (and the pattern that it represents) from the standpoint of what he calls the new Story of Interbeing, thus creating the opportunity in our energy for understanding, acceptance, and new pattern to emerge.

We also undertook an exercise at the beginning that launched me into the week. We identified our gifts, what blocks them, how they manifest, and, to conclude, we reflected back to our partner what we saw in them.

I haven't yet read his book *Sacred Economics* wherein he lays out his vision of what he calls a "gift economy," but from what I could glean from pieces here and there, he sees each person walking the planet as a necessary piece of the whole. In that context, then, *each and every person* has something to contribute—whether or not that contribution is something the world presently values. So the exercise of identifying our gifts was an act of discovering and then owning the gifts that are inextricable parts of ourselves. I found it incredibly empowering to circumvent the question *Do I really have gifts?* and move directly to authentically claiming **my gifts** in a positive, self-affirming manner. And to be able to bear witness to my partner (a wonderful university professor) doing the same. And to then to offer a positive reflection back to one another. It left me aglow.

What was especially wonderful about all the exercises with others was the emphasis laid upon *holding the space* for the person talking. In holding the space we needn't necessarily analyze or resolve the person's issue for them. Rather we amplify the power of their own moment by compassionately witnessing, helping them to create that field of deeper self-discovery and actualization.

And when we returned to the whole circle and when it was time to share individually, Charles had us orient in a way that Austin and I really appreciated. Instead of asking "Who has something to say?" The question was, "What wants to be spoken?" "Who feels that there is just something that really needs to come out?" In this way the focus was shifted from the "I" to the greater self, whether that is called the subconscious, or the higher self, or inspiration, or the universe. Eisenstein called it That Which Listens. This change in focus shifts the evaluation of how and whether one should share. It makes one a bit more sensitive to the needs of the whole. It also treats that which wants to be spoken as its own form in its own right, as if it had a life. It sets up relationship.

For the seeker who no longer completely identifies with the story of separation, these exercises and the circle in general offered a space to come together and find ways to heal from the wounds of that story through trust in each other, trust in ourselves, intimacy, connection, and sharing. It was an experience of the open heart, to say the least.

Charles Eisenstein

The power supplied for the event came from the exponential sum of those gathered, but obviously the proximate magnet that drew us, the wisdom (or the third-density version thereof) that informed us, and the skill that facilitated the event was wielded within one mind/body/spirit complex.

What was remarkable was the many balances that converge in one person. But what also hit the amazing notes was how humble/ordinary/modest it all was. There was such a casual, everyday, comfortable feel to the entire thing, much like is true for L/L Research's gathering. His wisdom-sharing was never imposing. It was incredible, actually, that he was describing what we would call the transition to fourth density, a fundamental shift in reality, a revolution in consciousness, even, but it felt so relaxed, authentic, jovial, non-sensational, and, simply, beautiful.

Indeed Austin and I both loved how his work assumes the existence of intelligence greater than the individual. His processes, then, turned to *that which is greater*, or *deeper*, or *higher*. He emphasized the non-necessity of coming up with the answer but rather focused on the value of **sitting with the question**, of holding the space, of quietly leaning into and being with That Which Listens.

Though outside the scope of this already-too-large essay, I think he exemplified well the courtship relationship Ra described between the conscious and subconscious mind.

The Adept

Reading his book prior to meeting him I had recognized a visionary. And brilliance. Seeing Charles work in person I saw a positive adept, a being of considerable magic. Truly. Ra says of work in indigo ray that

Those who heal, teach, and work for the Creator in any way which may be seen to be both radiant and balanced are those activities which are indigo ray.

To my comprehension, Eisenstein is an exquisitely balanced and extraordinarily gifted individual, radiant with genuine open heart and operating fully in service to the gift. He is a pioneer in consciousness, too, exploring subtle workings that lie beyond the boundaries of consensus thought.

You who love the Law of One know how many times you have tested it over the years. Viewing it from this angle or that. Contrasting it against that system or that authority. And—though it is not and can never be infallible—you who have felt its power understand how virtually without fail it withstands every test. Indeed, *clarifies* every test. Not in a way which accrues power to its words, but gives power to the seeker. Or rather, reminds the seeker of his or her own power and nature.

In this long path of study and testing of the *Law of One* material, one comes to realize (or reaffirm) that, among the positive superlatives that can be used to describe the material, it is *authentic*. From whatever the angle of viewing, the *Law of One* material simply rings and reverberates with a purity of authenticity that is so utterly rare, almost unfound in this world. It strikes deep chords of gratitude that remind me how lucky I am to have discovered such a source, especially in light of the frequently inauthentic planetary environment.

Watching Eisenstein work, the same word and sense came to me strongly. The more I could see the balances he was attempting to walk, the more I could see with what humility and honesty he undertook his work, the more I saw and *experienced* authenticity.

This authenticity is evidenced in the way Ra describes the adept:

Questioner: It seems to me that the primary thing of importance for those on the service-to-others path is the development of an attitude which I can only describe as vibration. This attitude would be developed through meditation, ritual, and a developing appreciation for the creation or Creator which results in a state of mind that can only by me be expressed as an increase in vibration or oneness with all. Could you expand and correct that statement?

Ra: I am Ra. We shall not correct this statement but shall expand upon it by suggesting that to those qualities you may add **the living day by day and moment by moment, for the true adept lives more and more as it is.**

Questioner: You made the statement in a previous session that the true adept lives more and more as it is. Will you explain and expand upon that statement?

Ra: I am Ra. Each entity is the Creator. The entity, as it becomes more and more conscious of its self, gradually comes to the turning point at which it determines to seek either in service to others or

in service to self. The seeker becomes the adept when it has balanced with minimal adequacy the energy centers red, orange, yellow, and blue with the addition of the green for the positive, thus moving into indigo work.

The adept then begins to do less of the preliminary or outer work, having to do with function, and begins to effect the inner work **which has to do with being. As the adept becomes a more and more consciously crystallized entity it gradually manifests more and more of that which it always has been since before time; that is, the One Infinite Creator.**

I don't intend to convey that in being an adept, Charles is exercising superpowers; I mean only to say that his simple beingness is radiant and balanced. The same authenticity I feel within the Law of One I found welling up inside me when witnessing Eisenstein work.

At a couple points during the workshop I felt the tears began falling out of my eyes, actually. There I sat in that circle listening to a teacher with vision who spoke aloud the core purpose of my soul. There I sat surrounded with beautiful people also on a path of service and truth seeking, of the same type I've had the privilege of meeting for many years now—reminders of the lights awakening all over the world. Why was I on a path that gifted me with these occurrences? It is hard to convey but I felt so outrageously, unjustifiably lucky to be there, to have to have discovered another source of such purity and positivity in this world.¹ In a planet where so many cannot find their way, or remain unaware of a way, lightning had struck again.

The Visionary

But I also called him a “visionary.” Why?

There are so many levels of *zoom*, shall I say, available to the faculty of sight. One can zoom *in* to focus strictly upon the details of their immediate experience such he or she is (no wrong in it) oblivious to the larger currents within which they swim, whether local, regional, national, global, or historical; whether related to dynamics of ethnicity, socioeconomics, or gender; or whether the waters are metaphysical, archetypal, or, I suppose, cosmic. There are so many layers of pattern and context that condition and create us.

Whether by talent or gift, effort or grace, some are able to zoom out far enough to see the larger patterns that escape the attention of even the best of us. It's as if they take the trek to the high altitude of the mountaintop, look out and see farther than anyone in their community in the lower elevations. They see wherefrom the traveling tribe has come, where they may be headed, and what may be headed toward them. And they gain a sense of the nearby surrounding geographical context within which the community travels.

One's altitude, however, is only part of it. Understanding, keenness of perception, and ability to synthesize a large quantity and variety of data all play a part. But perhaps more so, the capacity to see comes from the work one has undertaken in one's own consciousness: the work of opening the heart, balancing the self, and looking within to a depth greater than the breadth of the vision. These and other factors contribute to the Seer.

¹ “Purity” is a loaded word that is bound to trigger grumbling and negative connotation. That notwithstanding, it still has rightful place and application. “Positivity” not in the sense of a cheerful demeanor, but of polarized consciousness—one of two available directions of spiritual evolution.

Eisenstein doesn't, rightfully, describe himself as a visionary. But I do. I see him as a seer. He doesn't work within the cosmology or terminology of the Law of One, per se, but he nevertheless *sees* the ending of third density (what he calls The Story of Separation), the beginning of fourth density (The Story of Interbeing), and the space between (where we are now). He has the vision to recognize that reality itself is built of and upon mythology and story. And in that light he sees the unraveling, crumbling, hollowing out, and collapsing of the broad story of separation that has dominated the human narrative as long as we can remember, and a movement into a new story so outright and overwhelmingly beautiful that only small glimpses of it can be contained.

Birth of Fourth Density

He doesn't see the exact route into the new story, as even from the figurative mountaintop the seeming obstacles between here and the new territory seem insurmountable. (Can you imagine our current corporate, economic, military, and political superstructures undergoing radical and wholesale transformation into compassion-based, service-oriented, non-violent, non-profit-driven forms? A paradigm where we all recognize our interconnectedness? Ridiculous and outright impossible! You would be right to say, *realistically speaking*.) What he does see is the general direction and the quixotic nature of getting there, and the growing possibilities of the *now* that increasingly and paradoxically recognizes that the destination is *already* here. He sees it happening in our midst: That Which Wants to be Born shooting its first tentative sprouts through the global soil after many years germinating underground.

But the magic of it is, even if no one has an exact map that will provide a perfect route into the new story, or a set of instructions that will birth the new reality, this act of seeing and sharing, of opening the heart and doing the work of service to others, of raising ones vibration, as it were—**these are the energies which open and hold the space for the birth to transpire**. He, like the rest of us, is *living* the birth of fourth density. We are living this together. As Q'uo says:

We will not say that the birth will be easy. It is sufficiently clear now that it will not. There will be dark times, there will be confusion, there will be many opportunities to turn away your eyes in despair as you gaze upon the deeds of your fellow human beings. Know, however, that you are an unquenchable source of love. That is the gift that you bring to the party, so to speak. And when you join with another, your gift is redoubled, and redoubled again with the addition of each new soul that joins with you.

So you begin your song silently, perhaps it bubbles up within your heart, and makes its way to your very lips, whereupon it becomes a melody which inspires a memory, another to sing along with you, and when the song becomes a chorus, and when it begins to fill the ears and the minds and the hearts of one more whose memory resonates with this song, that energy complex will begin to vibrate differently, will begin to vibrate as a social memory complex, and then, at that point, you will be well on your way towards entering a new dawn of experience.

It is the dawn that awaits you, it is the dawn that lies on the other side of this darkness. The darkness can be seen as impediment, or the darkness can be seen as prelude to this dawn. As we have suggested, the choice is yours. You are creatures of free will, you are creatures each of infinite worth, and it is our hope for you, and it is our confidence in you, that you will find your way.

I would absolutely drown in this world were it not for perspective. What I mean is that if I had to navigate this world looking only at the surface, surveying the seemingly intractable, systemic madness, backwardness, confusion, and suffering, I don't know that I could keep the vision of hope alive within me, I don't know that I could stay afloat. I would sink, heavy with the weight of despair. It is thanks to the perspective of the Confederation philosophy and other springs of spiritual insight, including, of late, Charles's work, that I burn with optimism and a sense that we *can* make it; we *won't* destroy ourselves or the planet; we *will* build a more beautiful world; there *is* light that is growing.

Ultimately *everything* is a matter of perspective. This is his gift.

300 and 600 Years From Now

In the penultimate day, Charles had said that he would like to share a technology through which we could connect with people on Earth in what we would consider to be our future. He said you could call it channeling or improvisational theater, it didn't matter. To Austin's and my eyes it was a form of channeling, to others it was a fun game. Either way, he encouraged getting into it, and reminded us of how kids playing pirates all know that it is make believe but nevertheless bring it to life because they really invest themselves. The kid who says, "That's not an alligator, that's a stuffed toy!" or "That's not a pirate hat, that's a newspaper!" is the party pooper. (The latter term not Charles's words.)

He explained that half of us would stay in the room, the other half would step outside. The fifty percent who went outside linked hands in a circle as Charles performed an induction of sorts. In the induction procedure we saw a similar group of people with hands linked but 300 years from now. We were encouraged to make a connection with one of their circle and merge into that person. After this was accomplished (in a procedure that largely escapes my memory), we returned inside where every person had one empty seat in front of them. We each chose a seat. And while connected with our counterpart in 300 years, we, or the 300-year-hence person, replied to questions about the future from the person sitting in front of us. And when time was up the two groups switched.

Before this whole exercise began, Charles acknowledged the probabilistic nature of the future. Thus in order to tune into the most positive of the future outcomes, he had us recall a moment from our lives when we knew that the more beautiful world was possible, and asked that we hold onto that.

What was so fun about it was how into it everyone got. People who, so far as we knew, had no interest or belief in channeling, and no interest in performing, were really inhabiting their roles. It unleashed a lot of positive energy in the room, with the insight gained ranging from none (Austin's partner-questioner literally fell asleep) to what might be genuine windows into a positive future. But it was the next day that it got *really* interesting for Austin and me.

On the final day, Charles said that he had a connection with an individual named Nomo who is alive 600 years forward from our time and asked if we would like to hear from this person. We affirmed. Charles then stepped outside by himself to (as we understand it) tune and establish this contact. When he returned to the room his demeanor and bodily disposition were markedly different. As Nomo, he walked around the circle spending a moment looking to the eyes of each person. He then greeted the group and made himself available for questions.

In reply to the questions he described the “legacy of pain” that those in the future are still working to heal. The residual pain in the Earth, Nomo reported, was of a scale and nature beyond our understanding. Austin then asked how we in the present might help heal this pain. Nomo answered a couple of ways. He said that if we are giving out less pain than we have received in life, we are doing our parts. He said also that if we know our gift, and honor our gift, and be our gift, we are doing our part. (Beautiful metaphysical principles and assumptions packed into that idea.)

I then asked two questions: One, when would we as a planet turn the corner such that the positive trajectory was apparent to everyone; and two, what was the planetary population in 600 years. Nomo replied to the first saying that things will become materially worse, but we will turn a corner in my lifetime—the healing would be underway and it would be perceptible. As to the population, he reported that counting wasn't terribly important to them, but he estimated about three billion. The information to the other questions was altogether fascinating. It had correlation to what the Law of One says about this great transition.z

Part II

Threads of Synchronicity

I was writing about the Space Between Stories workshop. I want to return to tell you about the extraordinary unfoldings that unfolded there.

The workshop schedule included a lot of space for interacting with others, both through the exercises mentioned above and during the mealtimes and long breaks. Spending four and a half days with 35 people in a shared setting, we all surfed from conversation to conversation, weaving threads of synchronicity that delivered to each other gifts of insight, self-understanding, and self-acceptance.

Here is one such example: another attendee, Sarah, and I befriended each other. During one of our lunches we sat on the hillside at Omega in a couple of wooden chairs and got to talking about the occasional conflicts we feel in our respective relationships, me in my marriage and she in her relationship with her long-term boyfriend. With each volley of sharing we increasingly heard our respective partners in each other. That is, she expressed herself in ways that sounded almost identical to my wife, Trish, and I expressed myself in ways that sounded almost identical to her boyfriend. Though the vehicle of this conversation, it was as if we were able to talk with our partners *but* without the environment of disharmony. It was amazing. There were lots of “Yes yes, OMG, he/she says that exactly!”

Just as happens at L/L's Homecomings or any other time and place on planet Earth where those of like heart come together to share sacred space, there was literal magic happening between everyone in the circle. We were in the flow of something. It made of we humans neural networks in a larger organism of beauty and intelligence. I felt so enriched as I sensed only the merest edges of the invisible shaping hands of the divine. The experience raised the fire of hope in me, the sense that there is something more guiding us that can be leaned into.

Samara Healing Center

A couple of weeks before Austin and I hit the road for the Omega workshop, a fellow named Paul Thomas posted to the L/L Research Facebook page letting the community know that, well, he had a pyramid available for meditation should anyone be interested. He and his father run a small healing center in the Maryland countryside called The Samara Healing Center. (<http://samarahealingcenter.com/>) Google Maps said it would be just an hour out of the way to drive through Maryland on the way home from Omega in New York. So, since I kind of have a thing for pyramids, go figure, I contacted Paul and got a big welcoming invitation to come visit the healing center on the way home.

The workshop officially closed Friday morning, four-and-a-half days after it had begun, and with a bittersweet goodbye to people with whom we felt intimacy after only a short time together, we hit the road mid-afternoon. We arrived at Samara with waning light, but it was plenty to see how beautiful the center and that area of Maryland are. Paul and his father practice sound healing there. They have a small, charming cottage dedicated to that purpose that includes among its technologies crystal singing bowls (whose tones are even more pure and resonant than the typical metal bowls) and a massage-like table through which audio is translated into vibration.

Their grounds also boast a permanent sweat lodge with a dome encased in concrete, and the main attraction for us, a pyramid built, if memory serves, to Giza specifications. It was super badass. Constructed of wood and roughly 8 feet tall, the interior floor was carpeted and had back jacks for seating and meditation. There were slits that could be opened and closed around the base for ventilation, and crystals in the apex, four corners, and underneath the floor. Not to mention four circular convex plastic windows for light. And an outlet for electrical devices.

As mentioned, it was getting late and we still had nine hours to drive ahead of us. So, I had a 15–20 minute meditation seated in the center of the pyramid. Austin, not particularly feeling it at the moment, enjoyed the stars. My meditation wasn't what I would consider great. I was tired from the week at Omega and jacked up on considerable quantities of caffeine.

Afterward, Austin and I really enjoyed conversation with Paul on the patio of the center. Paul like many a Law of One student doesn't have anyone nearby with whom to share in conversation, so there was a Homecoming-like exuberance which lifted us in reciprocal joy.

As we talked on that nighttime patio, close to 1am, something began to palpably shift in me. Without identifiable cause, I started to slip into what felt was a subtle psychedelic state. I call it that because it was reminiscent of my previous experiences half a lifetime prior. Except instead of my consciousness being driven and pushed by chemicals, too loud and clamorous to consciously direct, I could step back and objectively observe with detachment what was happening. I watched threads of fear move through me, fear of both the unknown and of altered states. But what became most clear in the experience was the corrupting presence of doubt. Though I've been long aware of my lifetime issues with self-doubt, in that moment I could *see* so clearly how pervasive and deep-rooted a role doubt has played in distorting my experience of reality.

As interesting as these epiphanies were, this was completely internal and invisible to Austin and Paul. I was still more or less carrying on a conversation with them. We all reflected on the lateness of the hour (it was

close to 1am) and decided that instead of attempting to continue driving through the night to reach Louisville, Austin and I would just crash there, *in the PYRAMID!*

The Pyramid

As we lay on our respective pads on the pyramid's carpeted floor with the Maryland sky overhead, I relayed to Austin that I felt like I had somehow entered a psychedelic state during our conversation minutes ago on the patio. I started explaining to him the insight I was getting into my own self doubt. Though Austin was, like me, very tired, bless his soul he recognized that something important was unfolding for me, so in total support he encouraged me to keep going.

I was still in that state actually. I felt plugged into a subtle electric current that was making my internal processes so much more vivid and lucid. I was able to unpack much about the workings of my mind and energy system, notably the way in which doubt has limited and darkened my experience. It was as if I could *see* how doubt threaded through my system, contracting my sense of self and cutting me off from others, from the full experience of the moment, and from my potential. Sometimes even crippling me. Though I don't even begin to rate my own pain against what people endure in this world, it is a terribly painful, lonely place to be. I have spent more time in those places than I can properly convey.

Laying on our backs on the pyramid's floor, Austin mostly listening at this point, the conversation shifted to our relationship. We began a dialogue that continued the format and spirit of the Space Between circle whereby we spoke a little bit more deliberately and waited with pause between speakers. We reflected on the importance of our relationship with one another, especially with regard to our mutual work through L/L Research.

I was able to open the heart and activate the blue ray in a way previously unexperienced. I basically told Austin how much I love the guy. In addition to my foundational relationship with Jim, I couldn't ask for a better partner for L/L Research. In fact, I don't think one exists on Earth. Austin is a being who is full of knowledge and wisdom *and* highly developed compassion and empathy. I told him how I feel that he and I can reach the heights pretty well on our own, but when we synergistically blend energies (that is to say, *talk* to one another), we activate each other, pushing each other up the mountainside to altitudes higher than we may have otherwise reached by our own effort alone. Moreover, he is my general counselor, the friend in whom I entrust my sharings and from whom I receive the most wise and clear-sighted feedback. He is able to hear and receive my thoughts so well that there is a satisfaction when sharing with Austin.

It was incredible, absolutely incredible. I have no idea why this altered state came upon me. Such things have happened to me in the past strictly as a result of chemicals. I have tried numerous methods—including meditation, holotropic breathwork, acupuncture, sweat lodges, and others—to alter my state of consciousness, but try as I may, my mind seems hardwired for the daily, waking mode of experience. Why did this happen? Was it that I meditated in a pyramid? Was it the week at the Space Between stories workshop? Was it that I had a shit-ton of caffeine? I cannot say. But it was a gift.

This experience was not unique to me alone, however. Austin underwent a similar initiatory opening during L/L's Channeling Intensive just a month prior. And then . . . do you remember Sarah, the person I mentioned in the Threads of Synchronicity section? The one with whom I had almost identical relationship dynamics? . . . Austin reminded me that she reported having *naturally* entered what she described as a psychedelic state during a meditation at the Space Between circle just a few days prior. Her experience was

so profound that she had no words for it at the time, all we knew was that something special had happened to her.

All that to say, it turns out that I had what might be an initiatory experienced in a goddamn pyramid. Can you believe it?

The High Priestess

This story yet deepens. I am going to rewind the clock now to 24 hours prior to the night at the Samara Healing Center. Austin, myself, a handful of others from the Space Between workshop were pal-ing it up in Omega's café during their final hour before they closed. It was our final night there and we were laughing and laughing, having the best possible time. Despite the jokes I'm always trying to make, I can be a rather serious bastard. I'm not a good laugher. But I felt so comfortable, so loose, so *in the moment*, so grateful to be with these people.

As 10:30pm approached the café was closing down, our group disbanded. Five of us were still standing around when we were approached by a shorter slender woman with sandy blonde hair who seemed genuinely interested to know what workshop we were attending at Omega. (Several are conducted on the campus at the same time.) We replied that it was the "Space Between Stories" with Charles Eistenstein. She relayed that information back to her group, as if they had all been wondering, and then said that she asked because we were lighting up the place. Not figuratively but, in her vision, literally. She could *see* this column of light emitting from us. She said that she is Omega's resident psychic, a tarot reader who has been at Omega for ten years. Thousands of people come through every year and they all seem to enjoy themselves, she reported, but it was rare to see a group so "connected" with their workshop. She felt that we were all in tune with our soul's purpose. (Which was not an incorrect assessment.)

We were already quite aware of the magic of the week and the moment, and thanked her for adding another layer to the magic pie. She then asked if we might be interested in pulling a card. The five of us did. Omega's resident psychic then gave us each information that assisted gravity in bringing jaws from mouth to floor. She spoke accurately and insightfully to each of us. Austin and I had learned enough of the other three to know that that was true.

Austin pulled a card that she interpreted to mean that Austin was like a farmer. (If you know Austin, this is already uncanny.) And that, like a farmer, one needs to, if I remember correctly, await the harvest. Don't push or work too hard, but await the fruit of the effort. Austin can tell his story better, but to continue not doing it justice for a moment, this was meaningful to Austin because he is working to develop his passion of book writing and has struggled with the balance of doing enough/not doing enough. This tarot reading, therefore, helped me to trust in allowing it to unfold on its own.

I pulled the High Priestess. The card reader told me that the message for me was trust, absolute trust. I needed to trust myself. Moreover, I am a channel and I need to get still and silent. To release the busyness (that's me) and rest in silence. But the overwhelming message was trust. This was profound and helpful. I needed to hear this.

We were all aglow thanks to this reading, but it wasn't until the following day in the pyramid that this reading took on even greater significance. The experience at the healing center a day later spoke to me of exactly the dynamic the tarot reader was describing. What is the opposite of trust but doubt? On Thursday I

receive a message to trust myself. On Friday I have what may be a small initiatory experience about the doubt in my life.

Ambiance of Magic

When I returned home to see Trish after being apart for a week (we've only ever been away that long from each other twice in our relationship), I was glowing. And when I began sharing all of this, the tears of gratitude flowed. Austin likewise said that in telling his girlfriend he had to stop because of tears. The whole thing felt like a dream, too surreal to be real.

But it doesn't end here. There is yet one more piece of magic to be had.

You will remember Sarah. I felt a strong connection to her, and she to me—as was repeated multiple times with multiple people between each other. Twelve days after the workshop ended, we connected for a phone call. We got to chatting, reflecting on the week that was, and I reported to her of my experience at Samara. She waited to reply until I was finished and began by saying that she listened with an ear-to-ear grin on her face. Sarah opened up and finally described for the first time something of what had happened in her own “psychedelic” experience during the individual meditation at the Space Between workshop.

While walking in an intentional manner in the forested outdoors, Sarah had also slipped *naturally* and inexplicably into an altered state. She experienced layers of meaning and beauty that were unique to her, and something quite profound happened. She heard a message that seemed to be sourced from a nearby tree that indicated to her as clear as day that she needed to trust herself.

We had all gone into that exercise with the instruction from Charles to bring with us a question. Not necessarily to seek out an answer but just to sit with a question. Sarah asked where her doubt, self-doubt specifically, comes from. And in return she received the message to trust herself.

I think that is a message for all of us right now, especially those hearing the subtle song of a new world. It is an awakening and invitation to Trust Yourself.

Au Revoir

What I realized thanks to Charles's work, along with the Law of One community in Asheville, NC, (another story), is that, however the discrete boundary is crossed, however the more beautiful world manifests, fourth density will be birthed through those doing the work of love and understanding on the ground. That is how it literally comes into being: through points of light such as those that exist in each of our seeking hearts, from wherever on Earth we may be looking up to the stars.

I've been studying and seeking what Charles calls *the new story* for over half my life. It is why I am here. It is why I feel that any who resonate with that story of a more beautiful world are here. Thanks to his work and the gifts of those present in the circle at the Space Between Stories workshop, I feel firmly, perhaps irrevocably displaced from the old story. A sense of hope grows strongly in my heart. It persists no matter the outer disharmony so apparent when viewing the world.

I hope the hope grows in your heart too. I hope that whatever edifices seem to crumble around you, you perceive the new birth happening the only place it can happen: inside of you.

Thank you again Beatriz Gonzales.

With love and light,
Gary Bean

Post Script: Giving Pleasure to the Eye of Many

I have critical, doubting voices inside of me that analyzes nearly everything I do. Among other things, it is always hammering me for the length of my writing. (Clearly listened to it this time....) And in this particular writing it also questioned whether one person, such as Charles is, should be so upheld with superlative approval.

In reply, I don't know. Maybe I'll look back in ten years and say (in a drab British accent) "Ohhh, dear, whatafool I was . . . to be so love-struck by a man just as flawed as the rest of we doomed humans, we miserable broken creatures. Such naiveté. Do get me another brandy and cigar." But 17 years into study of the Law of One, and 14 years into my relationship with Jim (and while she was here, Carla), I have not reached or sensed such a point with these or other sources that reach into and awaken my heart. Part of that reason, I think, is what I described above: in a world of inauthenticity, these sources are genuinely authentic. Authenticity does not diminish but only increases through time. It in fact becomes more true to itself with the passing cycles.

Personally I think it's okay to love what you love, and to put as many words as you want to that which is loved, especially when it lifts you up to spiritual heights, and heals, and catalyzes evolution. I could be in adoration of the Grand Canyon or Yellowstone or the Great Smoky Mountains or the Great Sand Dunes of Colorado and ramble on endlessly with appreciation as each new vantage point of sacred beauty yields new riches of perspective and experience. Though the distortions of the human sphere can mitigate against, sometimes even *rob* the perception of beauty when viewing these places, such great natural landscapes always ring authentic in what they are. They always make beauty available—both to the eyes of the body and the transcendent eyes of the soul—through this and all times. Humans, as they become who and what they are, are natural landscapes, too, and may be rightfully admired as they reflect the qualities of the Creator.

Consider what Ra says of the crystallized entity:

Questioner: Can you define what you mean by a "crystallized entity?"

Ra: I am Ra. We have used this particular term because it has a fairly precise meaning in your language. When a crystalline structure is formed of your physical material the elements present in each molecule are bonded in a regularized fashion with the elements in each other molecule. Thus the structure is regular and, when fully and perfectly crystallized, has certain properties: it will not splinter or break; it is very strong without effort; and it is radiant, traducing light into a beautiful refraction giving pleasure of the eye to many.

I can only be unapologetic about this love. It's just that when one feels the purpose that they were put onto this planet to be re-energized, re-awakened, and strengthened, it puts a little extra pep in the step. :)

Saturday Meditation

February 6, 2016

Group question: Q'uo, since this contact resumed after a four-year hiatus, we at L&L Research have received questions from readers abroad regarding the transition from third to fourth density that is purported to be occurring now. As you and the Confederation have made a recurring feature of this topic in your message, both in your narrow- and wide-band channelings, we presume that you want spiritual seekers on the ground to know about the density change.

Today, therefore, we have two simple questions for the main portion of this channeling:

- 1) Where in the process are we with respect to the transition from third to fourth density, or as you call it, harvest? And as an extension of that question, how does this harvest relate to or how do we relate to it in terms of our spiritual evolution?
- 2) As precisely as you are capable of speaking within the limits of this contact and the limits of free will, how will this transition into fourth density manifest in the collective space/time experience we call everyday life?

(Jim channeling)

I am Q'uo and greet each of you in the love and in the light of the One Infinite Creator. It is our great privilege this afternoon to greet each of you, for we have been called to your group by your seeking, each of you as an individual entity and together, as a group of entities, all seeking the light of the One Creator to shine upon the path upon which you walk, to bring more clarity to that path, while understanding as much as can be had in your density of experience, for there is so little that is clearly known there, and yet love reigns supreme, and light leads the way, and unity is the foundation upon which you stand.

We will ask you, as we always do, to use your own discrimination for those words and concepts which we offer to you, taking those that have meaning, leaving those that do not. We do not wish to be a stumbling block for you; we wish to aid your journey, and if you would do this for us it would be a great help to us in sharing what we have to share with you, for we are not to be seen as the ultimate authorities. We, as you, seek the One with every fiber of our being and are happy to share what we have learned upon our journey with those such as yourselves.

This afternoon you asked about the harvest upon your planet earth, that great time when souls are able to be graduated from the third density, that density of conscious choice-making, into the density of love and understanding, as many have called it. Those here, of course, are interested in what might be termed "the positive harvest," that harvest described by serving others more than serving the self, for that is all that is necessary my friends, is that you serve others more than you serve yourself. With that simple choice made, much study and learning is possible, within the great reaches of the fourth density that is now surrounding and imbuing your planet and its population with the energies of all compassionate love. Those entities who are able to experience and express this love in their lives are those which are making themselves available for this harvest, and indeed the planet itself shall be harvested into the fourth density, for it, as an entity, is progressing as well.

You ask what is the progress of the harvest for this planet and its population at this time, for many have been the predictions of this great event throughout the history of your planet. Indeed, the one known as Jesus the

Christ said that there were those among his group that would see the harvest. The harvest is that which begins first in those minds and especially in those hearts that are prepared to welcome and enjoy the vibrations of love and understanding. Thus, there are many who have been able to harvest themselves into the fourth density positive over the last few thousand of your years, and they, at this time, are preparing to welcome their brothers and sisters of the greater population of planet earth that will be harvested at the, shall we say, striking of the hour, on the infinite clock of destiny.

Your harvest is that which has begun. Those entities now passing from your illusion, through the door that you call death, are walking the steps of light to see if they have the ability to walk and enjoy the brighter light that is a significant portion of the fourth density experience. As these entities move into this light, they move as far as is possible without the light becoming too glaring. When it is too glaring to continue, they step aside, and notice whether they have passed the boundary, shall we say, of the third density into the fourth density. And those who have become as the gathering choir that sings the glorious “Hallelujah” to the One Creator welcome others who also pass through the doors of death only to be reborn into the love and light of the One in another illusion, a grander illusion more densely packed with light, with love, with understanding, with cooperation, with community, with a joint effort towards further seeking of the One Creator.

Thus, in this sense your harvest has begun, but we realize that you mean, when shall it be complete? This, my friends, is that which is the question for all entities who observe now the little planet earth upon which you dwell, for there is much confusion within the populations of your planet at this time, and there is the free will of so many entities, cultures and nationalities, creeds, religions, sects and so forth, that see this great time, each through individual eyes, though all share the feeling, the desire, the promise of the One Creator to welcome the children home to a grander home, a more loving home, where all are welcome eventually.

We are aware that you have information that suggests there is a great span of time in your measure that may be the potential experience of the last of the third density and the complete experience of the fourth density. This time measurement, reaching upwards to six and seven hundred of your years, is still a possibility, though there are factors of free will of the great masses of peoples upon your planet to consider.

There are, at this time, many entities and group such as this group that work to increase the harvest in a geometric fashion. You are aware of the concept of the doubling which those of Ra spoke of. When there is one who seeks, that is enough to be the cornerstone; when there are two that seek the One in a successful manner approaching harvestability, there is the doubling; and the third continues to double and so forth, until there is what you may call a “critical mass” reached for your planetary population.

This mass is that which approaches in time/space and its analog of space/time so that there are many who will find that they are able to partake in this harvest, if not in the current incarnation, then in the one succeeding, for it appears now that with the best efforts of all of those teachers and guides, students and helpers, with the birth of this planet that there shall not be more than two additional incarnations necessary for the completion of this harvest.

Realize my friends that the free will of your planet is most difficult to predict for there are forces moving from ancient of days that would work against such harvest, those entities of a darker variety which seek in their own manner to be harvested by controlling the light of this harvest. And yet they shall fail, for the legions of the service-to-self entities will have only a short day where they shall reign supreme and then their

day shall be over, and the light shall shine, and the harvest shall be complete. And those who seek service to others shall find a new fourth density home upon this planet, for this planet shall be a fourth-density positive planet, even with all the seeming darkness, strife, wars, control and negativity that have plagued this planet for thousands of your years.

Thus you may see that though there are difficulties ahead, the difficulties shall be surmounted. All compassionate love shall find not only its day, but its cycle upon this planet, and this planet shall be as bright as a star in the heavens of a new creation.

At this time, we shall transfer this contact to the one known as Steve, to continue with the second portion of the query. We are those of Q'uo.

(Steve channeling)

I am Q'uo and am with this instrument. We would, at this time, speak to the question of the meaning of the harvest, by asking you to begin by taking a step back and to inquire into who it is and what it is that will be the subject of the harvest.

In one sense, the question of the who is very easy, for it shall be you. But who are you? If we use the term in its collective sense, it includes not only the individual mind/body/spirit complex, but also a great many other mind/body/spirit complexes who have come together in the unity of a one seeking, and who together comprise a kind of energy configuration which expresses what we might call a certain signature of being.

Now this signature is a product of the unique evolution of mind/body/spirit complexes in their union that takes place over the course of long periods of time and, in fact, upon this planet, we would say that it is a period which has begun far earlier than your third-density experience, and will continue far after the third-density portion of the experience has been completed. Thus, we might speak of a destiny of evolution which it is the function of each individual planet to carry forth that this destiny might become an adornment to the Creator, and an honestation to the creation.

Therefore, you can see how it is that it is not simply a case of each individual becoming harvestable—for those friends and associates of yours which you might hope will become harvested with you—but there is a certain responsibility which all share to the redemption, if you will, the salvation or perhaps a better word is simply the completion of an evolutionary cycle upon your sphere.

It is of great interest to all of those around your sphere who, have for a great many of your generations, looked on and encouraged those upon your sphere to continue their evolutionary striving. The interest is in having a portion of the creation come into the fullness of its realization. And those who monitor and aid the progress of your incarnative cycles from a standpoint in the time/space portion of your space/time continuum, have encouraged this process to the very limit of their ability, recognizing at all times that evolution is indeed, as we have said, a function of free will.

Now it happens that upon your planet there will be some who do not make the harvest and, in fact, the total is likely to be substantial. We say this with some degree of sorrow because, in fact, it is the hope of all who begin an incarnational cycle that they will be able, at some point during the process, to reach a level of spiritual development which permits them to go to a further stage, and those who have had to repeat the third density, and in some cases to repeat it more than once, and find themselves looking at a very real

prospect of repeating it yet again, can begin to feel a certain despair in recognizing that the final reach into the fourth density is still a little bit beyond their reach, a little bit more of a stretch than they can, at this time, accomplish.

Now it does happen that sometimes advancement can take place rather quickly, and the guides that ward the process are very much aware of this, and are in attunement with any prospect which gives hope that larger numbers may indeed achieve the harvest.

The reason that it is important to aid every last soul whose yearning merits hope that harvest may be nigh, is that every soul who has participated in this planetary experience is a portion of the destiny that this experience strives to achieve. [Each soul] carries with it a portion of the secret of creation itself, and has the promise of bringing to the Creator information which can be got in no other way.

This planet, my friends, is unique, and it is unique in ways that not every planet at the point of its movement from third to fourth density has been unique. In particular, it has featured a certain set of balances between the forces of positivity, as we might call them, and the forces of negativity. This is one of the reasons why your planet has been of great interest to both sides of the evolutionary process, the positive and the negative, and why what you might call a contest, or tug-of-war in the heavens, has unfolded for many of your eons in the past.

Those who have been through the trial by ordeal, as we might call it, where they have been required to sift through a significant portion of their experience that is seemingly tinted with the signature of negative energy in an attempt to turn and allow the negativity to feed into a system in which positivity arises as a result. Those who have been through this process, we say, will have to offer to the creation a particular kind of view, the particular strength of spiritual being, that those who have evolved in a more harmonious context can but little appreciate, but are learning more and more to understand the significance of.

And so it is that the creation itself is at present divided amongst those in the higher densities which are still seeking along a path of the negative and those which are still seeking along the path of the positive, and between these two there is a struggle, a contest, but at some point this contest will need to be resolved. It is our conviction, and the conviction of all those who have sought their seeking along the lines of positivity, of love, of compassion, that it is love and it is compassion which in the end will embrace even its opposite, and that the polarities will inevitably be recombined in a glorious union which will speak in the most eloquent and the most searching ways to the Creator of the nature of that Creator, which nature is continually being plumbed, which nature is continually being queried by the Creator itself.

Now, your planet stands at a crossroad. It is quite clear that the largest number of those who have come to the cusp of the harvest and who look to be able to cross over the threshold into fourth density experience will be of the positive vibration. Therefore we can say that this planet, in fact, will be a fourth-density positive planet. There will, however, be a certain number of entities which will be harvested from this planetary experience into the negative register of the creation, and these, not finding a home to their liking, so to speak, on this planet, will have the opportunity to pursue their further evolutionary development upon planetary spheres which have already as a group, polarized to the negative.

What is interesting about those souls, those complexes of mind, body, and spirit, who grow upon this plane, is that they will have had experiences in relation to the negative focus of energy which is what we might call

“up close and personal.” They will have had intimate experience in transmuted negative energies in some cases of a rather high order into a positive manifestation, and it is this experience which will give them a certain strength, a certain insight, a certain vibratory character which will be very gladly received by their brothers and sisters of other planets, of other densities, which will be then given the opportunity to explore dimensions of the creation that have previously not been available for close inspection, shall we say.

It is for this reason that it is a rather significant point to consider that your planet has a destiny and a continuity of development from the past which it has experienced in third density, to the present and to a future which most assuredly will be fourth density positive. Those souls who will be invited to come into your planetary experience from other sources—and will be so invited because there will be the availability of “slots,” shall we say, in your population which will not be able to be filled by the native third-density population, there being a lack of those harvested to fill these “slots”—these new souls will be given the honor and the duty to fill out a destiny which will involve a trajectory, or a momentum, and will involve cultural forms which have been in the process of being developed over a long period of your years.

Now to be sure, once fourth density is in full flower, the transition to new cultural forms will be rather dramatic, and it will be as the difference between night and day with regard to many of your institutions, many of your cultural traditions which will undergo such transition that they will be hardly recognizable. But we do call your attention to that word “hardly” or “almost,” for it is important that there is a reach back into your past, even as there will be a reach forward into your future, and that it will be this planet, it will be this population which gives the intimate, the secret focus to a pattern of development which will flow into your future. It will be earth energy which moves into earth fourth density and that energy will not be started anew in fourth density, rather it will be continued, even as it is the case that your third density continued from the second density experience of the higher animals upon your earth plane.

Now this continuity is something that does not simply happen by itself. It is the function and responsibility of those upon your planet that are currently incarnate to make every effort to engage in the most eloquent way possible with the cultural forms currently alive on your planet so that these forms may have a life moving into a fuller destiny, that they may have a future experience that brings them into a condition allowing fourth density to grow on a soil which has been prepared.

The principle reason that wanderers have been allowed to incarnate is undoubtedly to raise the number of those which might meaningfully aspire to be harvested. But of almost equal importance is this preservation, continuation and further flowering of the planetary consciousness, if we might call it that, which also constitutes a kind of unity, and which also expresses many of the difficulties and vexations that you, as individual mind/body/spirit complexes experience each in your own way.

When you gather together in groups such as this, you are doing more work than simply the work of your own destiny as an individual; you are doing work which aids in the planet and in its aspiration to a future which will be fourth density, will be positive, will be an ambiance of love in which the veil of consciousness will, little by little, fall away. And souls which have, for a considerable period of your time, found themselves groping in the dark, will now find themselves standing in the light.

It is to this light, it is to the bringing forth of the conditions from the soil which allow the light to begin to shine in nooks and crannies long lain in darkness that we commend you. We commend you, my brothers and sisters, to the effort to give birth to the earth that is not yet been but is very soon to come.

We are those of Q'uo and we leave you in the love and in the light of the One Infinite Creator and return from this instrument to the one known as Jim, to discover whether we may address ourselves to further queries. I am Q'uo. Adonai, my friends, adonai.

(Jim channeling)

I am Q'uo and am again with this instrument. It is our pleasure to offer ourselves at this time for any further queries which those present may have for us. Is there another query at this time?

Gary: Q'uo, I have a query for you. It is regarding the discrete boundary between densities. Prior to asking the query I am going to make four references to The Law of One material where Ra describes the sort of boundary:

1) In 9.4 Ra is discussing how the intelligent energy cycles the densities, and they say:

“This intelligent energy offers a type of clock. The cycles move as precisely as a clock strikes your hour, thusly the gateway from intelligent energy to intelligent infinity opens regardless of circumstance on the striking of the hour.”

I read that as them saying regardless of what is happening on the ground on earth that door opens due to the striking of the clock.

2) In the second reference, 13.23 Ra says: “The fourth density is, as we have said, as regularized in its approach as the striking of a clock upon the hour.”

3) In 40.11 they say: “The nature of quanta is such that the movement over the boundary is that of discrete placement of vibratory level”

4) And then finally in 63.24, the questioner is asking about the fourth density, and says: “Then as the fourth density sphere is activated, there is heat generated. I assume that this heat energy is generated in the third density sphere only. Is this correct?”

Ra says: “This is quite correct. The experiential distortions of each dimension are discrete.”

So here are four different instances where they talk about this “discrete boundary.”

My question is in two parts: 1) Is that discrete boundary ahead of us or behind us; and 2) if ahead of us, what happens on earth in our space/time environment when we reach that moment of a discrete boundary?

I am Q'uo and I am aware of your query, my brother. The time of the passing of the earth into the fourth density cycle of experience occurred in that time period that many were speaking of for a great period of your time before hand, that is, the year 2012. In this year the time/space beingness of your planet became completely of fourth density nature, however, the space/time portion of your planet has been somewhat, shall we say, confused and laggardly in the collection of entities and their ability to make what you would call, the graduation, to point the needle of the compass in a solid and discrete fashion.

Thus, our suggestion that it would take approximately two additional incarnational periods, that incarnational period each being somewhere between 70 and 80 of your years, before the space/time continua

was able match that of the time/space graduation into fourth density. Thus, you will see that there is some period of, shall we say, cleaning up of the mess that has been made upon your planet by the cultures that cannot seem to find a way home. This is the group of entities that will, in all likelihood, find it necessary to repeat the third density space/time master cycle of 75,000 years upon another third density planet.

Is there a further query, my brother?

Gary: It sounds to me, Q'uo, as if you're saying that we crossed that boundary moment. According to what Ra said, the gateway to intelligent infinity opens at that moment, but you went on to say, however, that we're essentially slow to catch up, and/or our energies, our collective vibratory situation is not matching the opening that was made available at the boundary line.

So what would happen then—it's a puzzle to me because it seems that door opens regardless of what's happening on the ground in space/time. So what would happen if we, in space/time, did not, as you just said, clean up the mess at the opening?

I am Q'uo and am aware of your query, my brother. There are those entities who are available for the assisting of your planetary population in the movement across the boundary in the space/time vicinity of your third-density experience which is now been in movement, shall we say, for at least 70 of your years. The precision of the striking of the clock upon the hour is somewhat difficult to describe to you in the ultimate sense of the time/space qualities of your illusion, for what seems to you to be a great portion of time, be it, 50, 60 or 100 of your years, is, in the larger perspective, but the eye blink of a moment. The striking of the clock upon the hour cannot be taken as literally as it is taken within your third-density illusion, for as you see, upon the microscopic level. The third density moves into fourth density upon a grander perspective, a level of experience in which time is expanded and space does not play such a great role.

Thus, there is the opportunity that shall be taken by all entities upon your planetary sphere to, as we mentioned, clean up the mess. There shall be those guides that will make themselves apparent to the third-density population in one fashion or another—perhaps as incarnated entities, perhaps as a movement within various portions of your third-density sphere within various cultures, religions, sects or nation states, so that there shall be efforts made too, as you now attempt to clean up the environment, to clean up the metaphysical environment as well.

In other words, there are great strides being made at all levels of your planetary experience. There are evidences of various kinds of fourth-density manifestations each day within your illusion. The indigo children, for example, are those entities who have incarnated within the third-density plane at this time who have been able to successfully graduate other third-density planets, and who have found it a great opportunity and privilege to be incarnated here at this time to aid in this transition and to become what we shall call "systems busters," as we have heard them described, that are able to make new arrangements to deal with the various problems that are seen upon your planet to be retarding the process of the movement into fourth density in the space/time portion of your planetary experience. These entities shall find their ways into various places of what you would call "social, political, economic power" to be able to have their influence and effect after the great dragon of negativity has met its match and its tail will thrash no longer.

Is there another query, my brother?

Gary: That clarified things for me, thank you so much, Q'uo. I do have one final brief query. At the moment that the discrete boundary is crossed in our space/time experience, and the opportunity for harvesting is no more upon the planet, and third-density life is no longer available, (at least for a short time upon this planet), at that moment, what happens to those entities still incarnate within third density.

I am Q'uo, and am aware of your query, my brother.

In our former response we were attempting to suggest that these entities shall have been able to make the movement through the, shall we say, process of graduation, and shall determine for themselves the need to repeat the third density cycle upon another third density planet.

We have energy enough left for one or two short queries.

F: As a follow-up to the explanation of the time lag where fourth density has entered, we've entered fourth density in time/space, but there's the time lag of space/time catching up. Will those of us living in this time period—are we able to see the manifestation of the light and the energy of fourth density in ways, not only just in social changes and other changes, but like in earth changes and things like that?

I am Q'uo and am aware of your query, my sister. This is correct. There are many changes occurring upon your planetary surface at this time which are obvious to the beholders of the experience—those changes of the tectonic plates, the planetary surface releasing heat, the abilities of entities within various portions of your planet to perceive the movement of energies and to use these energies for the benefit of those about them and for the planet itself. These are a portion of that which shall be experienced and is, indeed, being experienced at this time, for within your third density there is a great deal of the movement of entities, of energies, of ideas and concepts so that it seems like this is a world in turmoil.

And from an outer point of view it may indeed seem such, but we would suggest that upon the metaphysical level of the inner planes of your planet, this type of turmoil is seen as that which is the bubbling of the yeasty fruitful mixture of various entities and ideas so that from this cauldron of experience will be brought forth that which you would see as light, that which you would see as a direction for energies to be experienced, a direction for the intelligent energy of the Creator to move in discrete patterns, in patterns of organization, in patterns of inspiration, in patterns of ability to excite the imagination of entities to look beyond that which is now present in their conscious minds to bring forth that which is within the subconscious mind, to have a birth of a new kind within each entity; for you will see that there are many upon your plane now who seek spiritually in a sense which has not been experienced in times past. There are many who are seeking diligently and passionately for an experience of the One Infinite Creator.

When these entities are able to bring forth this intelligent energy and intelligent infinity into manifestation within the third density, you will see more of what you would call the miracles, the changes of consciousness, the transformations of people, of places, of events; there shall be that which is momentous within your earth spheres. This time is here now; this time shall continue—there is much happening that is not reported for it is not that which bleeds, thus it does not lead.

You will find within your illusion, much of inspiration if you but seek for it within your meditative state. We would encourage, as always, that all entities engage in the meditative period as often as is possible, for there is nothing more helpful or hopeful in your incarnations—and for this planetary surface and future as it transforms into fourth density—than the connection in the metaphysical state and the meditative state to

that One Creator which resides within all things. That is the core of the belief of all entities who seek now to aid this planetary entity in its transformation and its population in the same. Is there another query, my sister?

F: No, I'm so grateful, thank you.

I am Q'uo and we thank you my sister. Is there a final query at this time?

(Long pause)

I am Q'uo. As we perceive the silence we shall assume that the queries are exhausted for the night.

We would thank you my friends, once again, for calling for our assistance this day. When you do so, you pay us a great honor, for it is the way we serve those about us to answer the calls of sorrow from our brothers and sisters upon this planet. We know that you all wish with all of your hearts, souls, minds, and being, to be a part of the great change that is occurring upon this planet, and we assure you that you are, indeed, part of that change. This is a change which is becoming available to the eye of the beholder yet it is already available to the heart and to the soul, to the spirit of that which exists in the metaphysical levels. It is becoming that which is physical.

We encourage you in your meditations to send light and love to the planet itself, and to all who are in need of such, for it is the call of sorrow that brings us here—the call of that which is in distress, for it is much liken unto a part of our own being that calls for assistance. We answer that call as we would take care of a stubbed toe, a sprained wrist, a blackened eye, for all of these are signs of a battle well fought, a battle that is indeed within each heart and mind, and can be shared with those about each, for you are one with all about you, are you not? The One Creator exists in each and is making itself manifest in each in some fashion. The eye of the beholder is within the mind of the meditator. When your eye is single, your light shall be filling your body, and shall be that which leads you to the One Creator.

Again, we thank you for inviting our presence this day. We are those known to you as Q'uo. We leave each of you in the love and the light of the One Creator in which we found you and hope to find you again, my friends. Adonai vasu boragus.

Saturday Meditation

December 3, 2016

Group question: Our question today is about cycles of light and darkness. When we begin entering periods of perceived darkness or destruction and chaos, we have a tendency to reach for the comfort and the light. But is it more appropriate to embrace the darkness and disharmony as a way to accentuate and balance the distortion and allow for transmutation? What is the most beneficial way for us to approach these periods of seeming darkness as [individual] seekers and a culture?

(Jim channeling)

I am Q'uo, and greet each of you in love and in light this afternoon. We are grateful to each for having called for us to join your circle of seeking this day. We thank this instrument for his challenge to us and assure him that he did well. Today you ask the question whether or not one should embrace the reality of the darkness as one may perceive it, or whether it is perhaps better to attempt to provide light to shine through the darkness before dealing with it.

My friends, you, in your question, begin to retrace the steps of the evolution of the Creation around you, for in the beginning there was darkness, there was that which was unformed, that which blew and burned incandescently, [1] and then there was light that came into the darkness, and the darkness knew it not, and yet the light caused the darkness to become radiant and reflective so that there might be what you now know of as a creation of stars and planets and life in many forms throughout infinity.

And here you are on Planet Earth at this time, once again recapitulating that basic scenario—a feeling that there is more confusion, more darkness, more difficulty, more disillusionment than you have known before upon your planet. And yet, my friends, we tell you that what you know now is but the palest shadow of what has been before, for many times have the populations that have come to this planet to repeat third density caused darkness to heavily rest upon the peoples of various cultures, so that the history of your planet is one of bellicosity, adversarial relationships, and separation of entities from each other so that there was not any unifying force that could bring all together.

And, indeed, for much of the history of your planet and its progression through the various major cycles and minor cycles of evolution culminating now in this great master cycle, there has been predominately a separation dividing nation from nation, religion against religion, community against community, families against each other. It has been a theme, shall we say, and everyone seems to know the song. And yet we say to you within this great vast arena of darkness, there shines in each individual heart which you may liken unto a seed, indeed, for it is made of light; it has potential to grow; it has the desire to be released. If only certain confusions within the mind and the emotions of the entity holding it could be untangled and brought into a more understandable configuration, then each could plant the seed. There have been many, as you know, who have been able to move the intelligent energy of the One Creator through their energy system and clear it to such a degree that they have been able to share light with those about them, these are your prophets, your mystics, your revolutionaries, your thinkers, your creators, your musicians, your poets, and in many cases mothers and fathers raising children to reproduce the light they find within their hearts.

So what do you do now, my friends, what do you do now? You have felt a great disillusionment descend into a kind of darkness within your own being and your culture; yet not all see it in this fashion, for some

love the darkness, some love the light. Each pursues that which has meaning to each. And so we look at you now as beings of light with freewill paramount in each experience, with the ability to direct that free will in whatever direction you wish. You are, indeed, as free as you wish to be.

At this time we would transfer this contact to the one known as Steve. We are those of Q'uo.

(Steve channeling)

I am Q'uo and am with this instrument. We would like to greet this group sensing that there is amongst you a sorrow, and that this sorrow gives rise to concerns that are of a deep-seated nature, because there has been a sense that a movement well underway towards a lightening of the planetary vibration has, in fact, been undermined to some extent, has been invaded, if you will, by a kind of a counter movement that undoes what has been so difficult in the first place to do. And so there arises a great deal of frustration and dashed hope among those who have been able to gather themselves to some form of seeking of the light.

The precondition, as we have said, for this seeking of the light, is that one should have liberated oneself through a realization of the free will that each seeker enjoys. At the same time, we would suggest that each free will entity also understands himself or herself to be part of a larger whole and to be engaged in a process of integrating the energies of that larger whole—which is your social energy complex, such that there can be—in the communion of free seekers of the light, a strengthening of that seeking to one harmonious purpose with a sure sense that this harmonious purpose can come to serve as a resource for the all.

Now, the all of which we speak cannot be exclusive of any, and yet, again and again, you discover that there seems to be a fracturing of community; there seems to be a circumstance arising which pits one will against another even when these wills all independently conceive themselves to be seeking the light. When the fracturing occurs, it can seem as if the light itself falls apart; the light itself is cast into such a pit of darkness that the darkness becomes almost something real in itself, capable of swallowing up and extinguishing the light. The situation is further complicated by the fact that there are some who are prepared to believe just this. There are some who are prepared to act upon the premise that the darkness is a palpable reality and can be mobilized as a resource for seeking along a pathway which most of your citizens, and we believe all those here present, find to be contrary to their own aspirations.

The path of darkness is not a path which seeks harmony, it is rather a path which embraces chaos, and treats chaos as if it were the highest value and goal of the seeker, because there is within this chaos a kind of restlessness, a kind of forcefulness, which seems to have the capacity to enliven, in a way that more harmonious beings do not do. And so the effect of those who seek upon this path, when mixed with those energies which are attuned to harmonious co-existence, can be very troubling and disconcerting for those of the latter disposition.

Now, chaos itself is not something to be utterly despised, for it is an experience known to every soul to have undergone periods in which there is a dissolution of structure, in which there is a personality breakdown which, upon occasion, can lead to a positive result. The circumstances in which this is true are those in which the personality has become so set in stone, as it were, such that it finds energies stuck within it, unable to move, and can be in a configuration in which further growth seems to be stifled almost completely. Under these circumstances a personality breakdown may be required in order to allow these energies to gather to a new principle of organization through a process of natural discovery. It is not, therefore, the

chaos itself that one embraces, but rather one does not object to having to endure a kind of chaos as a point of transition to an order of the personality that is more satisfactory.

Now, that which holds true at the level of the individual can also be said to hold true in a somewhat different way at the level of the social complex. There are times in which principles of organization of societies, in effect, stifle the creative growth of that society, and when it is discovered that this is true, it is sometimes useful to break down these older structures so that something new and more vital may grow in its stead. This is a natural process at the social level, even as it may be said to be a natural process at the individual level. And there is a portion of your individual consciousness which is already invested in the social energy complex, and therefore, there is not a bright line between individuals within the complex, or an individual and the complex itself. There is, my friends, a blending.

Now, so far as it is the case that all members of a society seek along pathways that are essentially able to be coordinated with each other, that is to say are of a polarity that is the same, the process of dissolution, when it is found to be necessary, need not be seen to be terribly troubling. For if there is, at root, a common commitment to moving toward the light, we have found that given time, this is precisely what tends to happen. However, it is also the case that there are some with a legitimate claim to being part of the social energy complex which you enjoy who have not followed the intention of developing in a manner that is harmonious, in a manner that is welcoming and cooperative with other selves, but who prefer to take the view towards society which suggests that it is a place of contest, a place where wills test themselves against the resistance provided by other wills, and in this constant contest hone their energies to finer and finer effect. The food of such growth is as we have suggested—chaos. It is a chaos that is relentless, it is a chaos that is restless, it is a chaos which is unfathomable. There is in this chaos, it has been our experience, nothing to embrace because it is, in itself, nothing.

And so, we cannot recommend to those who have chosen to serve on the path of service to others that the darkness itself, the chaos itself, the disorder or disharmony itself, be actually embraced. It can be seen to be, upon occasion, a temporary state through which one passes, and upon those occasions it is well not to attempt to resist the chaos, because we find that the very attempt to resist it creates an echo of the chaos itself in the resistance, and that can reverberate well down to the roots of one's being, and the effects of that can be profound. And so when it happens in your own life that the carefully constructed structures that have been built up around your patterns of interaction, around your patterns of self-expression, around your disciplines of everyday life, have for one reason or another met with such difficulty that their order can no longer be maintained, we find that it is well not to try to force an issue, but to accept that, for the nonce, [\[2\]](#) a kind of chaos will reign. And you may take up a patient attitude of awaiting, as deep from within your natural processes that we have called self-discovery, [new truths] will begin to manifest themselves.

Now, there can also be a correlate that will happen in a similar way at the level of your social complex, and indeed, my friends, we have seen this occur over and over again, so that out of an apparent evil, there can emerge into manifestation, a much greater good, and it is to that hope, my friends, that we would commend you. It is to the patience and the loyalty to your sense of purpose that we would commend you in awaiting the fruits of this hope which it is always good to hold In your heart.

You are entities of very great power, my friends. In your free will there is a possibility of transformation, not only of yourselves, but of your entire planetary sphere, and the greatest seed of this transformation is the hope which you cherish in the silent core of your heart.

We would suggest to you that in this silent core it is not so much the darkness of chaos that reigns, but a light which shines inwardly, and gathers itself to clarity of purpose, to fullness of intent, slowly, slowly, slowly, unseen, unsuspected at first, but capable of emerging into such a glorious flowering that it can be an experience of great awe to witness; to witness the silent stirrings of intent to heal, to give to others, and to glorify the One Creator. These are the seeds that will allow your hope to blossom into a new reality that beckons.

We will not say that the birth will be easy. It is sufficiently clear now that it will not. There will be dark times, there will be confusion, there will be many opportunities to turn away your eyes in despair as you gaze upon the deeds of your fellow human beings. Know, however, that you are an unquenchable source of love. That is the gift that you bring to the party, so to speak. And when you join with another, your gift is redoubled, and redoubled again with the addition of each new soul that joins with you.

So you begin your song silently, perhaps it bubbles up within your heart, and makes its way to your very lips, whereupon it becomes a melody which inspires a memory, another to sing along with you, and when the song becomes a chorus, and when it begins to fill the ears and the minds and the hearts of one more whose memory resonates with this song, that energy complex will begin to vibrate differently, will begin to vibrate as a social memory complex, and then, at that point, you will be well on your way towards entering a new dawn of experience.

It is the dawn that awaits you, it is the dawn that lies on the other side of this darkness. The darkness can be seen as impediment, or the darkness can be seen as prelude to this dawn. As we have suggested, the choice is yours. You are creatures of free will, you are creatures each of infinite worth, and it is our hope for you, and it is our confidence in you, that you will find your way.

We are those of Q'uo, and we thank each here for giving us the opportunity to address you on this important and timely subject today. At this time, we would leave this instrument in the love and in the light of the One Infinite Creator and return to the one known as Jim to inquire whether there are further questions we may address. I am Q'uo, Adonai, my friends, Adonai.

(Jim channeling)

I am Q'uo and am again with this instrument. May we ask if there be another query this afternoon for us?

Austin: Q'uo, I have one, but if there is anybody with a question related to the group question, they can ask it first. [pauses]

Okay, our friend E sent in a question that says: "In 49.5 Ra says to attempt to raise the locus of this kundalini meeting without realizing the metaphysical principles of magnetism upon which this depends, is to invite great imbalance." My question is: how does one know that he or she has done enough work and is ready to explore kundalini energy? When someone feels various energy flows, specifically ones that are induced by breathing and movement meditative practices, what would be a way to explore and study these energies safely and without inviting imbalance, and what would be signs of danger?"

Q'uo: I am Q'uo and am aware of your query, my brother. This is a substantial query with a great deal of preparation that we must make. You may look at your energy centers, red through violet, as a means of shining your light, shall we say, in short. When the Intelligent Energy of the One Creator moves from the

Logos, from the Sun, to your energy field, the magnetic attraction of this energy through the red ray energy center, is that which begins your appreciation of catalyst in your life experience according to the choices that you have made previous to your incarnation. The lessons that you wish to learn are all embodied within various of the energy centers, and as the Intelligent Energy of the One Creator moves within your energy centers, you are then able to perceive it according to the, shall we say, coloration or choices made previous to the incarnation. This energy seeks to move upwards, arising into eventual union with the One Creator in the indigo ray energy center. For indeed, at this center, the crown is already upon the head and you are potentially, the Creator, for the Creator resides there waiting for your discovery.

As the energy moves into the red-ray center, it is concerned with that which may be described as the survival, in a physical sense, of your being, of your body, of your incarnation, as well as the reproduction, sexually speaking, of other entities perhaps, if you have chosen this service for this incarnation. As the energy moves further upward to the next center, the orange ray is that which is concerned with the individual expression of your power or your emotions on a one-to-one basis with other entities. When this has been accomplished to a sufficient degree to allow the energy to move higher, then the yellow ray energy center is that which is awakened, and which concerns itself with your expression and your energy upon a group level, with families, with communities, with the workplace, with teams and so forth.

If you are able to balance your energies in the yellow ray energy center to a sufficient degree to allow further movement, then the movement occurs into the heart energy center, the green ray center. This is that which expresses your energies upon a universal nature, in love that is given to all with no expectation of return. This may be seen as a steady state of the One Creator, for all is seen as that which is deserving of love, and able to give love. The giving and receiving here is balanced. This energy center is that which marks the harvestability of an entity within the third-density illusion. When you are able to open this center to a sufficient degree, and give more love than you receive, shall we say, then your harvestability grows nigh.

As the energy moves further into the blue ray energy center, communication is that quality here of an inspirational nature, that one is able to give in great abundance to those about one, again expecting no return. This is the first truly spiritual energy center, for it gives as does the Creator, freely and inspirationally and continuously. If the energies within this center are balanced and open, then the indigo ray energy center becomes available to the seeker of truth. Here lies the power of the One Creator. If this energy center may be opened, activated, balanced and then utilized to release the spirit as a shuttle into the violet-ray energy center, contact with the One Creator or Intelligent Infinity is possible.

This is the rising of the kundalini to its height, where the entity realizes itself as the One Creator. However, if at any lower energy center— most especially the magnetically charged in the, shall we say, negative sense, of the negative pole of drawing unto the entity energies of the red, orange or yellow centers— [have] not been balanced sufficiently to withstand the impact of the rising of the energy to the indigo center, then there will be imbalances in the experience of this energy as it moves into the indigo-ray energy center. These imbalances may be detected by an entity which has experienced some anomaly, shall we say, in the experience of the rising of the kundalini. The anomaly may be that which is confusing, is surprising, unexpected, and which gives one doubt. This is the sign of, not necessarily danger, but of imbalance.

One may investigate the nature of the lower energy centers by utilizing the catalyst which is present in the daily experience. We may say that it is frequent that these lower energy centers are sometimes not necessarily ignored, but not given the importance that they deserve, for it is seen as more, shall we say, grand or

glorious, to work upon the higher energy centers, perhaps not working upon the negatively oriented centers, [3] the red, the orange and the yellow, which are negative magnetically speaking, in that they draw unto the entity those energies of the Logos, the Intelligent energy.

Looking at your daily round of experience in the meditative state at the end of the day, is a good means by which to appraise the balance and the openness of these centers. Look, therefore, to those experiences that you have with others on a one-to-one basis, also upon a basis of the individual self that you are in relation to groups in which you participate. Look to see the nature of the use of power in these two centers. Is there an attempt upon your part in any way to exercise, unduly, a power over others on an individual basis or upon a group basis, for this is where the imbalances can occur that would create a difficulty in the entity experiencing the free flowing of energy through all lower centers as it makes its way to the indigo center.

Is there a further query upon this subject, my brother?

Austin: No, thank you, Q'uo.

Q'uo: We thank you, my brother. Is there another query at this time?

Austin: I have another one sent in by our friend T, who wrote to us saying in Chapter 7 of *Secrets of the UFO*, Don described how ETs imprinted their message on Puharich's tape recorder. This blew T's mind, especially in consideration of all the severe risks that, as he describes her, "Lady Carla" had to endure. So he wonders, wouldn't it be "wonderful and risk free to ask the Confederation to simply imprint their messages on some recording device?" And he asks further, what the pros and cons are between these two methods of human vs. tape recorder.

Q'uo: I am Q'uo and am aware of your query, my brother. This is an interesting query. We find that the nature of the group receiving messages from supposed extra-terrestrial sources, or the individual receiving messages, is based upon the qualities of the group or the individual: their strengths, their desires, their determination to be of service to others, and so forth. There are some entities, such as the one known as Andrija Puharich, that have a love of the riddle, a love of the untangling of that which is put in symbolic form and not presented, shall we say, in the normal manner. This entity received information from sources which were, shall we say, not always of a positively oriented nature. These messages received in a fashion which was meant to, shall we say, glorify the puzzle-solving abilities of the one known as Andrija, thus the tape recorder was used. In other instances, other mechanical devices were used with this entity. We suggest that for those entities who are positively oriented, as was the one known as Andrija, and who have abilities to reflect this positivity in its most pure aspect, that there is no machine or technology more efficient for the reproduction of contact with those of a positive orientation than the human mind. The human mind which has been tuned to its highest and best qualities to transmit information in a stable fashion is far superior to any mechanical devices.

Is there a further query, my brother?

Austin: No, not in regard to that one. Thank you, Q'uo. We do have one more from T who writes: "Dear Q'uo, as far as I learned from those of Ra, one Holy and Creative Logos is in every star/sun, like a soul in one's body. If that's the case, I wish to know the metaphysical meaning among three kinds of star systems: that is, the single star system, the binary star system, and the multiple star system. A side question in my

wildest imagination: If our solar system was a binary star system at the very beginning, does it mean that the balance between yin and yang would be much better than the current situation?”

Q’uo: I am Q’uo and am aware of your query, my brother. We shall do our best to transmit our response through this instrument, though it is, shall we say, unfamiliar with the type of terminology that would be necessary to transmit this information with clarity and precision.

The nature of various Logoi within the Infinite Creation is various, shall we say, for each has the free will to provide a means by which the One Creator may know itself with greater variety and intensity, for indeed this is the reason for the Creation. Thus, there are some Logoi who have chosen to join forces with others in which you may call “an experimental basis,” to see if there might be more variety or intensity of experience possible by the joining of these forces.

Each Logos has the ability to create a system of planetary entities that will provide it with further means by which to offer to the Creator experience that reveal itself more fully. Whether there may be two or three or more Logoi involved in such an experiment is up to the free will choice of those who share this desire to join together with others of their kind to provide an experience that is enough at variance from what could be produced by a single Logos, that the experiment is undertaken.

We cannot begin to describe how the effects of more than one Logos within a galactic system, or as you would call it, a solar system, would enhance the experience of the Creator by the Creator and each of the entities within the care of the single Logos, the multiple Logoi, or what have you. We apologize for not being able to be more precise in our descriptions, but we have a language to work with which does not include the various qualities that would be necessary to cover in the description of such binary systems or trinary systems, shall we say.

As far as we are aware, the sub Logos that is your sun body has always been singular in its expression of its creation for the One Creator.

We find that this instrument grows somewhat tired and we would suggest that we conclude with our farewell to you as is our wont. Again, we thank you, my friends, for calling for our presence this afternoon. We have greatly enjoyed our experience with you. The light that you shine outward and inward is most brilliant and full of the dancing energies of love, of unity, of joy, of experience well achieved, and of the hopes and aspirations for future service to others. We are those known to you as Q’uo. We leave you now, my friends, as we have found you, in love and in light. Adonai vasu borragus.

[1]*incandescent* [adj]: a term which means “glowing or white with heat,” or, similarly, “intensely bright; brilliant.” The word seems here to be used to describe a property or quality of darkness, or the chaos within the darkness. Though used well in a poetic sense, it is debatable whether or not the word was used correctly in its relationship to darkness and/or chaos.

[2]*for the nonce* [phrase]: for the present; temporarily.

[3]“...the negatively oriented centers.” This phrase is not intended to denote that the lower chakras are natively negatively polarized, as if they are centers of the service-to-self polarity, but rather that these centers function as does the negative pole of the magnet. The negative pole attracts to itself. These lower centers

attract energy and experience to the seeker. The energies of those chakras may be used for either service to self or service to others.

Special Meditation

February 26, 2017

(Jim channeling)

Q'uo: I am Q'uo, and am with this instrument. We are happy to greet you this afternoon in love and in light as always, for always do we find you walking in love and light along your path of seeking the One Creator. There is nothing else in which to walk, my friends. There are only eyes to see and hearts to appreciate this love and this light.

Before we begin, as always, we ask a small favor of you, and that is that you will take those words which we have to offer you this day, use those which have value to you, and leave the rest behind without a second thought. This aids us greatly in being able to speak freely, and we thank you for this favor.

At this time we shall ask if there is a query with which we may begin.

Gary: We would generally prefer that questions regarding the mechanics of the ongoing and upcoming transition of this planet to fourth density not become too strongly a focus of this group. We think consideration of events yet to transpire may serve as a distraction, bleeding the focus from its real point of contact with the Creator, i.e. the present moment.

Yet, the Confederation has made a point of proactively speaking of harvest, and we feel more headway can be made into this mysterious subject. So, question number one for you Q'uo:

Why over the years has the Confederation felt it important to alert people on Earth about the harvest through channeling, dreams, and visions? Is information shared about this topic meant as a catalyst to encourage or motivate people to seeking and service?

Q'uo: I am Q'uo, and am aware of your query, my brother. This is, indeed, a good question, for it probes to the foundation of our relation with the planet you call Earth. This particular planet has been, for the past approximately 75,000 years, making its way through the third-density illusion, its population increasing as time, as you measure it, has progressed to the present moment.

Each entity on this planetary sphere is here for the purpose of being able to welcome and enjoy more of the love and the light of the One Infinite Creator through its own energy centers in a fashion which will allow it to be, shall we say, graduated, or harvested into the fourth density of love and understanding. This is a process which has gone on throughout all time and before all time, and it is a process which shall continue infinitely into the future. Thus, it is of primary importance, not only because it is necessary for entities to be graduated in order to progress further along this path of seeking unity with the one, but it is necessary at this particular time, in this particular density, to make a choice that will allow each entity to continue to move along the line of upward spiraling light, in either the positively oriented sense of service to others, or in the sense of service to self, that which is called the negative path, the path of that which is not, for it is a path which is built upon separation, an artificial separation in a universe of unity, we might add.

Thus, this is a most special time, for the choice that is made within this illusion is the foundation choice for each entity making it, that will allow and propel the entity further along the path of seeking to serve the Creator in either fashion, positively or negatively.

This 75,000 year cycle may seem like a great span of time to you who live a mere two score, three score, four score or so forth, and then you are no longer a part of this illusion until, once again, you choose to incarnate back into it. However, when you compare the 75,000 years with the length of time, as you measure it, of succeeding densities, the next being 30,000,000, the following 50,000,000, the following 75,000,000 years, your density is but an eyeblink in time. It is but the briefest of moments in which to consider the choice that must be made. This choice is that which has been attempted by many of the population upon this planet throughout their incarnational histories upon other third-density planets where they were not successful in making this choice, but found the need to incarnate upon this Earth plane in order to, once again, attempt this grand adventure, this grand choice-making, to set the foundation for all future work that they shall do in their consciousness.

Thus, we communicate with this planet at this time—and have for a number of your years, and in fact a number of your decades at this point—to alert those who are conscious of this process, that indeed, this is occurring, this shall occur, and this is most important to those upon this planet at this time, for the reasons that we have just stated.

Is there another query, my brother?

Gary: There is indeed, and I forgot to mention that it is an honor to be able to ask these questions, Q'uo, so thank you very much.

We recently visited Asheville, North Carolina, a place where we felt that we were glimpsing the embryonic beginnings of fourth density. We realized, or at least I realized, that however the discrete boundary is crossed, however the quantum shift happens—fourth density will be birthed *through* those doing the work of love and understanding on the ground. The fourth density itself literally comes into being through points of light such as we witnessed in Asheville, and points of individual and collective light that we witness around the world. Would you comment on this, please?

Q'uo: I am Q'uo, and though I am aware of your query, my brother, I was reminded by this instrument that we need to make a transfer at this point, so, at this time we shall transfer this contact to the one known as Steve. We are those of Q'uo.

(Steve channeling)

I am Q'uo, and am with this instrument. We would like to begin our communication through this instrument by thanking this group, as well as this instrument, and its companion in this practice at this time, the one known as Jim, as well as the questioner, the one known as Gary, for the dedication to sincere seeking that serves as a beacon to us, and gives to us a sense of hope that the transition to the new level of reality, which is beckoning this planet at this time, will be effected with some measure of success.

You mentioned that there are, upon the planet, at this time, beacons of light, and we would tell you my friends that there are few beacons of light greater than the one you presently participate in. This is one of the sources of hope for a great many of the helpers that have [been attempting to aid], for what you would consider long years, stretching even into eons of attempted aid in our belief, and in our desire, and in our hope, that there may be brought forth upon this planet a fourth-density experience that is able to enrich the sense of what it means to be a servant of the Creator. For, my brothers and sisters in light, it is the case that at every new birth into a higher density, the entire universe rings with joy.

You are quite right to note that the transition to fourth density is aided by groups such as your own, and the one you mentioned in Asheville, where genuine efforts are being made to harmonize and to facilitate healing in those places where it is seen to be needed. We would suggest to you that this planetary experience has been somewhat vexed, leaving the need for considerable healing. And so, in addition to the gathering together of the resolve culminating in the choice to serve either the self or others, that an additional process of binding of the wounds is, at this point, well underway. It is an occupation of many groups such as your own to reach out the hand to those in need, and to offer in those subtle ways that may be available, the promise of a better way of living, a better life to come.

We cannot stress highly enough, the significance of the role that such as yourselves can play in facilitating this process, for it may seem that you are small points of light in a vast firmament of darkness, yet, we will say to you, that this light is of such a nature that it may be passed on, it may extend its reach, it may move from person to person; and it does so, generally speaking, in a manner that is hardly observed—but not for that reason less important.

It is quite true that in this circle of seeking that has achieved such an intensity of that seeking during this period of time you call your weekend, that the light is focused in a rather small domain, but it is also true that each here present will subsequently sally forth into the world carrying, in ways perhaps not even consciously known, the effects of this intensification of the light. And that will spread, my friends, as surely as the dawn spreads over the surface of the land. It will spread as a gift of the new dawning of awareness that will begin the process of the ushering in of the fourth-density age upon this planet.

We are Q'uo, and would, at this time, return the contact to the one known as Jim.

(Jim channeling)

I am Q'uo, and am once again with this instrument, and through this instrument would ask if there might be another query.

Gary: In 63.24, the questioner asked, “Then, as the fourth-density sphere is activated there is heat energy being generated. I assume this heat energy is generated in the third-density sphere only. Is this correct?” Ra replied: “This is quite correct. The experiential distortions of each dimension are discrete.”

Ra also said in 40.10, “The harbingers of fourth-density vibrations were approximately forty-five of your years ago, the energies vibrating more intensely through the forty-year period preceding the final movement of vibratory matter, through the quantum leap, as you would call it.”

Question: As Ra describes it, there is apparently a quantum shift whereby third-density definitively ends, and fourth density definitively begins. All fourth-density bodies in the new environment inhabiting a qualitatively, discretely different environment. When the time and the conditions are right, is this discrete boundary crossed in a single, global moment? After which time the third-density sphere is inactive for some time while the early fourth-density beings get their bearings?

Q'uo: I am Q'uo, and am aware of your query, my brother. This is a query which is not easily answered with simple yes's and no's, for there is much that is anomalistic about your particular planet, and its transition into the fourth density. The quantum leap that those of Ra were speaking of is that which this planet itself has achieved, for the planetary entity is a fourth-density entity. The individuals and social

complexes upon it, however, are, in some cases, upon a level of third- and fourth-density combination, [but] mostly the third, as you would surmise from news of the day, shall we say.

This planetary sphere, then, has the need to adjust the vibratory complexes of fourth density with the remnants of the third-density population's degradations, shall we describe it. There has been much of what you would call war, bellicose activity, and the slaughtering of millions and millions of the population of this planet. This vibration of anger, of separation, has embedded itself within the crust of the planet, so that there is the need for a physical release of this vibration of alienation, of separation, of war, so that the planet itself might proceed in a more harmonious manner as the home for the fourth-density population which shall inhabit it. Thus, the rupturing of various portions of the planetary surface has been occurring for a number of your years. These are the inconveniences which those of Ra spoke about.

As far as the discrete movement of the consciousness complexes of the peoples of your planet, there is, at this time, and has been for a number of years, the birthing into incarnation of those entities that have both the third- and fourth-density bodies activated, so that there is, indeed, a new breed of entity upon the planetary surface at this time. This number is increasing daily. These entities have much more ability to affect the consciousness of this planet at this time, and the consciousness of those about them, for they have the, shall we say, need to aid in the harvest which is a basic need that is at the foundation of the reason for their incarnating here. It is a great honor and privilege to be allowed this early in incarnation.

Thus, these entities, as they continue to incarnate upon the planet, will provide the body complexes through their own mating processes for other entities of even higher vibration to incarnate, so that this is a process which, in your time, will seem to take more time than a discrete movement in the blink of an eye. There will be a number of years which are indeterminate at this time due to the difficulty of your peoples in making discrete choices, shall we say, that will be necessary for the progression of the physical vehicle and the mind and spirit vehicles to become more blended into a vehicle which is purely fourth density. Thus, this will be a gradual transformation, as far as the third- to fourth-density mind/body/spirit complex transition is determined.

We would further add that there are many entities at this time that are working very diligently—both on the third-density level and upon the higher realms within the planetary entity itself—to aid in the transition into the fourth density. These entities are, shall we say, making every possible effort to aid in this transition, so that their success would be a primary factor that must be taken into account, when considering the nature of the move into fourth density in its completeness.

We pause briefly to give this instrument the chance to deepen its state.

(pause)

I am again with this instrument. I am Q'uo.

Thus, though it is possible for your planet to make a discrete choice to, as Ra said, choose in one fine, strong moment of inspiration to polarize positively, this is the choice that all those entities within the inner planes are hoping is made in your near future. However, this is not a probable choice, though it is ever possible. Thus, it is within a time period that those of Ra mentioned to be between 100 and 700 of your years that is most likely to be the case for this discrete transformation. In the overall movement of time, as you know it,

this is a large period of time. In the movement of time into the fourth density of 30 million years, it is but a few moments.

We shall, at this time, shall transfer this contact back to the one known as Steve, for further queries. We are those of Q'uo.

(Steve channeling)

I am Q'uo, and we are now with this instrument. May we ask if there is a further query at this time?

Gary: This particular question may be a very quickly answered question, so the instrument may want to stay on for the next one, to your prerogative. In 63.27, Ra says, "The creation of green-ray body complexes will be gradual and will take place beginning with your third-density type of physical vehicle and—through the means of bisexual reproduction—become, by evolutionary processes, the fourth-density body complexes." Ra here echoing what Q'uo just said through the other instrument.

So, the probably self-evidently answered question is: Does the evolutionary process through bisexual reproduction move as follows:

1. Yellow-ray active vehicles give birth to dual-activated bodies.
2. Dual-activated vehicles give birth to green-ray active bodies.
3. The fourth-density planet is populated by green-ray active bodies only.

Q'uo: I am Q'uo, and we would say that in a general sense, this is correct. There are qualifications which one might make, and refinements which one might make, but they require, for the most part, a knowledge of what you would call genetics that is not yet available on your planet.

We would call your attention to the difference between a yellow-ray activated vehicle, such as is the most common upon this planet at this time, and the dual-activated vehicle, which is of the nature of something of an anomaly because the stronger pull, shall we say, in such a dual activated body is still going to be back toward the third ray, that is the yellow-ray vehicle. We say this because it remains the case that the veiling continues to be in place between the mind, and the body, and the spirit, and it will be a mark of fourth density that this veiling is removed.

The effect of the dual-activated body, however, will be palpable in the sense that a greater propensity for intuitive awareness of the values, shall we say, of fourth density will increasingly make themselves apparent, particularly among the dual-activated mind/body/spirits; but once again, we would say, in such a way that this activation may, itself, become more general, may pass beyond the limited sphere of those who are in these dual-activated bodies and begin to exercise an influence in those whose incarnative condition is still that of third ray, or a yellow-ray vehicle.

Would the questioner like us to remain in this instrument to receive the next question?

Gary: Yes, I have an unplanned follow-up.

You mentioned that the veiling is still very much present in the dual-activated entity between its mind and body, but a characteristic of the fourth density is that the veiling is removed. So, again, it seems to me that the movement, the timing, the speed into fourth density is linked to the choices and attitudes, and

vibrations, of those here in Earth, on the ground. That includes the physical release of war and anger from the planet itself, and as mentioned, the choices that the entities make themselves, and insofar as this process moves forward, then the veil is gradually lifted, then the dual-activated entities have greater access to, and awareness of, who and what they are and their purpose here. Would you comment on that welter of a statement?

Q'uo: I am Q'uo, and am with this instrument. We would say that the characterization just given is, in a general sense, quite true, and well spoken. We would add that the thinning of the veil, though it will proceed at first, as nearly as we can tell, very slowly, and by stops and starts, and more in some pockets than in others, will at some point assume a momentum that will make it an unstoppable process, and as this begins to be more and more true, it could happen that very quickly the veil could be removed so that it almost does seem as if one has, at that point, leapt across a sudden chasm or boundary.

The factors which you mention which are, at this time, inhibiting or retarding the process, are those factors which can indeed be expressed as anger, and can also be expressed as fear, and can also be expressed as a kind of denial, or refusal as mind/body/spirit complexes become more and more intuitively aware that something is being required of them at this time, that the universe essentially vibrates in expectation of the making of their choice. And the longer they put off the making of this choice, the longer they refuse the call to the making of the choice, the more delayed will the transition be, up to the point that it is no longer possible to resist the overwhelming character of the new energies that beckon. And we will say, with some sorrow, that there will, at that point, be a weeping and a wailing and a gnashing of teeth on the part of those who feel that they have not succeeded in their mission which had hoped to render the choice foundational in such a way that it could serve as the point of departure into a new realm of being.

We would not characterize the future of these mind/body/spirits as being one of condemnation, for new opportunities to enact the drama of choosing will be given them. But, in many cases, this will be a second or third such opportunity, and these souls will be aware of that fact in some subliminal part of their being, and there is the potential for a kind of chaos, or disharmony, arising as there can be a general flailing about, so to speak.

Thus, the transition into the fourth-density illusion may seem to be muddled when taken as a whole; although, in those pockets where more light has prevailed, and more mind/body/spirits who have come together in a resolution of mutual harmony and are gathered to common purpose, the general confusion will, in all likelihood, be experienced more as a kind of background event, while the focus will be upon the foreground event of the transition, which will be a matter of great joy.

We are those of Q'uo, and we will transfer the contact at this point to the one known as Jim.

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there a further query?

Gary: Thank you so much, Q'uo, for your replies through both instruments.

We learn from 63.13-14, a couple of things:

- Third- and fourth-density electrical fields are incompatible. In other words, third-density entities cannot be fully aware of fourth density.

- All third-density bodies will go through what we call physical death *before* fourth density becomes fully activated in space/time. That second point may involve some interpretation.

So the question is: Because the yellow-ray body is incompatible with the green-ray environment, does the final, full activation of the green-ray environment in space/time wait for the final yellow-ray body to move through what we call death?

(Jim channeling)

I am Q'uo, and am aware of your query, my brother. This is, in general, a correct assumption. For even if the entire planetary population made that one fine, strong choice for positive polarity, there would at that time be the necessity for the dropping of the physical vehicle of third-density: the yellow-ray body. At that time, there would be the ascension of the indigo-ray body, the form-maker body, into the realms of light, and this time would be that in which the steps of light, or the strength of light, would gauge the ability of the entity to withstand the impact of the light in an harvestable degree. This, having been determined primarily by the choice of the entity to pursue positive polarity with every fiber of its being, shall we say, the moving into the light being the confirmation of this choice. That is the situation which would pertain in the possible choice of positive polarity by the entire population of your planet.

If the choices are more gradual, the same basic situation would also obtain, in that the entities would move through the death process in a manner which would exemplify the normal death process. The entity—not being consciously aware of its harvestability due to the group choice towards positive polarity—would then move into the form-maker body upon its yellow-ray body's death, and again, move into the light which would gauge the harvestability of the entity, according to the energy centers' ability to stand the impact of the love and light.

Is there a further query, my brother?

Gary: Yes, thank you. I actually do have a follow-up, very much connected to that one. I'm very appreciative of your replies.

So, you did indicate that fourth density couldn't, what I would call, *fully* manifest in space/time while there were third-density bodies present. At that point [of the death of the final third-density body] will those remaining physically here on planet Earth be in dual-activated bodies, just barely grasping the potential of fourth density? Or, will that point be the signal for the end of the dual-activated bodies, and the beginning of the full activation of green-ray bodies?

Q'uo: I am Q'uo, and am aware of your query, my brother.

Again, this is a difficult situation in which to give a yes or no answer that would be accurate, for there will be both types of entities upon the planetary surface when the final choice, shall we say, is made by all entities, to move either in service to others, or service to self. This is to say, there should be those third/fourth-density entities with the dual-activated bodies that will be able to make the graduation, since that has already been affirmed for these entities upon another planetary sphere. The entities with the third-density body, yellow-ray activated only, will, at that time, need to move through the process of moving into the light, to determine the harvestability. Thus, at some point, there will be, as you say, only the fourth-density entities

upon the planet, however, the amount of time, as you would measure it, that this process will take, is not, at this time, known.

We shall transfer this contact at this time, to the one known as Steve. We are those of Q'uo.

(Steve channeling)

I am Q'uo, and am again with this instrument. May we ask if there is a further query at this time?

Gary: Thank you again, Q'uo, I think your replies here will help clarify a lot for those who study and are inspired by the Confederation's message.

This is a somewhat quizzical point, and is the only one of its type, but it's one that has perplexed me, so I'm going to ask it. In 63.8, Ra says: "As the green-ray cycle, or the density of love and understanding, begins to take shape, the yellow-ray plane, or Earth, which you now enjoy in your dance, will cease to be inhabited for some period of your space/time, as the space/time necessary for fourth-density entities to learn their ability to shield their density from that of third density is learned. After this period, there will come a time when third-density may again cycle on the new yellow-ray sphere."

So, that's common knowledge among everyone who studies the Law of One. The puzzle is here: No matter how long the yellow-ray sphere is inactive, once it resumes activation there will be countless artifacts of our present civilization strewn around the world. I think of buildings, roads, bridges, homes, manufacturing plants, power plants, water facilities, etc. Will this be the case and, if so, how does that affect the free will of the new inhabitants of the new yellow-ray sphere?

Q'uo: I am Q'uo, and am again with this entity. We would say that it would be well to contemplate the length of the fourth-density experience, which, by your years, is many. Fourth-density, when it is in full flower, is of a vibrational level such that it is not apparent to those who occupy second-density vehicles, as have third-density entities done since the time of the veiling. There will be a period of transition, and it will not be short, as you measure time, while the newly formed fourth density is further evolving into a state of higher and higher vibrational being. During the period in which that evolution is taking place, there will not be sufficient discreteness between third density and fourth, such that the fourth could exist without being known to the third. It is quite true that at that time that fourth density has evolved to the point that it may remain invisible to the third, the third will be visible to the fourth.

Third-density life, in its visibility, will be no great mystery to the fourth, any more than second density life is, to the third, a great mystery. But at the point that fourth density is able to maintain itself in a state not visible to the third, it is possible for third-density life to begin again. The greatest likelihood is that this would not occur until such time as fourth density is far enough advanced that a transition to fifth density may soon be contemplated. And we would say also that the early portion of third density experience tends to get underway rather slowly by third-density measures. In all likelihood, the population of the third density upon this planet at that time would be composed of second-density beings, graduating into the third density, and newly beginning their road upward from the first stirrings of self-consciousness.

Does this answer your question?

Gary: Thank you for asking [if that answered my question]. I think there was a misunderstanding. Please correct me if I'm wrong. My question wasn't about the free will of fourth-density inhabitants being affected

when third density cycles again, rather, my question was about the free will of the third-density inhabitants being affected when they encounter the artifacts and remnants of our own global civilization.

By what you just said, it may be tens of millions of years before third density cycles again, in which case, Earth will have erased or removed much of our history, but we presently can go back many hundreds of millions, even billions of years in our archeological record, so the question being, when the new third-density cycle activates, and there are new third-density beings who become sophisticated enough, at least, to look into the archeological record, how does that affect their free will to learn of a global civilization that no longer exists.

Q'uo: I am Q'uo, and we are again with this instrument. The traces, as you might call them, of past civilizations are, as you have noted, easily erased by the sands of time. We ask you to contemplate the mystery of past civilizations upon your own planet—the land of Lemuria being one, the land of Atlantis being another. These were great civilizations that have vanished almost without a trace, and are mostly known through legends, even though there have been some who have assiduously searched for these traces, having been alerted by the legends.

Now there are some traces of earlier civilizations currently upon your planet—we call your attention to the statues on Easter Island that are an early remnant of interactions between an earthly population and another earthly source, and so these remnants may, in fact, be in place, and they will be seen as a source of possible mystery, but in general, their presence does not greatly interfere with the free will of those who are learning the lessons of third density, uppermost in importance of which, is the making of the choice.

So, it may be possible that at the latter end of its master cycle of development, a civilization may become aware of traces upon its planet of earlier civilizations. These, in general, do not constitute abrogations of free will in any significant way.

I am Q'uo, and at this time we would transfer the contact back to the one known as Jim.

(Jim channeling)

I am Q'uo, and am again with this instrument. Is there a further query, my brother?

Gary: Yes, I take a moment firstly to thank the group for supporting these questions, and say that I have one final question, after which time, if the instrument or instruments have continued energy, someone in the group may use the opportunity to ask a question.

My final question is thusly: We, in the group, have talked before on this point. We have a supposition that so long as one is still in a third-density body, breathing third-density air, and experiencing this cycle of evolution, that they have the time to make the choice. Would you comment on the merit or accuracy of that statement, please? That will be my final question, and I thank you so much for this opportunity.

Q'uo: I am Q'uo, and we thank you as well, my brother, for these points are of some considerable interest and importance to not only your planet's people, but to the Confederation of Planets in the Service of the One Infinite Creator, as well.

Indeed, those who now dwell upon your planetary surface and breathe the free air have every opportunity to polarize that is necessary in order for each one to make the graduation, if that choice is their choice at this

time. The necessity for most, as you are aware, is to become aware of that choice. This is not necessary in order to be graduated immediately, but is necessary in order to become more, shall we say, productive in the choosing. There is still time for choices to be made, both consciously and unconsciously, that can lead to graduation, depending upon each entity's individual status, shall we say. The red, the orange, and the yellow rays being sufficiently opened, and moving into the green ray, with the opening of the heart center beginning to show itself in those acts of love and understanding which may demonstrate the ability of an entity to welcome and enjoy more of the love and the light of the One Creator.

We feel that there is enough information of an inspirational nature available to all entities upon your planet that if these entities are able to, if not consciously be aware of the need for such a choice—and able to follow their subconscious minds leading them by the catalyst that it brings them, and to provide the ability to utilize this catalyst, that is, the entity itself being able to utilize the catalyst and move forward, shall we say, in its evolutionary progression—then there would be the opportunity for the making of this choice upon a subconscious level, or an unconscious level, and not only upon the conscious level of the spiritual seeker who has long traveled this trail of seeking.

Thus, we feel that there is time, as you know it, for such choices to be made, and this is the grand adventure upon which each seeker now finds itself, and has found itself for a great portion of these last millennia upon this earth plane. There is, shall we say, divine inspiration that is also available to each entity through the series of guides and inner masters and friends, that have been attracted to each spiritual seeker, be that seeker a conscious seeker or not a conscious seeker—simply one who moves through its daily round of activities, looking to benefit in one manner or another from the opportunities of the third-density experience in a material sense, shall we say.

All entities have these sources of inspiration and information available to them. There are all types of communication possibilities, as you have mentioned previously, from the dreams, from intuitional flashes or hunches, to meditational messages, to being guided to the right person, or the right book, or the right place. All of these efforts are being made now by those entities upon the inner planes, those of the guides of the spirit nature, those of the discarnate entities that are of a master, shall we say, and attracted to the entity through its many lives of seeking, the entity's own higher self, the entity's mind/body/spirit complex totality. All of these entities are well aware of the time growing shorter and shorter upon planet Earth for these choices of positive polarity to be made by those entities of the third density, who now find residence upon planet Earth.

Thus, we would say that there is every opportunity available, that there is every reason for hope, for the eventual graduation of each entity upon planet Earth. We can speak no more valiantly of each entity's ability, and opportunity, and necessity, for making these choices at this time. Though the time does grow short, the time remains for each one to make the choice that is necessary for graduation.

At this time, we would transfer this contact to the one known as Steve, for any further query. We are those of Q'uo.

(Steve channeling)

I am Q'uo, and am with this instrument. Are there further queries that we may answer at this time?

J: Q'uo, I have one. I have been contemplating the archetypes of catalyst and experience. As I have modeled these in my mind, this is a unified concept of learning, separated solely by the veil—catalyst being this concept before the veil in the subconscious, and experience being this concept in the conscious increment life. Does this capture a sufficient amount of the significance of this concept, or am I missing some subtleties of this that you could comment on? Thank you.

Q'uo: I am Q'uo and we believe we understand your query, my brother. What you say is correct, and in fact, insightful, with regard to the way catalyst and experience function in the veiled condition. That is to say, that the veil does introduce a kind of break between the functioning of catalyst and the functioning of experience that can arise from it. However, it is also true that the archetypes have their distinct being independently of the question of the veiling. This constitutes an interesting subject of investigation. We will attempt to be somewhat brief in our address to it, and invite further queries at some future time.

The catalyst can, in a general sense, be described as that which occurs—that which occurs particularly within the sphere of action and interaction of a mind/body/spirit complex. *What* occurs, however, as it is received by that mind/body/spirit complex, will be subject to interpretation, and subject to a principle of selection with regard to what merits further focus. This process, as you point out, can be largely unconscious when one is in the veiled condition. The result being that, effectively speaking, there can be a conflation between the concept of catalyst and the concept of experience, for one's access to the catalyst is always already characterized as one's experience.

In a condition which is not veiled, the distinctness of those two elements is more on display, and that can have the result that a greater freedom, shall we say, can be shown, in experience making its selection from its catalyst concerning that which will be taken in as significant from that catalyst. This, we believe, gives the beginning of an approach to an answer to your query, my brother.

Is there a brief follow up that we may address in order to clarify any points remaining unclear?

J: No, this gives me much to think about, and I'm very grateful for your answer, Q'uo.

Q'uo: I am Q'uo, and we thank you, my brother.

At this time we would transfer the contact back to the one known as Jim, to inquire whether there is a final query on the minds of those here present. I am Q'uo.

(Jim channeling)

I am Q'uo, and am with this instrument. We would ask if there might be one final query to which we may speak this afternoon?

Gary: Q'uo if no one else has one I will take this opportunity. In order to aid with the healing of planet Earth, and the birth of fourth density, and indeed, the healing of humanity itself, is it possible that a third-density entity could take upon itself collective pain, in some form or another, such that as they work through their own pain, as they know, and understand, accept, and heal themselves, they are consequently helping to heal the collective pain?

Q'uo: I am Q'uo, and am aware of your query, my brother. This action of self-sacrifice, for the benefit of the planetary consciousness, and the population of the planet, is possible by those who are very consciously

aware of the nature of their actions, and who consciously dedicate these actions to the very healing of which you speak. There have been these types of entities throughout the history of your planet, most often found in the monasterial regions of religious practice, remote areas of abbeys, caves, and so forth, which have been practiced from ages gone by, but which yet remain, in some small degree, in some locations on your planet at this time.

This is a magical act in the very basic sense of the word. The entity so engaging in this experiencing of the pain of the planet and its population is beginning to transmute this pain from the planet in such a fashion that it becomes a personal experience. That is not just painful—though it is, indeed, that—but is also joyful, for the one performing this magical act of transformation does so from an intense feeling of love upon a conscious level that few upon your planet obtain within the space/time realms. These entities give of themselves for the benefit of others, and give in such a degree that there is eventually the complete giving of the life pattern for the planet's use in achieving the harvestability of its population.

This is not an action which is lightly undertaken, as you might be well aware. This is an action which takes a great deal of consideration over a long period of your time, for as it is successful in revealing and experiencing the pain of the planet within the mind/body/spirit complex of the third-density entity, the experience of this pain becomes that which is more and more evident within the physical vehicle. The ability of the entity to endure the pain over a longer portion of your time increases the efficiency of this action. It is oftentimes much easier, and a temptation for such an entity, to give the life over more quickly in order to end the pain. However, those who are of this nature most frequently desire to experience the pain for as long as possible, realizing the efficiency of the experience in the long run, shall we say.

At this time, we shall recognize the weariness of both instruments, and take our leave of this group. We cannot thank you enough, my friends, for the dedication to service of others, to the experiencing of the light of the Creator, to the sharing of the love of the Creator, each with the other, and with all about you, that we have noticed and noted for some time within this group. You are a great joy to behold, my friends. The light that you create by your efforts in seeking is seen into the heavens, and is appreciated by many.

We are known to you as those of Q'uo. We leave you now, in the love and the light of the One Infinite Creator. Go forth in peace and joy. Adonai, Adonai, vasu borragus.

The Election: Of Hate, Grief, and a New Story

By Charles Eisenstein

Thursday, November 10th, 2016

This essay has been translated into German as well as Spanish and French.

Normal is coming unhinged. For the last eight years it has been possible for most people (at least in the relatively privileged classes) to believe that society is sound, that the system, though creaky, basically works, and that the progressive deterioration of everything from ecology to economy is a temporary deviation from the evolutionary imperative of progress.

A Clinton Presidency would have offered four more years of that pretense. A woman President following a black President would have meant to many that things are getting better. It would have obscured the reality of continued neoliberal economics, imperial wars, and resource extraction behind a veil of faux-progressive feminism. Now that we have, in the words of my friend Kelly Brogan, rejected a wolf in sheep's clothing in favor of a wolf in wolf's clothing, that illusion will be impossible to maintain.

The wolf, Donald Trump (and I'm not sure he'd be offended by that moniker) will not provide the usual sugarcoating on the poison pills the policy elites have foisted on us for the last forty years. The prison-industrial complex, the endless wars, the surveillance state, the pipelines, the nuclear weapons expansion were easier for liberals to swallow when they came with a dose, albeit grudging, of LGBTQ rights under an African-American President.

I am willing to suspend my judgement of Trump and (very skeptically) hold the possibility that he will disrupt the elite policy consensus of free trade and military confrontation – major themes of his campaign. One might always hope for miracles. However, because he apparently lacks any robust political ideology of his own, it is more likely that he will fill his cabinet with neocon war hawks, Wall Street insiders, and corporate reavers, trampling the wellbeing of the working class whites who elected him while providing them their own sugar-coating of social conservatism.

The social and environmental horrors likely to be committed under President Trump are likely to incite massive civil disobedience and possibly disorder. For Clinton supporters, many of whom were halfhearted to begin with, the Trump administration could mark the end of their loyalty to our present institutions of government. For Trump supporters, the initial celebration will collide with gritty reality when Trump proves as unable or unwilling as his predecessors to challenge the entrenched systems that continually degrade their lives: global finance capital, the deep state, and their programming ideologies. Add to this the likelihood of a major economic crisis, and the public's frayed loyalty to the existing system could snap.

We are entering a time of great uncertainty. Institutions so enduring as to seem identical to reality itself may lose their legitimacy and dissolve. It may seem that the world is falling apart. For many, that process started on election night, when Trump's victory provoked incredulity, shock, even vertigo. "I can't believe this is happening!"

At such moments, it is a normal response to find someone to blame, as if identifying fault could restore the lost normality, and to lash out in anger. Hate and blame are convenient ways of making meaning out of a bewildering situation. Anyone who disputes the blame narrative may receive more hostility than the opponents themselves, as in wartime when pacifists are more reviled than the enemy.

Racism and misogyny are devastatingly real in this country, but to blame bigotry and sexism for voters' repudiation of the Establishment is to deny the validity of their deep sense of betrayal and alienation. The vast majority of Trump voters were expressing extreme dissatisfaction with the system in the way most readily available to them. (See here, here, here, here) Millions of Obama voters voted for Trump (six states who went for Obama twice switched to Trump). Did they suddenly become racists in the last four years? The blame-the-racists (the fools, the yokels...) narrative generates a clear demarcation between good (us) and evil (them), but it does violence to the truth. It also obscures an important root of racism – anger displaced away from an oppressive system and its elites and onto other victims of that system. Finally, it employs the same dehumanization of the other that is the essence of racism and the precondition for war. Such is the cost of preserving a dying story. That is one reason why paroxysms of violence so often accompany a culture-defining story's demise.

The dissolution of the old order that is now officially in progress is going to intensify. That presents a tremendous opportunity and danger, because when normal falls apart the ensuing vacuum draws in formerly unthinkable ideas from the margins. Unthinkable ideas range from rounding up the Muslims in concentration camps, to dismantling the military-industrial complex and closing down overseas military bases. They range from nationwide stop-and-frisk to replacing criminal punishment with restorative justice. Anything becomes possible with the collapse of dominant institutions. When the animating force behind these new ideas is hate or fear, all manner of fascistic and totalitarian nightmares can ensue, whether enacted by existing powers or those that arise in revolution against them.

That is why, as we enter a period of intensifying disorder, it is important to introduce a different kind of force to animate the structures that might appear after the old ones crumble. I would call it love if it weren't for the risk of triggering your New Age bullshit detector, and besides, how does one practically bring love into the world in the realm of politics? So let's start with empathy. Politically, empathy is akin to solidarity, born of the understanding that we are all in this together. In what together? For starters, we are in the uncertainty together.

We are exiting an old story that explained to us the way of the world and our place in it. Some may cling to it all the more desperately as it dissolves, looking perhaps to Donald Trump to restore it, but their savior has not the power to bring back the dead. Neither would Clinton have been able to preserve America as we'd known it for too much longer. We as a society are entering a space between stories, in which everything that had seemed so real, true, right, and permanent comes into doubt. For a while, segments of society have remained insulated from this breakdown (whether by fortune, talent, or privilege), living in a bubble as the containing economic and ecological systems deteriorate. But not for much longer. Not even the elites are immune to this doubt. They grasp at straws of past glories and obsolete strategies; they create perfunctory and unconvincing shibboleths (Putin!), wandering aimlessly from "doctrine" to "doctrine" – and they have no idea what to do. Their haplessness and half-heartedness was plain to see in this election, their disbelief in their own propaganda, their cynicism. When even the custodians of the story no longer believe the story, you know its days are numbered. It is a shell with no engine, running on habit and momentum.

We are entering a space between stories. After various retrograde versions of a new story rise and fall and we enter a period of true unknowing, an authentic next story will emerge. What would it take for it to embody love, compassion, and interbeing? I see its lineaments in those marginal structures and practices that we call

holistic, alternative, regenerative, and restorative. All of them source from empathy, the result of the compassionate inquiry: What is it like to be you?

It is time now to bring this question and the empathy it arouses into our political discourse as a new animating force. If you are appalled at the election outcome and feel the call of hate, perhaps try asking yourself, "What is it like to be a Trump supporter?" Ask it not with a patronizing condescension, but for real, looking underneath the caricature of misogynist and bigot to find the real person.

Even if the person you face IS a misogynist or bigot, ask, "Is this who they are, really?" Ask what confluence of circumstances, social, economic, and biographical, may have brought them there. You may still not know how to engage them, but at least you will not be on the warpath automatically. We hate what we fear, and we fear what we do not know. So let's stop making our opponents invisible behind a caricature of evil.

We've got to stop acting out hate. I see no less of it in the liberal media than I do in the right-wing. It is just better disguised, hiding beneath pseudo-psychological epithets and dehumanizing ideological labels. Exercising it, we create more of it. What is beneath the hate? My acupuncturist Sarah Fields wrote to me, "Hate is just a bodyguard for grief. When people lose the hate, they are forced to deal with the pain beneath."

I think the pain beneath is fundamentally the same pain that animates misogyny and racism – hate in a different form. Please stop thinking you are better than these people! We are all victims of the same world-dominating machine, suffering different mutations of the same wound of separation. Something hurts in there. We live in a civilization that has robbed nearly all of us of deep community, intimate connection with nature, unconditional love, freedom to explore the kingdom of childhood, and so much more. The acute trauma endured by the incarcerated, the abused, the raped, the trafficked, the starved, the murdered, and the dispossessed does not exempt the perpetrators. They feel it in mirror image, adding damage to their souls atop the damage that compels them to violence. Thus it is that suicide is the leading cause of death in the U.S. military. Thus it is that addiction is rampant among the police. Thus it is that depression is epidemic in the upper middle class. We are all in this together.

Something hurts in there. Can you feel it? We are all in this together. One earth, one tribe, one people.

We have entertained teachings like these long enough in our spiritual retreats, meditations, and prayers. Can we take them now into the political world and create an eye of compassion inside the political hate vortex? It is time to do it, time to up our game. It is time to stop feeding hate. Next time you post on line, check your words to see if they smuggle in some form of hate: dehumanization, snark, belittling, derision., some invitation to us versus them. Notice how it feels kind of good to do that, like getting a fix. And notice what hurts underneath, and how it doesn't feel good, not really. Maybe it is time to stop.

This does not mean to withdraw from political conversation, but to rewrite its vocabulary. It is to speak hard truths with love. It is to offer acute political analysis that doesn't carry the implicit message of "Aren't those people horrible?" Such analysis is rare. Usually, those evangelizing compassion do not write about politics, and sometimes they veer into passivity. We need to confront an unjust, ecocidal system. Each time we do we will receive an invitation to give in to the dark side and hate "the deplorables." We must not shy away from those confrontations. Instead, we can engage them empowered by the inner mantra that my friend Pancho Ramos-Stierle uses in confrontations with his jailers: "Brother, your soul is too beautiful to be doing this

work.” If we can stare hate in the face and never waver from that knowledge, we will access inexhaustible tools of creative engagement, and hold a compelling invitation to the haters to fulfill their beauty.

SUZANNA MILLER
Opening to Ecstatic Sexual Energy

Hello my newfound friends!

I wish I could be there with you all, but my connection to L/L Research (other than reading, re-reading, highlighting, and dog-earing the books for several years) only just began a few weeks ago when I interviewed Jim on the topic of sexual energy transfer for my podcast. Perhaps I will be able to join you in the flesh in a future gathering.

My plan for this talk is to share my story organically, and then to synthesize some of the understandings that I have gleaned from my experience and limited research on the subject. I say limited even though I realize that I have likely done more research than most in this area, but it's an example of that old adage: *the more I learn, the more I realize I don't know*. I don't yet know how successful I will be in getting to everything, as this is the first time that I will be giving a talk on this. So this is my attempt to cover the territory I hope to express, to serve as a later reference in case I don't get to it all.

My Story

My story ostensibly began five years ago, when various relationship catalyst made my life look like a hot mess. My marriage, in short, was in ruins. But it actually starts long before that, in my entire experience of sexuality to that point, and in my subjective yearning for a different experience. I had been blessed/cursed over the years with several vivid dreams wherein my being merged completely with another being in an almost unbearably ecstatic union. These dreams would stay with me for days afterward, leaving a sense of homesickness and longing that left me confused and sad.

I wanted sex here and now to be like that. But my experience with sex had been so not that. Now, I will say, that I've been fortunate in not having to deal with the kinds of abuse and trauma that such a huge percentage of women have had to endure in their lives. So in that respect, I have little to complain about. Not only that, but ... and here is where I start to get personal ... I had been orgasmic from a young age. I'd learned the art of self pleasure very early on, and by the time I entered my second sexual relationship (the first having left me very sore and confused and unable to experience orgasm with my partner), I figured out that to enjoy sex I needed to bring that self pleasure skill into the partnership.

Basically, I learned a recipe for basic orgasm, with maybe two or three variations of flavor, and I stuck to it.

And I got bored. Very ... very bored.

The sex, while physically and technically sufficient, lacked something that I could not even articulate at the time. The effect, however, was that I would lose interest in sex within a year or so of beginning a new relationship. That might have been fine, had I *not* been inclined to commit to one person. But I was so inclined. This meant that I committed to several long term relationships wherein the sex would die within the first few years and we would both be staring at each other dumbfounded.

Naturally, I thought it was merely that I was sexually defective. Lordy, I laugh at that now.

A Spontaneous Awakening

So ... it's 2012 and in order to cope with the stress of yet another marriage falling apart--this one involving children for the first time--I resorted to meditating in front of my wood stove every night after the kids went to bed. While there were multiple issues that contributed to the end, I was aware that my loss of interest in sex was a big factor, and that it would continue to be a factor in future relationships if I didn't figure it out, once and for all. So I dug in and determined that is what I would do--*figure it out*.

On the periphery of my mind lurked a vague awareness of "sacred sexuality" and tantra and I was intrigued, but my practical circumstances and my general leaning of wariness toward any group activity kept me from doing anything more than reading about these systems and ideas. I didn't want to have to move to Bali and live in a tantra community or submit to naked group workshops with strangers, or whatever the heck else might be involved. I just wanted to live here and now in my regular old main stream life but with a totally evolved experience of sexuality. Too much to ask? I wasn't sure. But that was my fuzzy intention at the time.

A friend of mine had lent me a book called "The Magdalene Manuscript" by Tom Kenyon. In this book there was a description of a sexual relationship between Mary Magdalene and Jesus that met my criteria for how I wanted to experience sex. It was pure, innocent, deeply connected, and energetically intense. What struck me most about the description was the innocence. While I was not raised under any religion, the cultural infusion of shame on sexuality had wormed its way into my psyche nonetheless. There was something about reading about Jesus having a blissful sexual relationship that made me see how much shame I carried around without having realized it.

Also included in this book was a description of a visualization meditation that had as its aim the raising of sexual energy, or kundalini energy. So one night I decided to give this meditation a try. What transpired next resulted in nothing short of a complete change in direction for my life.

First, let me say that I was not a very good meditator. At best, on occasion, I might feel a calming of my thoughts and see some colorful movement behind my lids. But that, to date, was about it. I was also what can best be described as a fair weather meditator. I would do it in spurts, followed by longer stretches of a whole lot of NOT meditating. I share this lest you think I had a leg up on the meditation front. I did not. I kind of sucked at it.

But this night, for reasons I may never fully understand, something happened. I felt energy build in my pelvis and travel up my spine, being sent out to the edges of my body and beyond the edges as it hit each chakra. It felt like the most intense sexual stimulation I had ever experienced, and then some. It was that incredible moment just before a "regular" peak orgasm where pleasure is almost unbearable. But it was spread throughout my whole body, and it stayed right there for the rest of the meditation time, which was about 30 minutes.

This moment was a complete game changer for me. First, it showed me that the way I had sought pleasure in the past was exactly backward. Pleasure comes from within us, not from an adept lover. If you are tapped into your internal energy, even a less skilled lover will send you to ecstatic heights. But without that internal energy connection, no amount of prowess will bring you pleasure. We are taught that great sex is about techniques, tools, gadgets, potions, stringy things and twister positions. And then we wonder why there is an

epidemic of sexless marriages despite all these bells and whistles. I believe it is because we are misplacing our attention.

The Understanding Phase

After this initial taste of ecstasy, it was fully another two years and then some before I had another experience as intense as that first. This was in part because I was entering into the dark alone phase of divorce and I didn't have the bandwidth for ecstasy. Oh, I dabbled with things to see how sensitive I could become, and I definitely felt the potentiated energy lurking somewhere inside. But also I got in my way mentally. The negative voices saying the whole thing had been a fluke and that I'd never be able to reproduce it were loud and obnoxious.

But I was motivated to learn all I could. I vowed that if I ever had another opportunity to have a sexual relationship that I would go about it in a new way. I just needed to figure out what that new way would look like. So I collected and read authors like Mantak Chia and Diana Richardson and many others. In some of these books I found validation for my own experience, from the fact that "conventional sex" had ultimately disappointed me, to the energetic ecstasy that I'd had a tiny taste of. The books germinated the thought that perhaps the experience I'd had was more than just a fluke, that perhaps it was actually how it was supposed to be all the time, how it was possible for all of us to experience sex.

Two years later I found myself in my first post divorce sexual relationship. We talked at great length about sex and how it could be different as we got to know each other, before we began the physical exploration. Our early encounters were more or less fallbacks to familiar patterns. But I was determined to, as I said, "*figure this out*," so I continued to practice on my own to try to figure out how to experience the ecstasy again, and more particularly with a partner.

What I found was that the next doorway I had to walk through to get there was to re-sensitize my vagina. I could spend a whole talk devoted just to our dysfunctional relationships with our poor dear vaginas, but let me just say that I learned by experimentation that less is more. It's WAY more. All that friction I'd learned was supposed to feel good was actually deadening me. And when I learned how to generate subtle but intense pleasure within my vagina (no special toys needed), then the floodgates opened. The energy started flowing and barely ever stopped for several weeks. I felt like I had geysers of energy blasting out of my hands and feet at all times. My heart was huge and open and blissed out. The slightest pleasant physical stimulation would cause the core of me to convulse in orgasm. It was a wackadoodle couple of weeks, let me tell you!

It took me another year to get over the fear that this new superpower would disappear. I even worried that maybe a brain tumor was behind it all. But over time, I learned that it wasn't dependent on my hormonal cycles; it wasn't dependent on seemingly anything other than my own intention and focus. Now I'm able to direct my focus and allow this ecstatic energy to expand at will. Once you get the hang of it, it's really very natural and easy.

But, because as you may have guessed because I'm talking to you, here, I'm a seeker, and I am not content to just leave it at ecstatic bliss on demand. I want to understand even more about this energy. I want to explore its reaches and connections to spiritual development and realms of consciousness. So that's the journey I'm on now. I'm an infant in this endeavor, I suspect.

So, I'm guessing you're wondering how you can grab hold of this energy too? The short answer is that I'm not sure. I'll bet it's a very similar process to learning to channel. Practice, patience, allowing, and trusting. I'm sure I'm leaving out some important aspects, as I've never even tried to channel. But those might be a few keys.

I can share what I think are the conditions that were present in my situation that helped foster the right environment for this energy to bloom.

Innocence

As I mentioned above, when I read the Tom Kenyon book, there was something about the idea of Jesus as a sexual being that made sex itself an innocent act in my mind. That was incredibly liberating and beautiful.

I would suggest everyone search their feelings about sex and see if there are any remnants of shame--or perhaps outright truckloads of it! Try on the idea that sex is pure, and natural, and crucial to our full and balanced functioning. Try and find the feeling tone of that idea in your body. What does it do to you?

An Open Heart

I haven't yet spoken much about this aspect of my experience, but I will say here that I believe my heart chakra opened dramatically during the six months preceding the ecstatic awakening. There were a number of factors that contributed to this, including the death of my father, certain books I read in relation to that (including the work of Anita Moorjani and Michael Newton) and other catalyst. I would imagine that each of us is different in the ways and means of heart opening, but I do think it is a necessary element to experiencing ecstatic states.

Self-Acceptance

In my opinion, this is very closely tied to the heart opening phenomenon. In the process of ending my marriage, the only way I could survive it was to learn self acceptance. I felt so much guilt for causing others pain that the guilt most assuredly would have killed me had I not learned how to view myself with compassion. Do not underestimate the power of a simple act of self acceptance. I don't know this for certain, but it seemed to be an integral factor in my ability to feel my heart blossom open.

Seeking

There's no doubt that I had set myself on a quest. That had a certain energy about it all on its own, and I believe I felt a certain inevitability in my quest, that if I just kept trying and looking, that I would find what I was looking for. I think you have to be willing to question everything you think you know about sex, and ask whether there's more than even the best sex you've had. I just kept asking the universe to "show me!"

Turning Inward

I suggest that everyone learn to shift their focus toward more subtle sensations, both on their own, and with a partner. Dial back your self stimulation to the very least amount of actual stimulation you can manage and still feel something. Doing that somehow allowed me to notice the energy behind or at the foundation of pleasure. With your partner, set aside some time just to touch each other and see what you can stir up. And when you do touch each other, keep it light and slow and mostly focused on areas other than the genitals. There's a universe of pleasure available in every cell. Set out to explore it!

Breath, Sound and Movement

Experiment with breath, sound and movement to see what happens. Breath can definitely get energy moving and unstuck. Sound can do that too. When I was giving birth, as I tried to relax into every contraction, a deep otherworldly sound came out of me from someplace low in my belly. Sound can move mountains or baby heads the size of bowling balls. It can also break up blockages. Similarly, movement sometimes holds the key for allowing a free flow of energy. Just play and experiment and see what effect these things have on you.

Finally, I want to invite any of you to reach out to me if you want to talk about any of this further. I can be reached at suzanna@blissrunner.com. I also run a podcast called *Blissrunner* on a website of the same name at <https://www.blissrunner.com/>. I'm still a student of all this too, and just doing my best to share as I go along. I can't help but think about what a different world this would be if more people tapped into this energy.

Blissfully yours,

Suzanna

JADE NORBY
A Sharing of Love and Light Jr

Please use this space to write down something that you sincerely love about yourself.

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*Ra Presents:
Some of the Best Things We Ever Said:
You're Welcome*

We spoke to one who heard and understood and was in a position to decree the Law of One. However, the priests and peoples of that era quickly distorted our message, robbing it of the, shall we say, compassion with which unity is informed by its very nature. Since it contains all, it cannot abhor any.

Ra, 1.4

In truth there is no right or wrong. There is no polarity for all will be, as you would say, reconciled at some point in your dance through the mind/body/spirit complex which you amuse yourself by distorting in various ways at this time. This distortion is not in any case necessary. It is chosen by each of you as an alternative to understanding the complete unity of thought which binds all things. You are not speaking of similar or somewhat like entities or things. You are every thing, every being, every emotion, every event, every situation. You are unity. You are infinity. You are love/light, light/love. You are. This is the Law of One.

Ra, 1.6

Consider, if you will, the path your life-experience complex has taken. Consider the coincidences and odd circumstances by which one thing flowed to the next. Consider this well.

Ra, 8.1

The vibratory distortion of sound, faith, is perhaps one of the stumbling blocks between those of what we may call the infinite path and those of the finite proving/understanding.

You are precisely correct in your understanding of the congruency of faith and intelligent infinity; however, one is a spiritual term, the other more acceptable perhaps to the conceptual framework distortions of those who seek with measure and pen.

Ra, 3.9

The Law of One, though beyond the limitations of name, as you call vibratory sound complexes, may be approximated by stating that all things are one, that there is no polarity, no right or wrong, no disharmony, but only identity. All is one, and that one is love/light, light/love, the Infinite Creator.

One of the primal distortions of the Law of One is that of healing. Healing occurs when a mind/body/spirit complex realizes, deep within itself, the Law of One; that is, that there is no disharmony, no imperfection; that all is complete and whole and perfect. Thus, the intelligent infinity within this mind/body/spirit complex re-forms the illusion of body, mind, or spirit to a form congruent with the Law of One. The healer acts as energizer or catalyst for this completely individual process.

Ra, 4.20

The prerequisite of mental work is the ability to retain silence of self at a steady state when required by the self. The mind must be opened like a door. The key is silence.

Ra, 5.2

The dissolution into nothingness is the dissolution into unity, for there is no nothingness.

Ra, 6.7

[The higher-density beings'] purposes are very simple: to allow those entities of your planet to become aware of infinity which is often best expressed to the uninformed as the mysterious or unknown.

Ra, 6.25

The mystery and unknown quality of the occurrences we are allowed to offer have the hoped-for intention of making your peoples aware of infinite possibility. When your peoples grasp infinity, then and only then, can the gateway be opened to the Law of One.

Ra, 7.12

The Law of One blinks neither at the light nor the darkness, but is available for service to others and service to self.

Ra, 7.15

Each entity will receive the opportunity that each needs. This information source-beingness does not have uses in the life-experience complex of each of those among your peoples who seek. Thus the advertisement is general and not designed to indicate the searching out of any particular material, but only to suggest the noumenal aspect of the illusion.

Ra, 8.1

The Law of One has as one of its primal distortions the free will distortion, thus each entity is free to accept, reject, or ignore the mind/body/spirit complexes about it and ignore the creation itself. There are many among your social memory complex distortion who, at this time/space, engage daily, as you would put it, in the working upon the Law of One in one of its primal distortions; that is, the ways of love. However, if this same entity, being biased from the depths of its mind/body/spirit complex towards love/light, were then to accept the responsibility for each moment of the time/space accumulation of present moments available to it, such an entity can empower its progress...

Ra, 10.12

Exercise One. This is the most nearly centered and useable within your illusion complex. The moment contains love. That is the lesson/goal of this illusion or density. The exercise is to consciously see that love in awareness and understanding distortions. The first attempt is the cornerstone. Upon this choosing rests the remainder of the life-experience of an entity. The second seeking of love within the moment begins the addition. The third seeking empowers the second, the fourth powering or doubling the third. As with the previous type of empowerment, there will be some loss of power due to flaws within the seeking in the distortion of insincerity. However, the conscious statement of self to self of the desire to seek love is so central an act of will that, as before, the loss of power due to this friction is inconsequential.

Exercise Two. The universe is one being. When a mind/body/spirit complex views another mind/body/spirit complex, see the Creator. This is an helpful exercise.

Exercise Three. Gaze within a mirror. See the Creator.

Exercise Four. Gaze at the creation which lies about the mind/body/spirit complex of each entity. See the Creator.

The foundation or prerequisite of these exercises is a predilection towards what may be called meditation, contemplation, or prayer. With this attitude, these exercises can be processed. Without it, the data will not sink down into the roots of the tree of mind, thus enabling and ennobling the body and touching the spirit.

Ra, 10:14

An entity which acts in a consciously unloving manner in action with other beings can become karmically involved.

Ra, 12.29

It shall be understood that any portion, no matter how small, of any density or illusory pattern contains, as in an holographic picture, the One Creator which is infinity. Thus all begins and ends in mystery.

Ra, 13.13

The harvest is now. There is not at this time any reason to include efforts along these distortions toward longevity, but rather to encourage distortions toward seeking the heart of self, for this which resides clearly in the violet-ray energy field will determine the harvesting of each mind/body/spirit complex.

Ra, 14.14

There is but one service. The Law is One. The offering of self to Creator is the greatest service, the unity, the fountainhead. The entity who seeks the One Creator is with infinite intelligence. From this seeking, from this offering, a great multiplicity of opportunities will evolve depending upon the mind/body/spirit complexes' distortions with regard to the various illusory aspects or energy centers of the various complexes of your illusion.

Thus, some become healers, some workers, some teachers, and so forth.

Ra, 15.7

There is one energy. It may be understood as love/light or light/love or intelligent energy.

Ra, 15.9

It is important to allow each seeker to enlighten itself rather than for any messenger to attempt in language to teach/learn for the entity, thus being teach/learner and learn/teacher.

Ra, 15.13

...the material for your understanding is the self: the mind/body/spirit complex. You have been given information upon healing, as you call this distortion. This information may be seen in a more general context as ways to understand the self. The understanding, experiencing, accepting, and merging of self with self and other-self, and finally with the Creator, is the path to the heart of self. In each infinitesimal part of your self resides the One in all of Its power. Therefore, we can only encourage these lines of contemplation or prayer as a means of subjectively/objectively using or combining various understandings to enhance the seeking process. Without such a method of reversing the analytical process, one could not integrate into unity the many understandings gained in such seeking.

Ra, 15.14

The purpose of the Orion group, as mentioned before, is conquest and enslavement. This is done by finding and establishing an elite and causing others to serve the elite through various devices such as the laws you mentioned and others given by this entity.

Ra, 16.15

Questioner: I am assuming that it is not necessary for an individual to understand the Law of One to go from the third to the fourth density. Is this correct?

Ra: I am Ra. It is absolutely necessary that an entity consciously realize it does not understand in order for it to be harvestable. Understanding is not of this density.

Ra, 16.37

Questioner: That is a very important point. I used the wrong word. What I meant to say was that I believed that it was not necessary for an entity to be consciously aware of the Law of One to go from the third to the fourth density.

Ra: I am Ra. This is correct.

Ra, 16.38

Each responsibility is an honor; each honor, a responsibility.

Ra, 16.14

We ask you to consider as we speak that there are not words for positively describing fourth density. We can only explain what is not and approximate what is. Beyond fourth density our ability grows more limited until we become without words.

That which fourth density is not: it is not of words, unless chosen. It is not of heavy chemical vehicles for body complex activities. It is not of disharmony within self. It is not of disharmony within peoples. It is not within limits of possibility to cause disharmony in any way.

Approximations of positive statements: it is a plane of type of bipedal vehicle which is much denser and more full of life; it is a plane wherein one is aware of the thought of other-selves; it is a plane wherein one is aware of vibrations of other-selves; it is a plane of compassion and understanding of the sorrows of third density; it is a plane striving towards wisdom or light; it is a plane wherein individual differences are pronounced although automatically harmonized by group consensus.

Ra, 16.44

It is impossible to help another being directly. It is only possible to make catalyst available in whatever form, the most important being the radiation of realization of oneness with the Creator from the self, less important being information such as we share with you.

We, ourselves, do not feel an urgency for this information to be widely disseminated. It is enough that we have made it available to three, four, or five. This is extremely ample reward, for if one of these obtains fourth-density understanding due to this catalyst then we shall have fulfilled the Law of One in the distortion of service.

We encourage a dispassionate attempt to share information without concern for numbers or quick growth among others. That you attempt to make this information available is, in your terms, your service. The attempt, if it reaches one, reaches all.

We cannot offer shortcuts to enlightenment. Enlightenment is, of the moment, an opening to intelligent infinity. It can only be accomplished by the self, for the self. Another self cannot teach/learn enlightenment, but only teach/learn information, inspiration, or a sharing of love, of mystery, of the unknown that makes the other-self reach out and begin the seeking process that ends in a moment, but who can know when an entity will open the gate to the present?

Ra, 17.2

True healing is simply the radiance of the self causing an environment in which a catalyst may occur which initiates the recognition of self, by self, of the self -healing properties of the self.

Ra, 17.18

The best way of service to others is the constant attempt to seek to share the love of the Creator as it is known to the inner self. This involves self knowledge and the ability to open the self to the other-self without hesitation. This involves, shall we say, radiating that which is the essence or the heart of the mind/body/spirit complex.

Speaking to the intention of your question, the best way for each seeker in third density to be of service to others is unique to that mind/body/spirit complex. This means that the mind/body/spirit complex must then seek within itself the intelligence of its own discernment as to the way it may best serve other-selves. This will be different for each. There is no best. There is no generalization. Nothing is known.

Ra, 17.30

It is not our intent in this particular project to create erroneous information but to express in the confining ambiance of your language system the feeling of the infinite mystery of the one creation in its infinite and intelligent unity.

Ra, 18.1

Questioner: Thank you. I have a question here that I will read: "Much of the mystic tradition of seeking on Earth holds the belief that the individual self must be erased or obliterated and the material world ignored for the individual to reach 'nirvana,' as it is called, or enlightenment. What is the proper role of the individual self and its worldly activities to aid an individual to grow more into the Law of One?"

Ra: I am Ra. The proper role of the entity is in this density to experience all things desired, to then analyze, understand, and accept these experiences, distilling from them the love/light within them. Nothing shall be overcome. That which is not needed falls away.

The orientation develops due to analysis of desire. These desires become more and more distorted towards conscious application of love/light as the entity furnishes itself with distilled experience. We have found it to be inappropriate in the extreme to encourage the overcoming of any desires, except to suggest the imagination rather than the carrying out in the physical plane, as you call it, of those desires not consonant with the Law of One, thus preserving the primal distortion of free will.

The reason it is unwise to overcome is that overcoming is an unbalanced action creating difficulties in balancing in the time/space continuum. Overcoming, thus, creates the further environment for holding on to that which apparently has been overcome.

All things are acceptable in the proper time for each entity, and in experiencing, in understanding, in accepting, in then sharing with other-selves, the appropriate distortion shall be moving away from distortions of one kind to distortions of another which may be more consonant with the Law of One.

It is, shall we say, a shortcut to simply ignore or overcome any desire. It must instead be understood and accepted. This takes patience and experience which can be analyzed with care, with compassion for self and for other-self.

Ra, 18.5

Thus, what would be an improper distortion with one entity is proper with another. We can suggest an attempt to become aware of the other-self as self and thus do that action which is needed by other-self, understanding from the other-self's intelligence and awareness. In many cases this does not involve the breaking of the distortion of free will into a distortion or fragmentation called infringement. However, it is a delicate matter to be of service, and compassion, sensitivity, and an ability to empathize are helpful in avoiding the distortions of man-made intelligence and awareness.

Ra, 18.6

Forgiveness of other-self is forgiveness of self. An understanding of this insists upon full forgiveness upon the conscious level of self and other-self, for they are one. A full forgiveness is thus impossible without the inclusion of self.

Ra, 18.12

All serve the One Creator. There is nothing else to serve, for the Creator is all that there is. It is impossible not to serve the Creator. There are simply various distortions of this service.

Ra, 18.13

Thus, the weakening of the physical vehicle, as you call it, was designed to distort entities towards a predisposition to deal with each other. Thus, the lessons which approach a knowing of love can be begun.

This catalyst then is shared between peoples as an important part of each self's development as well as the experiences of the self in solitude and the synthesis of all experience through meditation. The quickest way to learn is to deal with other-selves. This is a much greater catalyst than dealing with the self. Dealing with the self without other-selves is akin to living without what you would call mirrors. Thus, the self cannot see the fruits of its being-ness. Thus, each may aid each by reflection. This is also a primary reason for the weakening of the physical vehicle, as you call the physical complex.

Ra, 19.12

We can speak only in metaphor. Some love the light. Some love the darkness. It is a matter of the unique and infinitely various Creator choosing and playing among its experiences as a child upon a picnic. Some enjoy the picnic and find the sun beautiful, the food delicious, the games refreshing, and glow with the joy of creation. Some find the night delicious, their picnic being pain, difficulty, sufferings of others, and the examination of the perversities of nature. These enjoy a different picnic.

All these experiences are available. It is the free will of each entity which chooses the form of play, the form of pleasure.

Ra, 19.16

The mind/body/spirit complex of third density has perhaps one hundred times as intensive a program of catalytic action from which to distill distortions and learn/teachings than any other of the densities. Thus the learn/teachings are most confusing to the mind/body/spirit complex which is, shall we say, inundated by the ocean of experience.

Ra, 20.23

The original desire is that entities seek and become one.

If entities can do this in a moment, they may go forward in a moment, and, thus, were this to occur in a major cycle, indeed, the third-density planet would be vacated at the end of that cycle.

Ra, 20.26

As, what you would call, the energy centers begin to be activated to a higher extent, more of the content of experience during incarnation deals with the lessons of love.

Ra, 21.7

There is only one law. That is the Law of One. Other so-called laws are distortions of this law, some of them primal and most important for progress to be understood. However, it is well that each so-called law, which we also call "way," be understood as a distortion rather than a law. There is no multiplicity to the Law of One.

Ra, 22.27

We ask you to remember that we are of the Brothers and Sisters of Sorrow. When one has been rescued from that sorrow to a vision of the One Creator, then there is no concept of failure.

Ra, 23.10

Here the Orion group found fertile soil in which to plant the seeds of negativity, these seeds, as always, being those of the elite, the different, those who manipulate or enslave others.

Ra, 24.3

[In reference to the battle being waged between the Confederation and the Orion Confederation.] At the level of time/space at which this takes place in the form of what you may call thought-war, the most accepting and loving energy would be to so love those who wished to manipulate that those entities were surrounded and engulfed, transformed by positive energies.

This, however, being a battle of equals, the Confederation is aware that it cannot, on equal footing, allow itself to be manipulated in order to remain purely positive, for then though pure it would not be of any consequence, having been placed by the so-called powers of darkness under the heel, as you may say.

It is thus that those who deal with this thought-war must be defensive rather than accepting in order to preserve their usefulness in service to others. Thusly, they cannot accept fully what the Orion Confederation wishes to give, that being enslavement. Thusly, some polarity is lost due to this friction and both sides, if you will, must then regroup.

It has not been fruitful for either side. The only consequence which has been helpful is a balancing of the energies available to this planet so that these energies have less necessity to be balanced in this space/time, thus lessening the chances of planetary annihilation.

Ra, 25.6

Questioner: Can you describe the mechanism of the planetary healing?

Ra: I am Ra. Healing is a process of acceptance, forgiveness, and, if possible, restitution. The restitution not being available in time/space, there are many among your peoples now attempting restitution while in the physical.

Ra, 26.27

To give you this information would be to infringe upon the free will or confusion of some living. We can only ask each group to consider the relative effect of philosophy and your so-called specific information. It is not the specificity of the information which attracts negative influences. It is the importance placed upon it.

This is why we iterate quite often, when asked for specific information, that it pales to insignificance, just as the grass withers and dies while the love and the light of the One Infinite Creator redounds to the very infinite realms of creation forever and ever, creating and creating itself in perpetuity.

Why then be concerned with the grass that blooms, withers and dies in its season only to grow once again due to the infinite love and light of the One Creator? This is the message we bring. Each entity is only superficially that which blooms and dies. In the deeper sense there is no end to being-ness.

Ra, 26.33

Questioner: Is there any reason for some portions being much more efficient in learning?

Ra: I am Ra. Is there any reason for some to learn more quickly than others? Look, if you wish, to the function of the will ... the, shall we say, attraction to the upward spiraling line of light.

Ra, 28.13

Questioner: Is there any loss to the mind or spirit after this transition which we call death or any impairment of either because of the loss of this chemical body which we now have?

Ra: I am Ra. In your terms there is a great loss of mind complex due to the fact that much of the activity of the mental nature of which you are aware during the experience of this space/time continuum is as much of a surface illusion as is the chemical body complex.

In other terms nothing whatever of importance is lost; the character or, shall we say, pure distortion of emotions and biases or distortions and wisdoms, if you will, becoming obvious for the first time, shall we say; these pure emotions and wisdoms and bias/distortions being, for the most part, either ignored or underestimated during physical life experience.

Ra, 30.4

We call it mind/body complex recognizing always that in the simplest iota of this complex exists in its entirety the One Infinite Creator.

Ra, 30.5

The bisexual knowing of the Creator by Itself has the potential for two advantages.

Firstly, in the green ray activated being there is the potential for a direct and simple analog of what you may call joy, the spiritual or metaphysical nature which exists in intelligent energy. This is a great aid to comprehension of a truer nature of being-ness. The other potential advantage of bisexual reproductive acts is the possibility of a sacramental understanding or connection, shall we say, with the gateway to intelligent infinity, for with appropriate preparation, work in what you may call magic may be done and experiences of intelligent infinity may be had. The positively oriented individuals concentrating upon this method of reaching intelligent infinity, then, through the seeking or the act of will, are able to direct this infinite intelligence to the work these entities desire to do, whether it be knowledge of service or ability to heal or whatever service to others is desired .

These are two advantages of this particular method of the Creator experiencing Itself. As we have said before, the corollary of the strength of this particular energy transfer is that it opens the door, shall we say, to the individual mind/body/spirit complexes' desire to serve in an infinite number of ways an otherself, thus polarizing towards positive.

Ra, 31.3

The green ray is one of complete universality of love. This is a giving without expectation of return.
Ra, 31.5

Secondly, the means of protection against any negative or debilitating influence for those upon the positive path was demonstrated by this instrument to a very great degree. Consider, if you will, the potentials that this particular occurrence had for negative influences to enter the instrument. This instrument thought upon the Creator in its solitude and in actions with other-self, continually praised and gave thanksgiving to the Creator for the experiences it was having. This in turn allowed this particular self such energies as became a catalyst for an opening and strengthening of the other-self's ability to function in a more positively polarized state. Thus we see protection being very simple. Give thanksgiving for each moment. See the self and the other-self as Creator. Open the heart. Always know the light and praise it. This is all the protection necessary.

Ra, 32.1

With the green ray transfer of energy you now come to the great turning point sexually as well as in each other mode of experience. The green ray may then be turned outward, the entity then giving rather than receiving. The first giving beyond green ray is the giving of acceptance or freedom, thus allowing the recipient of blue ray energy transfer the opportunity for a feeling of being accepted, thus freeing that other-self to express itself to the giver of this ray. It will be noted that once green ray energy transfer has been achieved by two mind/body/spirits in mating, the further rays are available without both entities having the necessity to progress equally. Thus a blue ray vibrating entity or indigo ray vibrating entity whose other ray vibrations are clear may share that energy with the green ray other-self, thus acting as catalyst for the continued learn/teaching of the other-self. Until an other-self reaches green ray, such energy transfer through the rays is not possible.

Ra, 32.5

The entire creation is of the One Creator. Thus the division of sexual activity into simply that of the bodily complex is an artificial division, all things thusly being seen as sexual equally, the mind, the body, and the spirit; all of which are part of the polarity of the entity. Thus sexual fusion may be seen with or without what you may call sexual intercourse to be the complete melding of the mind, the body, and the spirit in what feels to be a constant orgasm, shall we say, of joy and delight each in the other's being-ness.

Ra, 32.10

...once the green ray has been achieved, the ability of the entity to enter blue ray is immediate and is only awaiting the efforts of the individual. The indigo ray is opened only through considerable discipline and practice largely having to do with acceptance of self, not only as the polarized and balanced self but as the Creator, as an entity of infinite worth. This will begin to activate the indigo ray.

Ra, 32.14

The incarnating entity which has become conscious of the incarnative process and thus programs its own experience may choose the amount of catalyst or, to phrase this differently, the number of lessons which it will undertake to experience and to learn from in one incarnation. This does not mean that all is predestined, but rather that there are invisible guidelines shaping events which will function according to this programming. Thus if one opportunity is missed another will appear until the, shall we say, student of the life experience grasps that a lesson is being offered and undertakes to learn it.

Ra, 33.6

Questioner: From this I would extrapolate to the conjecture that the orientation in mind of the entity is the only thing that is of any consequence at all. The physical catalyst that he experiences, regardless of what is happening about him, will be a function strictly of his orientation in mind.

Ra: I am Ra. It is completely true to the best of our knowledge that the orientation or polarization of the mind/body/spirit complex is the cause of the perceptions generated by each entity. Thus a scene may be observed in your grocery store. The entity ahead of self may be without sufficient funds. One entity may then take this opportunity to steal. Another may take this opportunity to feel itself a failure. Another may unconcernedly remove the least necessary items, pay for what it can, and go about its business. The one behind the self, observing, may feel compassion, may feel an insult because of standing next to a poverty-stricken person, may feel generosity, may feel indifference.

Ra, 33.8

The impulse to protect the loved other-self is one which persists through the fourth-density, a density abounding in compassion. More than this we cannot and need not say.

Ra, 33.11

...the primary mechanism for catalytic experience in third-density is other-self. The list of other catalytic influences: firstly, the Creator's universe; secondly, the self.

Ra, 33.14

Our understanding of karma is that which may be called inertia. Those actions which are put into motion will continue using the ways of balancing until such time as the controlling or higher principle which you may liken unto your braking or stopping is invoked. This stoppage of the inertia of action may be called forgiveness. These two concepts are inseparable.

Ra, 34.4

Questioner: If an entity develops what is called karma in an incarnation, is there then programming that sometimes occurs so that he will experience catalysts that will enable him to get to a point of forgiveness thereby alleviating the karma?

Ra: I am Ra. This is, in general, correct. However, both self and any involved other-self may, at any time through the process of understanding, acceptance, and forgiveness, ameliorate these patterns. This is true at any point in an incarnative pattern. Thus one who has set in motion an action may forgive itself and never again make that error. This also brakes or stops what you call karma.

Ra, 34.5

The societal and self interactions most often concentrate upon the second and third energy centers. Thus those most active in attempting to remake or alter the society are those working from feelings of being correct personally or of having answers which will put power in a more correct configuration. This may be seen to be of a full travel from negative to positive in orientation. Either will activate these energy ray centers.

There are some few whose desires to aid society are of a green ray nature or above. These entities, however, are few due to the understanding, may we say, of fourth ray that universal love freely given is more to be desired than principalities or even the rearrangement of peoples or political structures.

Ra, 34.9

Finally, one may polarize very strongly fourth ray by expressing the principle of universal love at the total expense of any distortion towards involvement in bellicose actions. In this way the entity may become a conscious being in a very brief span of your time/space. This may be seen to be what you would call a traumatic progression. It is to be noted that among your entities a large percentage of all progression has as catalyst, trauma.

Ra, 34.14

To know your self is to have the foundation upon firm ground.

Ra, 35.4

We make note at this time that each entity has several beings upon which to call for inner support. ...the Higher Self... may communicate with the mind/body/spirit ... during the incarnation... if the proper pathways or channels through the roots of mind are opened.

Ra, 36.10

We remind you that the negative path is one of separation. What is the first separation: the self from the self.

Ra, 36.14

We can approximate the percentage of those [wanderers] penetrating intelligently their status. This is between eight and one-half and nine and three-quarters percent. There is a larger percentile group of those who have a fairly well defined, shall we say, symptomology indicating to them that they are not of this, shall we say, "insanity." This amounts to a bit over fifty percent of the remainder. Nearly one-third of the remainder are aware that something about them is different, so you see there are many gradations of awakening to the knowledge of being a Wanderer. We may add that it is to the middle and first of these groups that this information will, shall we say, make sense.

Ra, 36.24

...you may see your self, your Higher Self or Oversoul, and your mind/body/spirit complex totality as three points in a circle. The only distinction is that of your time/space continuum. All are the same being.

Ra, 37.6

The mechanism of inspiration involves an extraordinary faculty of desire or will to know or to receive in a certain area accompanied by the ability to open to and trust in what you may call intuition.

Ra, 38.4

The principle so veiled in that statement [Don presents an equation] is but the simple principle of the constant or Creator and the transient or the incarnate being and the yearning existing between the two, one for the other, in love and light amidst the distortions of free will acting upon the illusion-bound entity.

Ra, 39.6

The other portion of healing has to do with forgiveness of self and a greatly heightened respect for the self. This may conveniently be expressed by taking care in dietary matters. This is quite frequently a part of the healing and forgiving process.

Ra, 40.13

Thus self reveals self to self.

Ra, 40.14

There is nothing random about this or any portion of evolution.

Ra, 41.9

The chemical vehicle is that which most conveniently houses the consciousness. The functioning of consciousness is the item of interest rather than the chemical makeup of a physical vehicle.

Ra, 41.11

The will of the entity as it evolves is the single measure of the rate and fastidiousness of the activation and balancing of the various energy centers.

Ra, 41.17

The more strongly the will of the entity concentrates upon and refines or purifies each energy center, the more brilliant or rotationally active each energy center will be. It is not necessary for the energy centers to be activated in order in the case of the self-aware entity. Thusly entities may have extremely brilliant energy centers while being quite unbalanced in their violet ray aspect due to lack of attention paid to the totality of experience of the entity.

The key to balance may then be seen in the unstudied, spontaneous, and honest response of entities toward experiences, thus using experience to the utmost, then applying the balancing exercises and achieving the proper attitude for the most purified spectrum of energy center manifestation in violet ray. This is why the brilliance or rotational speed of the energy centers is not considered above the balanced aspect or violet ray manifestation of an entity in regarding harvestability; for those entities which are unbalanced, especially as to the primary rays, will not be capable of sustaining the impact of the love and light of intelligent infinity to the extent necessary for harvest.

Ra, 41.18

Questioner: You mentioned in the last session the concept of fasting for removing unwanted thought-forms. Can you expand on this process and explain a little bit more about how this works?

Ra: I am Ra. This, as all healing techniques, must be used by a conscious being; that is, a being conscious that the ridding of excess and unwanted material from the body complex is the analogy to the ridding of mind or spirit of excess or unwanted material. Thus the one discipline or denial of the unwanted portion as an appropriate part of the self is taken through the tree of mind down through the trunk to subconscious levels where the connection is made and thus the body, mind, and spirit, then in unison, express denial of the excess or unwanted spiritual or mental material as part of the entity.

All then falls away and the entity, while understanding, if you will, and appreciating the nature of the rejected material as part of the greater self, nevertheless, through the action of the will purifies and refines the mind/body/spirit complex, bringing into manifestation the desired mind complex or spirit complex attitude.

Ra, 41.20

Questioner: Then would this be like a conscious reprogramming of catalyst? For instance, for some entities catalyst is programmed by the Higher Self to create experiences so that the entity can release itself from unwanted biases. Would this be analogous then to the entity consciously programming this release and using fasting as the method of communication to itself?

Ra: I am Ra. This is not only correct but may be taken further. The self, if conscious to a great enough extent of the workings of this catalyst and the techniques of programming, may through concentration of

the will and the faculty of faith alone cause reprogramming without the analogy of the fasting, the diet, or other analogous body complex disciplines.

Ra, 41.21

Questioner: I am going to make a statement and ask you to comment on its degree of accuracy. I am assuming that the balanced entity would not be swayed either towards positive or negative emotions by any situation which he might confront. By remaining unemotional in any situation, the balanced entity may clearly discern the appropriate and necessary responses in harmony with the Law of One for each situation. Is this correct?

Ra: I am Ra. This is an incorrect application of the balancing which we have discussed. The exercise of first experiencing feelings and then consciously discovering their antitheses within the being has as its objective not the smooth flow of feelings both positive and negative while remaining unswayed but rather the objective of becoming unswayed. This is a simpler result and takes much practice, shall we say.

The catalyst of experience works in order for the learn/teachings of this density to occur. However, if there is seen in the being a response, even if it is simply observed, the entity is still using the catalyst for learn/teaching. The end result is that the catalyst is no longer needed. Thus this density is no longer needed. This is not indifference or objectivity but a finely tuned compassion and love which sees all things as love. This seeing elicits no response due to catalytic reactions. Thus the entity is now able to become co-Creator of experiential occurrences. This is the truer balance.

Ra, 42.1

Questioner: Would a perfectly balanced entity feel any emotional response in being attacked by the other-self?

Ra: I am Ra. This is correct. The response is love.

Ra, 42.3

Questioner: In the illusion that we now experience it is difficult to maintain this response especially if the attack results in physical pain, but I assume that this response should be maintained even through physical pain or loss of life. Is this correct?

Ra: I am Ra. This is correct and further is of a major or principle importance in understanding, shall we say, the principle of balance. Balance is not indifference but rather the observer not blinded by any feelings of separation but rather fully imbued with love.

Ra, 42.4

Questioner: I would like to try to make an analogy for third-density of this concept. Many entities here feel great compassion for relieving the physical problems of third-density other-selves by administering to them in many ways, with food if there is hunger as there is now in the African nations, by bringing them medicine if they feel that there is a need to minister to them medically, and being selfless in all of these services to a very great extent.

This is creating a vibration that is in harmony with green-ray or fourth-density but it is not balanced with the understanding of fifth-density that these entities are experiencing catalysts and a more balanced administration to their needs would be to provide them with the learning necessary to reach the state of awareness of fourth-density than it would be to minister to their physical needs at this time. Is this correct?

Ra: I am Ra. This is incorrect. To a mind/body/spirit complex which is starving, the appropriate response is the feeding of the body. You may extrapolate from this.

On the other hand, however, you are correct in your assumption that the green ray response is not as refined as that which has been imbued with wisdom. This wisdom enables the entity to appreciate its contributions to the planetary consciousness by the quality of its being without regard to activity or behavior which expects results upon visible planes.

Ra, 42.6

Questioner: What is the difference in terms of energy center activation between a person who represses emotional responses to emotionally charged situations and the person who is balanced and, therefore, truly unswayed by emotionally charged situations?

Ra: I am Ra. This query contains an incorrect assumption. To the truly balanced entity no situation would be emotionally charged. With this understood, we may say the following: The repression of emotions depolarizes the entity in so far as it then chooses not to use the catalytic action of the space/time present in a spontaneous manner, thus dimming the energy centers. There is, however, some polarization towards positive if the cause of this repression is consideration for other-selves. The entity which has worked long enough with the catalyst to be able to feel the catalyst but not find it necessary to express reactions is not yet balanced but suffers no depolarization due to the transparency of its experiential continuum. Thus the gradual increase in the ability to observe one's reaction and to know the self will bring the self ever closer to a true balance. Patience is requested and suggested, for the catalyst is intense upon your plane and its use must be appreciated over a period of consistent learn/teaching.

Ra, 42.8

Questioner: How can a person know when he is unswayed by an emotionally charged situation or if he is repressing the flow of emotions, or if he is in balance and truly unswayed?

Ra: I am Ra. We have spoken to this point. Therefore, we shall briefly iterate that to the balanced entity no situation has an emotional charge but is simply a situation like any other in which the entity may or may not observe an opportunity to be of service. The closer an entity comes to this attitude the closer an entity is to balance. You may note that it is not our recommendation that reactions to catalyst be repressed or suppressed unless such reactions would be a stumbling block not consonant with the Law of One to an other-self. It is far, far better to allow the experience to express itself in order that the entity may then make fuller use of this catalyst.

Ra, 42.9

Questioner: How can an individual assess what energy centers within its being are activated and in no immediate need of attention and which energy centers are not activated and are in need of immediate attention?

Ra: I am Ra. The thoughts of an entity, its feelings or emotions, and least of all its behavior are the signposts for the teaching/learning of self by self. In the analysis of one's experiences of a diurnal cycle an entity may assess what it considers to be inappropriate thoughts, behaviors, feelings, and emotions.

In examining these inappropriate activities of mind, body, and spirit complexes the entity may then place these distortions in the proper vibrational ray and thus see where work is needed.

Ra, 42.10

There is but one technique for this growing or nurturing of will and faith, and that is the focusing of the attention. The attention span of those you call children is considered short. The spiritual attention span of most of your peoples is that of the child. Thus it is a matter of wishing to become able to collect one's attention and hold it upon the desired programming.

This, when continued, strengthens the will. The entire activity can only occur when there exists faith that an outcome of this discipline is possible.

Ra, 42.11

In the less sensitized individual the choosing of personally inspirational images [for visualization] is appropriate whether this inspiration be the rose which is of perfect beauty, the cross which is of perfect sacrifice, the Buddha which is the All-being in One, or whatever else may inspire the individual.

Ra, 42.14

The entity, child or adult, as you call it, is not an instrument to be played. The appropriate teach/learning device of parent to child is the open-hearted being-ness of the parent and the total acceptance of the beingness of the child. This will encompass whatever material the child entity has brought into the life experience in this plane.

There are two things especially important in this relationship other than the basic acceptance of the child by the parent. Firstly, the experience of whatever means the parent uses to worship and give thanksgiving to the One Infinite Creator, should if possible be shared with the child entity upon a daily basis, as you would say. Secondly, the compassion of parent to child may well be tempered by the understanding that the child entity shall learn the biases of service-to-others or service-to-self from the parental other-self. This is the reason that some discipline is appropriate in the teach/learning. This does not apply to the activation of any one energy center for each entity is unique and each relationship with self and other-self doubly unique. The guidelines given are only general for this reason.

Ra, 42.19

We have, many times now, spoken about the relative importance of balancing as opposed to the relative unimportance of maximal activation of each energy center. The reason is as you have correctly surmised. Thusly the entity is concerned, if it be upon the path of positive harvestability, with the regularizing of the various energies of experience. Thus the most fragile entity may be more balanced than one with extreme energy and activity in service-to-others due to the fastidiousness with which the will is focused upon the use of experience in knowing the self.

Ra, 43.8

You may consider all of these aforementioned aids [the Questioner presented a long list of aids] as those helpful to the stimulation of that which in actuality aids concentration, that being the will of the entity. This free will may be focused at any object or goal.

Ra, 43.30

Questioner: This is very revealing to us. Thank you. Each of us gets signals and dreams. I have been aware of clairaudient communication at least once in waking up. Can you suggest a method whereby we might be able, shall I say, to nullify the influence of that which we don't want of a negative source?

Ra: I am Ra. There are various methods. We shall offer the most available or simple. To share the difficult contact with the other-selves associated with this working and to meditate in love for these senders of images and light for self and other-selves is the most available means of nullifying the effects of such occurrences. To

downgrade these experiences by the use of intellect or the disciplines of will is to invite the prolonging of the effects. Far better then to share in trust such experiences and join hearts and souls in love and light with compassion for the sender and armor for the self.

Ra, 44.10

Control is the key to negatively polarized use of catalyst. Acceptance is the key to positively polarized use of catalyst.

Ra, 46.7

The first acceptance, or control depending upon polarity, is of the self. Anger is one of many things to be accepted and loved as a part of self or controlled as a part of self, if the entity is to do work.

Ra, 46.8

Questioner: Then the positively oriented entity, rather than attempting repression of emotion, would balance the emotion as stated in an earlier contact. Is this correct?

Ra: I am Ra. This is correct and illustrates the path of unity.

Ra, 46.11

The catalyst, and all catalyst, is designed to offer experience. This experience in your density may be loved and accepted or it may be controlled. These are the two paths. When neither path is chosen the catalyst fails in its design and the entity proceeds until catalyst strikes it which causes it to form a bias towards acceptance and love or separation and control. There is no lack of space/time in which this catalyst may work.

Ra, 46.14

We have used this particular term [“crystallized entity”] because it has a fairly precise meaning in your language. When a crystalline structure is formed of your physical material the elements present in each molecule are bonded in a regularized fashion with elements in each other molecule. Thus the structure is regular and, when fully and perfectly crystallized, has certain properties. It will not splinter or break; it is very strong without effort; and it is radiant, traducing light into a beautiful refraction giving pleasure of the eye to many.

Ra, 47.7

The audience brought about by Orion-type publicity is not seeded by seniority of vibration to a great extent. The audiences receiving teach/learnings without stimulus from publicity will be more greatly oriented towards illumination. Therefore, forget you the counting.

Ra, 48.4

The entity ruled by intuition and impulse is equal to the entity governed by rational analysis when polarity is considered. The lobes may both be used for service to self or service-to-others. It may seem that the rational or analytical mind might have more of a possibility of successfully pursuing the negative orientation due to the fact that in our understanding too much order is by its essence negative. However, this same ability to structure abstract concepts and to analyze experiential data may be the key to rapid positive polarization. It may be said that those whose analytical capacities are predominant have somewhat more to work with in polarizing.

The function of intuition is to inform intelligence. In your illusion the unbridled predominance of intuition will tend to keep an entity from the greater polarizations due to the vagaries of intuitive perception. As you may see, these two types of brain structure need to be balanced in order that the net sum of experiential

catalyst will be polarization and illumination, for without the acceptance by the rational mind of the worth of the intuitive faculty the creative aspects which aid in illumination will be stifled.

Ra, 49.4

Like most scientific attempts at precision, it fails to take into account the unique qualities of each creation.

Ra, 49.5

The most important concept to grasp about the energy field is that the lower or negative pole will draw the universal energy into itself from the cosmos. Therefrom it will move upward to be met and reacted to by the positive spiraling energy moving downward from within. The measure of an entity's level of ray activity is the locus wherein the south pole outer energy has been met by the inner spiraling positive energy.

As an entity grows more polarized this locus will move upwards. This phenomenon has been called by your peoples the kundalini. However, it may better be thought of as the meeting place of cosmic and inner, shall we say, vibratory understanding. To attempt to raise the locus of this meeting without realizing the metaphysical principles of magnetism upon which this depends is to invite great imbalance.

Ra, 49.5

Questioner: What process would be the recommended process for correctly awakening the kundalini and of what value would that be?

Ra: I am Ra. The metaphor of the coiled serpent being called upwards is vastly appropriate for consideration by your peoples. This is what you are attempting when you seek. There are, as we have stated, great misapprehensions concerning this metaphor and the nature of pursuing its goal. We must generalize and ask that you grasp the fact that this in effect renders far less useful that which we share. However, as each entity is unique, generalities are our lot when communicating for your possible edification.

We have two types of energy. We are attempting then, as entities in any true color of this octave, to move the meeting place of inner and outer natures further and further along or upward along the energy centers. The two methods of approaching this with sensible method are first, the seating within one's self of those experiences which are attracted to the entity through the south pole. Each experience will need to be observed, experienced, balanced, accepted, and seated within the individual. As the entity grows in self-acceptance and awareness of catalyst the location of the comfortable seating of these experiences will rise to the new true color entity. The experience, whatever it may be, will be seated in red ray and considered as to its survival content and so forth.

Each experience will be sequentially understood by the growing and seeking mind/body/spirit complex in terms of survival, then in terms of personal identity, then in terms of social relations, then in terms of universal love, then in terms of how the experience may beget free communication, then in terms of how the experience may be linked to universal energies, and finally in terms of the sacramental nature of each experience.

Meanwhile the Creator lies within. In the north pole the crown is already upon the head and the entity is potentially a god. This energy is brought into being by the humble and trusting acceptance of this energy through meditation and contemplation of the self and of the Creator.

Where these energies meet is where the serpent will have achieved its height. When this uncoiled energy approaches universal love and radiant being the entity is in a state whereby the harvestability of the entity comes nigh.

Ra, 49.6

Those aware of evolution and desirous in the very extreme of attaining the heart of love and the radiance which gives understanding no matter what the lessons programmed: they have to do with other-selves, not with events: they have to do with giving, not receiving, for the lessons of love are of this nature both for positive and negative. Those negatively harvestable will be found at this time endeavoring to share their love of self.

Ra, 50.5

There is no entity without help, either through self-awareness of the unity of creation or through guardians of the self which protect the less sophisticated mind/body/spirit from any permanent separation from unity while the lessons of your density continue.

Ra, 50.5

The negatively oriented being will be one who feels that it has found power that gives meaning to its existence precisely as the positive polarization does feel.

Ra, 50.6

This negative entity will strive to offer these understandings to other-selves, most usually by the process of forming the elite, the disciples, and teaching the need and rightness of the enslavement of other-selves for their own good. These other-selves are conceived to be dependent upon the self and in need of the guidance and the wisdom of the self.

Ra, 50.6

Questioner: Can you expand on the concept which is that it is necessary for an entity, during incarnation in the physical as we know it, to become polarized or interact properly with other entities and why this isn't possible in between incarnations when the entity is aware of what he wants to do. Why must he come into an incarnation and lose conscious memory of what he wants to do and then act in a way in which he hopes to act?

Ra: I am Ra. Let us give the example of the man who sees all the poker hands. He then knows the game. It is but child's play to gamble, for it is no risk. The other hands are known. The possibilities are known and the hand will be played correctly but with no interest.

In time/space and in the true color green density, the hands of all are open to the eye. The thoughts, the feelings, the troubles, all these may be seen. There is no deception and no desire for deception. Thus much may be accomplished in harmony but the mind/body/spirit gains little polarity from this interaction.

Let us re-examine this metaphor and multiply it into the longest poker game you can imagine, a lifetime. The cards are love, dislike, limitation, unhappiness, pleasure, etc. They are dealt and re-dealt and re-dealt continuously. You may, during this incarnation begin—and we stress begin—to know your own cards. You may begin to find the love within you. You may begin to balance your pleasure, your limitations, etc. However, your only indication of other-selves' cards is to look into the eyes.

You cannot remember your hand, their hands, perhaps even the rules of this game. This game can only be won by those who lose their cards in the melting influence of love, can only be won by those who lay their pleasures, their limitations, their all upon the table face up and say inwardly: "All, all of you players, each other-self, whatever your hand, I love you." This is the game: to know, to accept, to forgive, to balance, and

to open the self in love. This cannot be done without the forgetting, for it would carry no weight in the life of the mind/body/spirit being-ness totality.

Ra, 50.7

...the use of technology to manipulate that outside the self is far, far less of an aid to personal evolution than the disciplines of the mind/body/spirit complex resulting in the whole knowledge of the self in the microcosm and macrocosm.

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.

Ra, 52.2

Questioner: Am I correct, then, in assuming that discipline of the personality, knowledge of self, and control in strengthening of the will would be what any fifth-density entity would see as those things of importance?

Ra: I am Ra. In actuality these things are of importance in third through early seventh densities. The only correction in nuance that we would make is your use of the word, control. It is paramount that it be understood that it is not desirable or helpful to the growth of the understanding, may we say, of an entity by itself to control thought processes or impulses except where they may result in actions not consonant with the Law of One. Control may seem to be a short-cut to discipline, peace, and illumination. However, this very control potentiates and necessitates the further incarnative experience in order to balance this control or repression of that self which is perfect.

Instead, we appreciate and recommend the use of your second verb in regard to the use of the will. Acceptance of self, forgiveness of self, and the direction of the will; this is the path towards the disciplined personality. Your faculty of will is that which is powerful within you as co-Creator. You cannot ascribe to this faculty too much importance. Thus it must be carefully used and directed in service-to-others for those upon the positively oriented path.

There is great danger in the use of the will as the personality becomes stronger, for it may be used even subconsciously in ways reducing the polarity of the entity.

Ra, 52.7

Questioner: Is there then, from the point of view of an individual who wishes to follow the service-to-others path, anything of importance other than disciplines of personality, knowledge of self, and strengthening of will?

Ra: I am Ra. This is technique. This is not the heart. Let us examine the heart of evolution.

Let us remember that we are all one. This is the great learning/teaching. In this unity lies love. This is a great learn/teaching. In this unity lies light. This is the fundamental teaching of all planes of existence in materialization. Unity, love, light, and joy; this is the heart of evolution of the spirit.

The second-ranking lessons are learn/taught in meditation and in service. At some point the mind/body/spirit complex is so smoothly activated and balanced by these central thoughts or distortions that the techniques you have mentioned become quite significant. However, the universe, its mystery unbroken, is one. Always begin and end in the Creator, not in technique.

Ra, 52.11

If there is fear and doom, the contact was quite likely of a negative nature. If the result is hope, friendly feelings, and the awakening of a positive feeling of purposeful service-to-others, the marks of Confederation contact are evident.

Ra, 53.17

Were there no potentials for misunderstanding and, therefore, understanding, there would be no experience.

Ra, 54.7

The mind/body/spirit complex is not a machine. It is rather what you might call a tone poem.

Ra, 54.8

We may suggest that in order to progress, a state of some dissatisfaction will be present, thus giving the entity the stimulus for further seeking. This dissatisfaction, nervousness, or angst, if you will, is not of itself useful. Thus its use is indirect.

Ra, 54.3

Questioner: OK. Then I assume that the first distortion is the motivator or what allows this blockage. Is this correct?

Ra: I am Ra. We wish no quibbling but prefer to avoid the use of terms such as the verb, to allow. Free will does not allow, nor would predetermination disallow, experiential distortions. Rather the Law of Confusion offers a free reach for the energies of each mind/body/spirit complex. The verb, to allow, would be considered pejorative in that it suggests a polarity between right and wrong or allowed and not allowed. This may seem a minuscule point. However, to our best way of thinking it bears some weight.

Ra, 54.13

While it is a primary priority to activate or unblock each energy center, it is also a primary priority at that point to begin to refine the balances between the energies so that each tone of the chord of total vibratory being-ness resonates in clarity, tune, and harmony with each other energy. This balancing, tuning, and harmonizing of the self is most central to the more advanced or adept mind/body/spirit complex. Each energy may be activated without the beauty that is possible through the disciplines and appreciations of personal energies or what you might call the deeper personality or soul identity.

Ra, 54.15

Questioner: Let me make an analogy that I have just thought of. A seven-stringed musical instrument may be played by deflecting each string a full deflection and releasing it producing notes. Instead of producing the notes this way the individual creative personality could deflect each string the proper amount in the proper sequence producing music. Is this correct?

Ra: I am Ra. This is correct. In the balanced individual the energies lie waiting for the hand of the Creator to pluck harmony.

Ra, 54.15

The more advanced the entity, the more tenuous the connection between the sub-Logos and the perceived catalyst until, finally, all catalyst is chosen, generated, and manufactured by the self, for the self.

Ra, 54.17

Questioner: A positively oriented entity may select a certain narrow path of thinking and activities during an incarnation and program conditions that would create physical pain if this were not followed. Is this correct?

Ra: I am Ra. This is correct.

Ra, 54.20

...the positively oriented entity will be transmuting strong red-ray sexual energy into green-ray energy transfers and radiation in blue and indigo and will be similarly transmuting selfhood and place in society into energy transfer situations in which the entity may merge with and serve others and then, finally, radiate unto others without expecting any transfer in return.

Ra, 54.24

The origin of all energy is the action of free will upon love. The nature of all energy is light. The means of its ingress into the mind/body/spirit complex is duple.

Firstly, there is the inner light which is Polaris of the self, the guiding star. This is the birthright and true nature of all entities. This energy dwells within.

The second point of ingress is the polar opposite of the North Star, shall we say, and may be seen, if you wish to use the physical body as an analog for the magnetic field, as coming through the feet from the earth and through the lower point of the spine. This point of ingress of the universal light energy is undifferentiated until it begins its filtering process through the energy centers. The requirements of each center and the efficiency with which the individual has learned to tap into the inner light determine the nature of the use made by the entity of these in-streamings.

Ra, 54.26

We have addressed the filtering process by which in-coming energies are pulled upwards according to the distortions of each energy center and the strength of will or desire emanating from the awareness of inner light. If we may be more specific, please query with specificity.

Ra, 54.28

We scan this instrument and find its distortion towards appreciation of each entity and each entity's caring, as you may call it. This atmosphere, shall we say, offers the greatest contrast to the discomfort of such psychic attacks, being the reciprocal, that is, the atmosphere of psychic support.

This each of you do as a subconscious function of true attitudinal, mental, emotional, and spiritual distortions towards this instrument. There is no magic greater than honest distortion toward love.

Ra, 55.2

This contact may be characterized as one typical of the Brothers and Sisters of Sorrow wherein those receiving the contact have attempted to prepare for such contact by sacrificing extraneous, self-oriented distortions in order to be of service.

The Ra social memory complex offers itself also as a function of its desire to serve. Both the caller and the contact are filled with gratitude at the opportunity of serving others.

We may note that this in no way presupposes that either the callers or those of our group in any way approach a perfection or purity such as was described in the bidding process. The calling group may have many distortions and the working with much catalyst, as may those of Ra. The overriding desire to serve others, bonded with the unique harmonics of this group's vibratory complexes, gives us the opportunity to serve as one channel for the One Infinite Creator.

Things come not to those positively oriented but through such beings.
Ra, 55.7

This instrument is under a most severe psychic attack. This instrument is bearing up well due to replenished vital energies and a distortion towards a sense of proportion which your peoples call a sense of humor.
Ra, 57.1

The inner light is that which is your heart of being. Its strength equals your strength of will to seek the light.
Ra, 57.14

It is to be noted that a strongly crystallized entity is, in effect, a portable King's Chamber position.
Ra, 57.16

...the concept of initiation and realize that it demands the centering of the being upon the seeking of the Creator. We have hoped to balance this understanding by enunciating the Law of One, that is, that all things are One Creator. Thus seeking the Creator is done not just in meditation and in the work of an adept but in the experiential nexus of each moment.

The initiation of the Queen's Chamber has to do with the abandoning of self to such desire to know the Creator in full that the purified in-streaming light is drawn in balanced fashion through all energy centers, meeting in indigo and opening the gate to intelligent infinity. Thus the entity experiences true life or, as your people call it, resurrection.
Ra, 57.24

The space/time and time/space concepts are those concepts describing as mathematically as possible the relationships of your illusion, that which is seen to that which is unseen. These descriptive terms are clumsy. They, however, suffice for this work.

In the experiences of the mystical search for unity, [concepts of space and time] need never be considered, for they are but part of an illusory system. The seeker seeks the One. The 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.

The purpose of clearing each energy center is to allow that meeting place to occur at the indigo ray vibration, thus making contact with intelligent infinity and dissolving all illusions. Service-to-others is automatic at the released energy generated by this state of consciousness.
Ra, 57.33

Contact with indigo ray need not necessarily show itself in any certain gift or guidepost, as you have said. There are some whose indigo energy is that of pure being and never is manifested, yet all are aware of such

an entity's progress. Others may teach or share in many ways contact with intelligent energy. Others continue in unmanifested form, seeking intelligent infinity.

Thus the manifestation is lesser signpost than that which is sensed or intuited about a mind/body/spirit complex. This violet ray being-ness is far more indicative of true self.

Ra, 58.22

You may note that as one learns the, shall we say, understandings or disciplines of the personality each of these configurations of prana is available to the entity without the aid of this shape. One may view the pyramid at Giza as metaphysical training wheels.

Ra, 60.13

This is in common with each of your orthodox religious systems which have all become somewhat mixed in orientation, yet offer a pure path to the One Creator which is seen by the pure seeker.

Ra, 60.18

We of the Confederation are at the call of those upon your planet. If the call, though sincere, is fairly low in consciousness of the, shall we say, system whereby spiritual evolution may be precipitated, then we may only offer that information useful to that particular caller. This is the basic difficulty. Entities receive the basic information about the Original Thought and the means, that is meditation and service-to-others, whereby this Original Thought may be obtained.

Once this basic information is received it is not put into practice in the heart and in the life experience but instead rattles about within the mind complex distortions as would a building block which has lost its place and simply rolls from side to side uselessly, yet still the entity calls. Therefore, the same basic information is repeated. Ultimately the entity decides that it is weary of this repetitive information. However, if an entity puts into practice that which it is given, it will not find repetition except when needed.

Ra, 60.27

This is not a dimension of knowing, even subjectively, due to the lack of overview of cosmic and other in-pourings which affect each and every situation which produces catalyst. The subjective acceptance of that which is at the moment and the finding of love within that moment is the greater freedom.

That known as the subjective knowing without proof is, in some degree, a poor friend for there will be anomalies no matter how much information is garnered due to the distortions which form third-density.

Ra, 61.19

These distortions remove the focus from the One Infinite Source of love and light of which we are all messengers, humble and knowing that we, of ourselves, are but the tiniest portion of the Creator, a small part of a magnificent entirety of infinite intelligence.

Ra, 62.23

Continue in love and praise and thanksgiving to the Creator. Examine previous material. Love is the great protector.

Ra, 63.5

The vital energy may be seen to be that deep love of life or life experiences such as the beauty of creation and the appreciation of other-selves and the distortions of your co-Creators' making which are of beauty.

Without this vital energy the least distorted physical complex will fail and perish. With this love or vital energy or elán the entity may continue though the physical complex is greatly distorted.
Ra, 63.7

Wanderers are third-density activated in mind/body/spirit and are subject to the forgetting which can only be penetrated with disciplined meditation and working.
Ra, 63.17

The principle behind any ritual of the white magical nature is to so configure the stimuli which reach down into the trunk of mind that this arrangement causes the generation of disciplined and purified emotion or love which then may be both protection and the key to the gateway to intelligent infinity.
Ra, 64.3

Let it be said that any entity or group may create the most splendid harmony in any outer atmosphere. Ra's experiences are no more than your own. Yours is the dance at this space/time in third-density harvest.
Ra, 64.7

If the entity is polarized towards service-to-others, analysis properly proceeds along the lines of consideration of which path offers the most opportunity for service-to-others.

For the negatively polarized entity the antithesis is the case.

For the unpolarized entity the considerations are random and most likely in the direction of the distortion towards comfort.
Ra, 64.15

...when faced with a hole in the curtain, an entity's eyes may well peer for the first time through the window beyond.
Ra, 65.2

There are many Wanderers whose dysfunction with regard to the planetary ways of your peoples have caused, to some extent, a condition of being caught up in a configuration of mind complex activity which, to the corresponding extent, may prohibit the intended service.
Ra, 65.3

Consider the shopper entering the store to purchase food with which to furnish the table for the time period you call a week. Some stores have some items, others a variant set of offerings. We speak of these possibility/probability vortices when asked with the understanding that such are as a can, jar, or portion of goods in your store.

It is unknown to us as we scan your time/space whether your peoples will shop hither or yon. We can only name some of the items available for the choosing. The, shall we say, record which the one you call Edgar read from is useful in that same manner. There is less knowledge in this material of other possibility/probability vortices and more attention paid to the strongest vortex. We see the same vortex but also see many others. Edgar's material could be likened unto one hundred boxes of your cold cereal, another vortex likened unto three, or six, or fifty of another product which is eaten by your peoples for breakfast. That you will breakfast is close to certain. The menu is your own choosing.

The value of prophecy must be realized to be only that of expressing possibilities. Moreover, it must be, in our humble opinion, carefully taken into consideration that any time/space viewing, whether by one of your time/space or by one such as we who view the time/space from a dimension, shall we say, exterior to it will have a quite difficult time expressing time measurement values. Thus prophecy given in specific terms is more interesting for the content or type of possibility predicted than for the space/time nexus of its supposed occurrence.

Ra, 65.9

It was the aim of Wanderers to serve the entities of this planet in whatever way was requested and it was also the aim of Wanderers that their vibratory patterns might lighten the planetary vibration as a whole, thus ameliorating the effects of planetary disharmony and palliating any results of this disharmony.

Specific intentions such as aiding in a situation not yet manifest are not the aim of Wanderers. Light and love go where they are sought and needed, and their direction is not planned aforesaid.

Ra, 65.11

You may, at this time, note that as with any entities, each Wanderer has its unique abilities, biases, and specialities so that from each portion of each density represented among the Wanderers come an array of pre-incarnative talents which then may be expressed upon this plane which you now experience so that each Wanderer, in offering itself before incarnation, has some special service to offer in addition to the doubling effect of planetary love and light and the basic function of serving as beacon or shepherd.

Thus there are those of fifth-density whose abilities to express wisdom are great. There are fourth and sixth-density Wanderers whose ability to serve as, shall we say, passive radiators or broadcasters of love and love/light are immense. There are many others whose talents brought into this density are quite varied.

Thus Wanderers have three basic functions once the forgetting is penetrated, the first two being basic, the tertiary one being unique to that particular mind/body/spirit complex.\

Ra, 65.12

We may note at this point while you ponder the possibility/probability vortices that although you have many, many items which cause distress and thus offer seeking and service opportunities, there is always one container in that store of peace, love, light, and joy. This vortex may be very small, but to turn one's back upon it is to forget the infinite possibilities of the present moment. Could your planet polarize towards harmony in one fine, strong, moment of inspiration? Yes, my friends. It is not probable; but it is ever possible.

Ra, 65.12

The ability to polarize positively requires a certain degree of self determination.

Ra, 65.14

In your space/time you and your peoples are the parents of that which is in the womb. The Earth, as you call it, is ready to be born and the delivery is not going smoothly. When this entity has become born it will be instinct with the social memory complex of its parents which have become fourth-density positive. In this density there is a broader view.

Ra, 65.17

One meets the self in the center or deeps of the being. The so-called resonating chamber may be likened unto the symbology of the burial and resurrection of the body wherein the entity dies to self and through this confrontation of apparent loss and realization of essential gain, is transmuted into a new and risen being.
Ra, 65.20

Questioner: Could I make the analogy of in this apparent death of losing the desires that are the illusory, common desires of third-density and gaining desires of total service-to-others?

Ra: I am Ra. You are perceptive. This was the purpose and intent of this chamber as well as forming a necessary portion of the King's Chamber position's effectiveness.
Ra, 65.21

Only in so far as the healer has become balanced may it be a channel for the balancing of an other-self. The healing is first practiced upon the self, if we may say this, in another way.
Ra, 66.8

The healer does not heal. The crystallized healer is a channel for intelligent energy which offers an opportunity to an entity that it might heal itself.

In no case is there an other description of healing. Therefore, there is no difference as long as the healer never approaches one whose request for aid has not come to it previously. This is also true of the more conventional healers of your culture and if these healers could but fully realize that they are responsible only for offering the opportunity of healing, and not for the healing, many of these entities would feel an enormous load of misconceived responsibility fall from them.
Ra, 66.10

Perhaps the greatest healer is within the self and may be tapped with continued meditation as we have suggested.

The many forms of healing available to your peoples ... each have virtue and may be deemed appropriate by any seeker who wishes to alter the physical complex distortions or some connection between the various portions of the mind/body/spirit complex thereby.
Ra, 66.12

Questioner: I have observed many activities known as psychic surgery in the area of the Philippine Islands. It was my assumption that these healers are providing what I would call a training aid or a way of creating a reconfiguration of the mind of the patient to be healed as the relatively naive patient observes the action of the healer in seeing the materialized blood, etc. and reconfigures the roots of mind to believe, you might say, the healing is done and, therefore, heals himself. Is this analysis that I have made correct?

Ra: I am Ra. This is correct.
Ra, 66.13

...the crystallized healer has no will. It offers an opportunity without attachment to the outcome, for it is aware that all is one and that the Creator is knowing Itself.
Ra, 66.15

Questioner: Then the desire must be strong in the mind/body/spirit complex who seeks healing to be healed in order for the healing to occur? Is this correct?

Ra: I am Ra. This is correct on one level or another. An entity may not consciously seek healing and yet subconsciously be aware of the need to experience the new set of distortions which result from healing. Similarly an entity may consciously desire healing greatly but within the being, at some level, find some cause whereby certain configurations which seem quite distorted are, in fact, at that level, considered appropriate.

Ra, 66.16

...meditation is always an aid to knowing the self.

Ra, 66.18

Catalyst is offered to the entity. If it is not used by the mind complex it will then filter through to the body complex and manifest as some form of physical distortion. The more efficient the use of catalyst, the less physical distortion to be found.

Ra, 66.34

Consider, if you will, that you have no ability not to serve the Creator since all is the Creator. In your individual growth patterns appear the basic third-density choice. Further, there are overlaid memories of the positive polarizations of your home density. Thus your particular orientation is strongly polarized towards service to others and has attained wisdom as well as compassion.

You do not have merely two opposite requests for information or lack of information from this source if you listen careful to those whose voices you may hear. This is all one voice to which you resonate upon a certain frequency. This frequency determines your choice of service to the One Creator. As it happens this group's vibratory patterns and those of Ra are compatible and enable us to speak through this instrument with your support. This is a function of free will.

A portion, seemingly of the Creator, rejoices at your choice to question us regarding the evolution of spirit. A seemingly separate portion would wish for multitudinous answers to a great range of queries of a specific nature. Another seemingly separate group of your peoples would wish this correspondence through this instrument to cease, feeling it to be of a negative nature. Upon the many other planes of existence there are those whose every fiber rejoices at your service and those such as the entity of whom you have been speaking which wish only to terminate the life upon the third-density plane of this instrument. All are the Creator. There is one vast panoply of biases and distortions, colors and hues, in an unending pattern. In the case of those with whom you, as entities and as a group, are not in resonance, you wish them love, light, peace, joy, and bid them well. No more than this can you do for your portion of the Creator is as it is and your experience and offering of experience, to be valuable, needs be more and more a perfect representation of who you truly are. Could you, then, serve a negative entity by offering the instrument's life? It is unlikely that you would find this a true service. Thus you may see in many cases the loving balance being achieved, the love being offered, light being sent, and the service of the service-to-self oriented entity gratefully acknowledged while being rejected as not being useful in your journey at this time. Thus you serve One Creator without paradox.

Ra, 67.11

The light would work instantly upon an untuned individual by suggestion, that is the stepping out in front of the traffic because the suggestion is that there is no traffic. This entity, as each in this group, is enough disciplined in the ways of love and light that it is not suggestible to any great extent.

Ra, 67.13

Questioner: Then there is no other service at this time that we can offer that fifth-density entity of the Orion group who is constantly with us. As I see it now from your point of view there is nothing that we can do for him? Is this correct?

Ra: I am Ra. This is correct. There is great humor in your attempt to be of polarized service to the opposite polarity. There is a natural difficulty in doing so since what you consider service is considered by this entity non-service. As you send this entity love and light and wish it well it loses its polarity and needs to regroup.

Thus it would not consider your service as such. On the other hand, if you allowed it to be of service by removing this instrument from your midst you might perhaps perceive this as not being of service. You have here a balanced and polarized view of the Creator; two services offered, mutually rejected, and in a state of equilibrium in which free will is preserved and each allowed to go upon its own path of experiencing the One Infinite Creator.

Ra, 67.26

We perceive that we have not been able to clarify your service versus its desire for service. You need, in our humble opinion, to look at the humor of the situation and relinquish your desire to serve where no service is requested. The magnet will attract or repel. Glory in the strength of your polarization and allow others of opposite polarity to similarly do so, seeing the great humor of this polarity and its complications in view of the unification in sixth-density of these two paths.

Ra, 67.27

Free will does not mean that there will be no circumstances when calculations will be awry. This is so in all aspects of the life experience. Although there are no mistakes, there are surprises.

Ra, 69.15

Questioner: Then each entity is of a path that leads to one destination. This is like many, many roads that travel through many, many places but eventually merge into one large center. Is this correct?

Ra: I am Ra. This is correct but somewhat wanting in depth of description. More applicable would be the thought that each entity contains within it all of the densities and sub-densities of the octave so that in each entity, no matter whither its choices lead it, its great internal blueprint is one with all others. Thusly its experiences will fall into the patterns of the journey back to the original Logos. This is done through free will but the materials from which choices can be made are one blueprint.

Ra, 71.13

...to aid the self in polarization towards love and light is to aid the planetary vibration.

Ra, 71.16

Questioner: The change in consciousness should result in a greater distortion towards service-to-others, towards unity with all, and towards knowing in order to serve. Is this correct, and are there any other desired results?

Ra: I am Ra. These are commendable phrases. The heart of white magic is the experience of the joy of union with the Creator. This joy will of necessity radiate throughout the life experience of the positive adept. It is for this reason that sexual magic is not restricted solely to the negatively oriented polarizing adepts but when most carefully used has its place in high magic as it, when correctly pursued, joins body, mind, and spirit with the One Infinite Creator.

Any purpose which you may frame should, we suggest, take into consideration this basic union with the One Infinite Creator, for this union will result in service-to-others of necessity.

Ra, 71.17

Questioner: We have here, I believe, a very important principle with respect to the Law of One. You have stated that the attitude of the individual is of paramount importance for the Orion entity to be able to be effective. Would you please explain how this mechanism works with respect to the Law of One and why the attitude of the entity is of paramount importance and why this allows for action by the Orion entity?

Ra: I am Ra. The Law of Confusion or Free Will is utterly paramount in the workings of the infinite creation. That which is intended has as much intensity of attraction to the polar opposite as the intensity of the intention or desire.

Thus those whose desires are shallow or transitory experience only ephemeral configurations of what might be called the magical circumstance. There is a turning point, a fulcrum which swings as a mind/body/spirit complex tunes its will to service. If this will and desire is for service-to-others the corresponding polarity will be activated. In the circumstance of this group there are three such wills acting as one with the instrument in the, shall we say, central position of fidelity to service. This is as it must be for the balance of the working and the continuance of the contact. Our vibratory complex is one-pointed in these workings also and our will to serve is also of some degree of purity. This has created the attraction of the polar opposite which you experience.

We may note that such a configuration of free will, one-pointed in service-to-others, also has the potential for the alerting of a great mass of light strength. This positive light strength, however, operates also under free will and must be invoked. We could not speak to this and shall not guide you, for the nature of this contact is such that the purity of your free will must, above all things, be preserved. Thus you wend your way through experiences discovering those biases which may be helpful.

Ra, 72.7

...that great conduit to the Creator, the will.

Ra, 72.10

Those who are upon the service-to-others path may call upon the light strength in direct proportion to the strength and purity of their will to serve. Those upon the service-to-self path may call upon the dark strength in direct proportion to the strength and purity of their will to serve.

Ra, 73.4

Questioner: Then will you speak of the difference between the spiraling light that enters through the feet and the light invoked through the crown chakra?

Ra: I am Ra. The action of the upward spiraling light drawn by the will to meet the inner light of the One Infinite Creator may be likened to the beating of the heart and the movement of the muscles surrounding the lungs and all the other functions of the parasympathetic nervous system. The calling of the adept may be likened to those nerve and muscle actions over which the mind/body/spirit complex has conscious control.

Ra, 73.8

You may note that in the ritual which we offered you to properly begin the Ra workings the first focus is upon the Creator. We would further note a point which is both subtle and of some interest. The upward spiraling light developed in its path by the will, and ultimately reaching an high place of mating with the

inward fire of the One Creator, still is only preparation for the work upon the mind/body/spirit which may be done by the adept. There is some crystallization of the energy centers used during each working so that the magician becomes more and more that which it seeks.

More importantly, the time/space mind/body/spirit analog, which is evoked as the magical personality, has its only opportunity to gain rapidly from the experience of the catalytic action available to the third-density space/time mind/body/spirit. Thus the adept is aiding the Creator greatly by offering great catalyst to a greater portion of the creation which is identified as the mind/body/spirit totality of an entity.

Ra, 73.10

Questioner: Desire and will are the factors in this process. Is this correct?

Ra: I am Ra. We would add one quality. In the magical personality desire, will, and polarity are the keys.

Ra, 73.11

Questioner: What was the orientation with respect to this type of communication for the one known as Jesus of Nazareth?

Ra: I am Ra. You may have read some of this entity's workings. It offered itself as teacher to those mind/body/spirit complexes which gathered to hear and even then spoke as through a veil so as to leave room for those not wishing to hear. When this entity was asked to heal, it oft times did so, always ending the working with two admonitions: firstly, that the entity healed had been healed by its faith, that is, its ability to allow and accept changes through the violet-ray into the gateway of intelligent energy; secondly, saying always, "Tell no one." These are the workings which attempt the maximal quality of free will while maintaining fidelity to the positive purity of the working.

Ra, 73.13

Infringement upon free will occurs in this circumstance [of healing or other magical working rendered by the adept] only if the entity doing the working ascribes the authorship of this event to its self or its own skills. He who states that no working comes from it but only through it is not infringing upon free will.

Ra, 73.14

We might note further that when the one wishing to be healed, though sincere, remains unhealed, as you call this distortion, you may consider pre-incarnative choices and your more helpful aid to such an entity may be the suggestion that it meditate upon the affirmative uses of whatever limitations it might experience. We would also note that in these cases the indigo-ray workings are often of aid.

Ra, 73.18

Questioner: It seems to me that the primary thing of importance for those on the service-to-others path is the development of an attitude which I can only describe as a vibration. This attitude would be developed through meditation, ritual, and the developing appreciation for the creation or Creator which results in a state of mind that can only be expressed by me as an increase in vibration or oneness with all. Could you expand and correct that statement?

Ra: I am Ra. We shall not correct this statement but shall expand upon it by suggesting that to those qualities you may add the living day by day and moment by moment, for the true adept lives more and more as it is.

Ra, 73.19

The second energy transfer of which we would speak is the sexual energy transfer. This takes place upon a non-magical level by all those entities which vibrate green ray active. It is possible, as in the case of this instrument which dedicates itself to the service of the One Infinite Creator, to further refine this energy transfer. When the other-self also dedicates itself in service to the One Infinite Creator, the transfer is doubled. Then the amount of energy transferred is dependent only upon the amount of polarized sexual energy created and released. There are refinements from this point onward leading to the realm of the high sexual magic.

The spiritual energy transfers are at the heart of all energy transfers as a knowledge of self and other-self as Creator is paramount, and this is spiritual work. The varieties of spiritual energy transfer include those things of which we have spoken this day as we spoke upon the subject of the adept.

Ra, 73.21

The disciplined personality, when faced with an other-self, has all centers balanced according to its unique balance. Thusly the other-self looks in a mirror seeing its self.

Ra, 74.9

Questioner: The disciplines of the personality are the paramount work of any who have become consciously aware of the process of evolution. Am I correct on that statement?

Ra: I am Ra. Quite.

Ra, 74.10

The general improvement of the place where the performance of the ritual of the purification is to be performed is known. We may note that the distortion towards love, as you call this spiritual/emotional complex which is felt by each for this entity, will be of aid whether this is expressed or unmanifest as there is no protection greater than love.

Ra, 75.2

The heart of the discipline of the personality is threefold. One, know your self. Two, accept your self. Three, become the Creator.

The third step is that step which, when accomplished, renders one the most humble servant of all, transparent in personality and completely able to know and accept other-selves. In relation to the pursuit of the magical working the continuing discipline of the personality involves the adept in knowing its self, accepting its self, and thus clearing the path towards the great indigo gateway to the Creator. To become the Creator is to become all that there is. There is, then, no personality in the sense with which the adept begins its learn/teaching. As the consciousness of the indigo ray becomes more crystalline, more work may be done; more may be expressed from intelligent infinity.

Ra, 74.11

When the entity Jehoshuah [2] decided to return to the location called Jerusalem for the holy days of its people it turned from work mixing love and wisdom and embraced martyrdom which is the work of love without wisdom.

Ra, 75.14

We do not imply that this course of unbridled compassion has any fault but affirm its perfection. It is an example of love which has served as beacon to many.

For those who seek further, the consequences of martyrdom must be considered, for in martyrdom lies the end of the opportunity, in the density of the martyr, to offer love and light. Each entity must seek its deepest path.

Ra, 75.15

There are many Wanderers whom you may call adepts who do no conscious work in the present incarnation. It is a matter of attention. One may be a fine catcher of your game sphere, but if the eye is not turned as this sphere is tossed then perchance it will pass the entity by. If it turned its eyes upon the sphere, catching would be easy. In the case of Wanderers which seek to recapitulate the degree of adeptness which each had acquired previous to this life experience, we may note that even after the forgetting process has been penetrated there is still the yellow activated body which does not respond as does the adept which is of a green- or blue-ray activated body. Thusly, you may see the inevitability of frustrations and confusion due to the inherent difficulties of manipulating the finer forces of consciousness through the chemical apparatus of the yellow-ray activated body.

Ra, 75.24

It is well for each to realize its self as the Creator. Thusly each may support each including the support of self by humble love of self as Creator.

Ra, 75.25

You may consider the concept of sympathetic resonance. When certain sounds are correctly vibrated, the creation sings.

Ra, 75.27

Questioner: Then would the adept use this resonant quality to become more one with the creation and, therefore, attain his objective in that way?

Ra: I am Ra. It would be perhaps more accurate to state that in this circumstance the creation becomes more and more contained within the practitioner. The balance of your query is correct.

Ra, 75.29

Questioner: May anyone in third density accomplish some degree of healing if they have the proper will, desire, and polarity, or is there a minimal balance of the energy centers of the healer that is also necessary?

Ra: I am Ra. Any entity may at any time instantaneously clear and balance its energy centers. Thus in many cases those normally quite blocked, weakened, and distorted may, through love and strength of will, become healers momentarily. To be a healer by nature one must indeed train its self in the disciplines of the personality.

Ra, 75.35

The three aspects of the magical personality, power, love, and wisdom, are so called in order that attention be paid to each aspect in developing the basic tool of the adept; that is, its self. It is by no means a personality of three aspects. It is a being of unity, a being of sixth density, and equivalent to what you call your Higher Self and at the same time is a personality enormously rich in variety of experience and subtlety of emotion.

The three aspects are given that the neophyte not abuse the tools of its trade but rather approach those tools balanced in the center of love and wisdom and thus seeking power in order to serve.

Ra, 75.32

Questioner: You made the statement in a previous session that the true adept lives more and more as it is. Will you explain and expand more upon that statement?

Ra: I am Ra. Each entity is the Creator. The entity, as it becomes more and more conscious of its self, gradually comes to the turning point at which it determines to seek either in service to others or in service to self. The seeker becomes the adept when it has balanced with minimal adequacy the energy centers red, orange, yellow, and blue with the addition of the green for the positive, thus moving into indigo work.

The adept then begins to do less of the preliminary or outer work, having to do with function, and begins to effect the inner work which has to do with being. As the adept becomes a more and more consciously crystallized entity it gradually manifests more and more of that which it always has been since before time; that is, the One Infinite Creator.

Ra, 75.23

...any thought is a form or symbol or thing that is an object seen in time/space reference.

Ra, 76.3

...to be encouraged is the... study of being. It is the being that informs the working, not the working that informs the being.

Ra, 76.4

The choice [of service to others vs. service to self] is, as you put it, the work of a moment but is the axis upon which the creation turns.

Ra, 76.16

The instrument was instructed to spend space/time contemplating its self as the Creator. This, done in a more determined fashion, would be beneficial at times when the mind complex is weakened by severe assaults upon the distortions of the body complex towards pain. There is no necessity for negative thought-forms regardless of pain distortions. The elimination of such creates the lack of possibility for negative elementals and other negative entities to use these thought-forms to create the worsening of the mind complex deviation from the normal distortions of cheerfulness/anxiety.

Ra, 77.6

...each of the group may become aware of the will to a greater extent. We cannot instruct upon this but merely indicate, as we have previously, that it is a vital key to the evolution of the mind/body/spirit complex.

Ra, 77.10

The intensity of fourth density is that of the refining of the rough-hewn sculpture. This is, indeed, in its own way, quite intense causing the mind/body/spirit complex to move ever inward and onward in its quest for fuller expression. However, in third density the statue is forged in the fire. This is a type of intensity which is not the property of fourth, fifth, sixth, or seventh densities.

Ra, 77.15

Each of the support group has an excess of love and light to offer the instrument during the working. Already each sends to the instrument love, light, and thoughts of strength of the physical, mental, and spiritual configurations. These sendings are forms. You may refine these sendings until the fullest manifestations of love and light are sent into the energy web of this entity which functions as instrument. Your exact sending is, in order to be most potent, the creature of your own making.

Ra, 78.7

...it is certainly through this faculty [of meditation] that catalyst is most efficiently used.

Ra, 78.35

Magical ability is the ability to consciously use the so-called unconscious.

Ra, 79.32

The heart of the mind complex is that dynamic entity which absorbs, seeks, and attempts to learn

Ra, 79.36

The less balanced the distortion by self-knowledge, the more adeptly the [discarnate negative] entity may accentuate such a distortion in order to mitigate against the smooth functioning and harmony of the group.

Ra, 80.4

The power of which you speak is a spiritual power. The powers of the mind, as such, do not encompass such works as these. You may, with some fruitfulness, consider the possibilities of moonlight. You are aware that we have described the Matrix of the Spirit as a Night. The moonlight, then, offers either a true picture seen in shadow or chimeras and falsity. The power of falsity is deep as is the power to discern truth from shadow. The shadow of hidden things is an infinite depth in which is stored the power of the One Infinite Creator.

The adept, then, is working with the power of hidden things illuminated by that which can be false or true. To embrace falsity, to know it, and to seek it, and to use it gives a power that is most great. This is the nature of the power of your visitor and may shed some light upon the power of one who seeks in order to serve others as well, for the missteps in the night are oh! so easy.

Ra, 80.8

Questioner: The fifteenth archetype is the Matrix of the Spirit and has been called the Devil. Can you tell me why that is so?

Ra: I am Ra. We do not wish to be facile in such a central query, but we may note that the nature of the spirit is so infinitely subtle that the fructifying influence of light upon the great darkness of the spirit is very often not as apparent as the darkness itself. The progress chosen by many adepts becomes a confused path as each adept attempts to use the Catalyst of the Spirit. Few there are which are successful in grasping the light of the sun. By far, the majority of adepts remain groping in the moonlight and, as we have said, this light can deceive as well as uncover hidden mystery. Therefore, the melody, shall we say, of this matrix often seems to be of a negative and evil, as you would call it, nature.

It is also to be noted that an adept is one which has freed itself more and more from the constraints of the thoughts, opinions, and bonds of other-selves. Whether this is done for service to others or service to self, it is a necessary part of the awakening of the adept. This freedom is seen by those not free as what you would call evil or black. The magic is recognized; the nature is often not.

Ra, 80.10

Questioner: Could I say, then, that implicit in the process of becoming adept is the seeming polarization towards service to self because the adept becomes disassociated with many of his kind?

Ra: I am Ra. This is likely to occur. The apparent happening is disassociation whether the truth is service to self and thus true disassociation from other-selves or service-to-others and thus true association with the

heart of all other-selves and disassociation only from the illusory husks which prevent the adept from correctly perceiving the self and other-self as one.

Ra, 80.11

Questioner: Then you say that this effect of disassociation on the service-to-others adept is a stumbling block or slowing process in reaching that goal to which he aspires? Is this correct?

Ra: I am Ra. This is incorrect. This disassociation from the miasma of illusion and misrepresentation of each and every distortion is a quite necessary portion of an adept's path. It may be seen by others to be unfortunate.

Ra, 80.12

Even the most unhappy of experiences, shall we say, which seem to occur in the Catalyst of the adept, seen from the viewpoint of the spirit, may, with the discrimination possible in shadow, be worked with until light equaling the light of brightest noon descends upon the adept and positive or service-to-others illumination has occurred. The service-to-self adept will satisfy itself with the shadows and, grasping the light of day, will toss back the head in grim laughter, preferring the darkness.

Ra, 80.15

The Significator of the Spirit is that living entity which either radiates or absorbs the love and the light of the One Infinite Creator, radiates it to others or absorbs it for the self.

Ra, 80.17

That which you call the Sarcophagus in your system may be seen to be the material world, if you will. This material world is transformed by the spirit into that which is infinite and eternal. The infinity of the spirit is an even greater realization than the infinity of consciousness, for consciousness which has been disciplined by will and faith is that consciousness which may contact intelligent infinity directly. There are many things which fall away in the many, many steps of adepthood. We, of Ra, still walk these steps and praise the One Infinite Creator at each transformation.

Ra, 80.20

...intelligent energy which is the Universe or, as you have called it somewhat provincially, the World.

Ra, 80.21

...contact with intelligent energy, for this energy is the energy of the Logos, and thus it is the energy which heals, builds, removes, destroys, and transforms all other-selves as well as the self.

The contact with intelligent infinity is most likely to produce an unspeakable joy in the entity experiencing such contact.

Ra, 80.2

...each moment and certainly each diurnal period of the bodily incarnation offers death and rebirth to one which is attempting to use the catalyst which is offered it.

Ra, 81.13

We have opened our hearts in radiation of love to the entire creation. Approximately 90 percent of the creation is at some level aware of the sending and able to reply. All of the infinite Logoi are one in the consciousness of love. This is the type of contact which we enjoy rather than travel.

Ra, 81.23

...to one whose personality or mind/body/spirit complex has been crystallized the universe is one place and there is no bar upon travel

Ra, 81.27

Much of what you call creation has never separated from the One Logos of this octave and resides within the One Infinite Creator. Communication in such an environment is the communication of cells of the body. That which is learned by one is known to all.

Ra, 81.23

The One Original Thought is the harvest of all previous, if you would use this term, experience of the Creator by the Creator. As It decides to know Itself It generates Itself, into that plenum full of the glory and the power of the One Infinite Creator which is manifested to your perceptions as space or outer space. Each generation of this knowing begets a knowing which has the capacity, through free will, to choose methods of knowing Itself. Therefore, gradually, step by step, the Creator becomes that which may know Itself, and the portions of the Creator partake less purely in the power of the original word or thought. The Creator does not properly create as much as It experiences Itself.

Ra, 82.10

Consider, if you will, the tendency of those who are divinely happy, as you call this distortion, to have little urge to alter or better their condition. Such is the result of the mind/body/spirit which is not complex [that is, those entities existing prior to the experiment of the veil]. There is the possibility of love of other-selves and service to other-selves, but there is the overwhelming awareness of the Creator in the self. The connection with the Creator is that of the umbilical cord. The security is total. Therefore, no love is terribly important; no pain terribly frightening; no effort, therefore, is made to serve for love or to benefit from fear.

Ra, 82.22

...without the need to understand, understanding would forever be left undone.

Ra, 82.24

Each incarnation is intended to be a course in the Creator knowing Itself.

Ra, 82.25

Let us continue the metaphor of the schooling but consider the scholar as being an entity in your younger years of the schooling process. The entity is fed, clothed, and protected regardless of whether or not the schoolwork is accomplished. Therefore, the entity does not do the homework but rather enjoys playtime, mealtime, and vacation. It is not until there is a reason to wish to excel that most entities will attempt to excel.

Ra, 82.28

The faculty of faith or will needs to be understood, nourished, and developed in order to have an entity which seeks past the boundary of third density. Those entities which do not do their homework, be they ever so amiable, shall not cross.

Ra, 82.29

...the veiling is a primary cause of the value of dreams and is also the single door against which the Higher Self must stand awaiting entry.

Ra, 83.3

It is true that the nature of time/space is such that a lifetime may be seen whole as a book or record, the pages studied, riffled through, and re-read. However, the value of review is that of the testing as opposed to the studying. At the testing, when the test is true, the distillations of all study are made clear.

During the process of study, which you may call the incarnation, regardless of an entity's awareness of the process taking place, the material is diffused and over-attention is almost inevitably placed upon detail.

The testing upon the cessation of the incarnative state is not that testing which involves the correct memorization of many details. This testing is, rather, the observing of self by self, often with aid as we have said. In this observation one sees the sum of all the detailed study; that being an attitude or complex of attitudes which bias the consciousness of the mind/body/spirit.

Ra, 83.7

The third density is, by its very fiber, a societal one. There are societies wherever there are entities conscious of the self and conscious of other-selves and possessed with intelligence adequate to process information indicating the benefits of communal blending of energies. The structures of society before as after veiling were various. However, the societies before veiling did not depend in any case upon the intentional enslavement of some for the benefit of others, this not being seen to be a possibility when all are seen as one. There was, however, the requisite amount of disharmony to produce various experiments in what you may call governmental or societal structures.

Ra, 83.9

At the present space/time the conditions of well-meant and unintentional slavery are so numerous that it beggars our ability to enumerate them.

Ra, 83.11

Questioner: I would say that a very high percentage of the laws and restrictions within what we call our legal system are of a nature of enslavement of which I just spoke. Would you agree with this?

Ra: I am Ra. It is a necessary balance to the intention of law, which is to protect, that the result would encompass an equal distortion towards imprisonment. Therefore, we may say that your supposition is correct. This is not to denigrate those who, in green and blue-ray energies, sought to free a peaceable people from the bonds of chaos but only to point out the inevitable consequences of codification of response which does not recognize the uniqueness of each and every situation within your experience

Ra, 83.13

Questioner: Is the veil supposed to be what I would call semi-permeable?

Ra: I am Ra. The veil is indeed so.

Ra, 83.14

Questioner: What techniques and methods of penetration of the veil were planned and are there any others that have occurred other than those planned?

Ra: I am Ra. There were none planned by the first great experiment. As all experiments, this rested upon the nakedness of hypothesis. The outcome was unknown. It was discovered, experientially and empirically, that there were as many ways to penetrate the veil as the imagination of mind/body/spirit complexes could provide. The desire of mind/body/spirit complexes to know that which was unknown drew to them the

dreaming and the gradual opening to the seeker of all of the balancing mechanisms leading to adepthood and communication with teach/learners which could pierce this veil.

The various unmanifested activities of the self were found to be productive in some degree of penetration of the veil. In general, we may say that by far the most vivid and even extravagant opportunities for the piercing of the veil are a result of the interaction of polarized entities.

Ra, 83.15

Questioner: Could you expand on what you mean by that interaction of polarized entities in piercing the veil?

Ra: I am Ra. We shall state two items of note. The first is the extreme potential for polarization in the relationship of two polarized entities which have embarked upon the service-to-others path or, in some few cases, the service-to-self path. Secondly, we would note that effect which we have learned to call the doubling effect. Those of like mind which together seek shall far more surely find.

Ra, 83.16

Questioner: Specifically, by what process would, in the first case, two polarized entities attempt to penetrate the veil, whether they be positively or negatively polarized? By what technique would they penetrate the veil?

Ra: I am Ra. The penetration of the veil may be seen to begin to have its roots in the gestation of green-ray activity, that all-compassionate love which demands no return. If this path is followed the higher energy centers shall be activated and crystallized until the adept is born. Within the adept is the potential for dismantling the veil to a greater or lesser extent that all may be seen again as one. The other-self is primary catalyst in this particular path to the piercing of the veil, if you would call it that.

Ra, 83.17

Questioner: In some cases it seems that this use of catalyst is almost in a runaway condition for some entities in that they are experiencing much more pain than they can make good use of as far as catalytic nature would be considered. Could you comment on that?

Ra: I am Ra. This shall be the last query of this working of a full length. You may see, in some cases, an entity which, either by pre-incarnative choice or by constant reprogramming while in incarnation, has developed an esurient program of catalyst. Such an entity is quite desirous of using the catalyst and has determined to its own satisfaction that what you may call the large board needs to be applied to the forehead in order to obtain the attention of the self. In these cases it may indeed seem a great waste of the catalyst of pain and a distortion towards feeling the tragedy of so much pain may be experienced by the other-self. However, it is well to hope that the other-self is grasping that which it has gone to some trouble to offer itself; that is, the catalyst which it desires to use for the purpose of evolution. May we ask if there are any brief queries at this time?

Ra, 83.26

We may ... suggest that it is a grand choice that each may make to, by desire, collect the details of the day or, by desire, seek the keys to unknowing.

Ra, 84.7

The awareness of all as Creator is that which opens the green energy center.

Ra, 84.9

The energy transfer occurs in one releasing of the potential difference. This does not leap between green and green energy centers but is the sharing of the energies of each from red ray upwards. In this context it may be seen to be at its most efficient when both entities have orgasm simultaneously. However, it functions as transfer if either has the orgasm and indeed in the case of the physically expressed love between a mated pair which does not have the conclusion you call orgasm there is, nonetheless, a considerable amount of energy transferred due to the potential difference which has been raised as long as both entities are aware of this potential and release its strength to each other by desire of the will in a mental or mind complex dedication. You may see this practice as being used to generate energy transfers in some of your practices of what you may call other than Christian religious distortion systems of the Law of One.

Ra, 84.13

If both entities are well polarized and vibrating in green-ray love any orgasm shall offer equal energy to both.

Ra, 84.16

You may see that some information is necessarily shrouded in mystery by our desire to preserve the free will of the adept. The great key to blue, indigo, and finally, that great capital of the column of sexual energy transfer, violet energy, transfers, is the metaphysical bond or distortion which has the name among your peoples of unconditional love. In the blue-ray energy transfer the quality of this love is refined in the fire of honest communication and clarity; this, shall we say, normally speaking in general, takes a substantial portion of your space/time to accomplish although there are instances of matings so well refined in previous incarnations and so well remembered that the blue-ray may be penetrated at once. This energy transfer is of great benefit to the seeker in that all communication from this seeker is, thereby, refined and the eyes of honesty and clarity look upon a new world. Such is the nature of blue-ray energy and such is one mechanism of potentiating and crystallizing it.

As we approach indigo-ray transfer we find ourselves in a shadowland. We cannot give you information straight out or plain, for this is seen by us to be an infringement. We cannot speak at all of violet ray transfer as we do not, again, desire to break the Law of Confusion.

We may say that these jewels, though dearly bought, are beyond price for the seeker and might suggest that just as each awareness is arrived at through a process of analysis, synthesis, and inspiration, so should the seeker approach its mate and evaluate each experience, seeking the jewel.

Ra, 84.20

Questioner: Is there any way to tell which ray the transfer was for an individual after the experience?

Ra: I am Ra. There is only a subjective yardstick or measure of such. If the energies have flowed so that love is made whole, green-ray transfer has taken place. If, by the same entities' exchange, greater ease in communication and greater sight has been experienced, the energy has been refined to the blue-ray energy center. If the polarized entities, by this same energy transfer experience, find that the faculties of will and faith have been stimulated, not for a brief while but for a great duration of what you call time, you may perceive the indigo-ray transfer. We may not speak of the violet-ray transfer except to note that it is an opening to the gateway of intelligent infinity. Indeed, the indigo-ray transfer is also this but, shall we say, the veil has not yet been lifted.

Ra, 84.21

...the service-to-self choice is one which denies the very center of the spectrum; that being universal love. Therefore, all that is built upon the penetration of the light of harvestable quality by such entities is based upon an omission.

Ra, 85.11

The primary veiling was of such significance that it may be seen to be analogous to the mantling of the Earth over all the jewels within the Earth's crust; whereas previously all facets of the Creator were consciously known. After the veiling, almost no facets of the Creator were known to the mind. Almost all was buried beneath the veil.

Ra, 85.19

The so-called dreaming contains a great deal which, if made available to the conscious mind and used, shall aid it in polarization to a great extent.

Ra, 85.19

Perhaps the most important and significant function that occurred due to the veiling of the mind from itself is not in itself a function of mind but rather is a product of the potential created by this veiling. This is the faculty of will or pure desire.

Ra, 85.19

Your language is not overstrewn with non-emotional terms for the functional qualities of what is now termed unconscious mind. ...

The nature of the unconscious is of the nature of concept rather than word. Consequently, before the veiling the use of the deeper mind was that of the use of unspoken concept. You may consider the emotive and connotative aspects of a melody. One could call out, in some stylized fashion, the terms for the notes of the melody. One could say, quarter note A, quarter note A, quarter note A, whole note F. This bears little resemblance to the beginning of the melody of one of your composer's most influential melodies, that known to you as a symbol of victory.

This is the nature of the deeper mind. There are only stylized methods with which to discuss its functions. Thusly our descriptions of this portion of the mind, as well as the same portions of body and spirit, were given terms such as "far-seeing," indicating that the nature of penetration of the veiled portion of the mind may be likened unto the journey too rich and exotic to contemplate adequate describing thereof.

Ra, 86.6

Dreaming is an activity of communication through the veil of the unconscious mind and the conscious mind. The nature of this activity is wholly dependent upon the situation regarding the energy center blockages, activations, and crystallizations of a given mind/body/spirit complex.

In one who is blocked at two of the three lower energy centers dreaming will be of value in the polarization process in that there will be a repetition of those portions of recent catalyst as well as deeper held blockages, thereby giving the waking mind clues as to the nature of these blockages and hints as to possible changes in perception which may lead to the unblocking.

Ra, 86.7

The activity of dreaming is an activity in which there is made a finely wrought and excellently fashioned bridge from conscious to unconscious. In this state the various distortions which have occurred in the energy web of the body complex, due to the misprision with which energy influxes have been received, are healed. With the proper amount of dreaming comes the healing of these distortions. Continued lack of this possibility can cause seriously distorted mind/body/spirit complexes.

Ra, 86.12

Let us deal with the sexual energy transfer. Before the veiling such a transfer was always possible due to there being no shadow upon the grasp of the nature of the body and its relationship to other mind/body/spirits in this particular manifestation. Before the veiling process there was a near total lack of the use of this sexual energy transfer beyond green ray.

This also was due to the same unshadowed knowledge each had of each. There was, in third density then, little purpose to be seen in the more intensive relationships of mind, body, and spirit which you may call those of the mating process, since each other-self was seen to be the Creator and no other-self seemed to be more the Creator than another.

After the veiling process it became infinitely more difficult to achieve green-ray energy transfer due to the great areas of mystery and unknowing concerning the body complex and its manifestations. However, also due to the great shadowing of the manifestations of the body from the conscious mind complex, when such energy transfer was experienced it was likelier to provide catalyst which caused a bonding of self with other-self in a properly polarized configuration.

From this point it was far more likely that higher energy transfers would be sought by this mated pair of mind/body/spirit complexes, thus allowing the Creator to know Itself with great beauty, solemnity, and wonder. Intelligent infinity having been reached by this sacramental use of this function of the body, each mind/body/spirit complex of the mated pair gained greatly in polarization and in ability to serve.

Ra, 86.20

Upon the negative path the wisdom density is one in which power over others has been refined until it is approaching absolute power. Any force such as the force your group and those of Ra offer which cannot be controlled by the power of such a negative fifth-density mind/body/spirit complex then depolarizes the entity which has not controlled other-self.

It is not within your conscious selves to stand against such refined power but rather it has been through the harmony, the mutual love, and the honest calling for aid from the forces of light which have given you the shield and buckler.

Ra, 87.6

The fourth-density habit is that of offering temptations and of energizing preexisting distortions. Fourth-density entities lack the subtlety and magical practice which the fifth-density experience offers.

Ra, 87.9

The fourth-density negative entity has made the choice available to each at third-density harvest. It is aware of the full array of possible methods of viewing the universe of the One Creator and it is convinced that the ignoring and non-use of the green-ray energy center will be the method most efficient in providing harvestability of fourth density. Its operations among those of third density which have not yet made this choice are designed to offer to each the opportunity to consider the self-serving polarity and its possible attractiveness.

Ra, 87.11

We ask that you, who have been our friends... regard such as another opportunity to, as the adept must, be yourselves and offer that which is in and with you without pretense of any kind.

Ra, 88.12

As each planetary influence enters the energy web of your sphere those upon the sphere are moved much as the moon which moves about your sphere moves the waters upon your deeps. Your own nature is water in that you as mind/body/spirit complexes are easily impressed and moved. Indeed, this is the very fiber and nature of your journey and vigil in this density: to not only be moved but to instruct yourself as to the preferred manner of your movement in mind, body, and spirit.

Ra, 88.23

In and of themselves, the Major Arcana have no rightful place in divination but, rather, are tools for the further knowledge of the self by the self for the purpose of entering a more profoundly, acutely realized present moment.

Ra, 88.23

Questioner: What was the attitude prior to harvest of those harvestable entities of Ra with respect to those who were obviously unharvestable?

Ra: I am Ra. Those of us which had the gift of polarity felt deep compassion for those who seemed to dwell in darkness. This description is most apt as ours was a harshly bright planet in the physical sense. There was every attempt made to reach out with whatever seemed to be needed. However, those upon the positive path have the comfort of companions and we of Ra spent a great deal of our attention upon the possibilities of achieving spiritual or metaphysical adeptness or work in indigo ray through the means of relationships with other-selves. Consequently, the compassion for those in darkness was balanced by the appreciation of the light.

Ra, 89.29

Questioner: Would Ra have the same attitude toward the unharvestable entities or would it be different at this nexus than at the time of harvest from the third density?

Ra: I am Ra. Not substantially. To those who wish to sleep we could only offer those comforts designed for the sleeping. Service is only possible to the extent it is requested. We were ready to serve in whatever way we could. This still seems satisfactory as a means of dealing with other-selves in third density. It is our feeling that to be each entity which one attempts to serve is to simplify the grasp of what service is necessary or possible.

Ra, 89.30

About [the negatively polarizing entities on Venus] were soon gathered those who found it easy to believe that a series of specific knowledges and wisdoms would advance one towards the Creator.

Ra, 89.35

Questioner: By what means do these particular fourth-density entities get from their origin to our position?

Ra: I am Ra. The mechanism of calling has been previously explored. When a distortion which may be negatively connotated is effected, this calling occurs. In addition, the light of which we have spoken, emanating from attempts to be of service to others in a fairly clear and lucid sense, is another type of calling in that it represents that which requires balance by temptation. Thirdly, there have been certain avenues into the mind/body/spirit complexes of this group which have been made available by your fifth-density friend.

Ra, 90.3

Questioner: Then what you are saying is that once the path is recognized, either the positive or the negative polarized entity can find hints along his path as to the efficiency of that path. Is this correct?

Ra: I am Ra. That which you say is correct upon its own merits, but is not a repetition of our statement. Our suggestion was that within the experiential nexus of each entity within its second-density environment and within the roots of mind there were placed biases indicating to the watchful eye the more efficient of the two paths. Let us say, for want of a more precise adjective, that this Logos has a bias towards kindness.
Ra, 90.21

We came to your peoples to enunciate the Law of One. We wished to impress upon those who wished to learn of unity that in unity all paradoxes are resolved; all that is broken is healed; all that is forgotten is brought to light.
Ra, 90.29

Questioner: Thank you. You have stated previously that the foundation of our present illusion is the concept of polarity. I would like to ask, since we have defined the two polarities as service-to-others and service-to-self, is there a more complete or eloquent or enlightening definition of these polarities or any more information that we don't have at this time that you could give on the two ends of the poles that would give us a better insight into the nature of polarity itself?

Ra: I am Ra. It is unlikely that there is a more pithy or eloquent description of the polarities of third density than service-to-others and service-to-self due to the nature of the mind/body/spirit complexes' distortions towards perceiving concepts relating to philosophy in terms of ethics or activity. However, we might consider the polarities using slightly variant terms. In this way a possible enrichment of insight might be achieved for some.

One might consider the polarities with the literal nature enjoyed by the physical polarity of the magnet. The negative and positive, with electrical characteristics, may be seen to be just as in the physical sense. It is to be noted in this context that it is quite impossible to judge the polarity of an act or an entity, just as it is impossible to judge the relative goodness of the negative and positive poles of the magnet.

Another method of viewing polarities might involve the concept of radiation/absorption. That which is positive is radiant; that which is negative is absorbent.
Ra, 93.3

All uses of catalyst by the mind are those consciously applied to catalyst. Without conscious intent the use of catalyst is never processed through mediation, ideation, and imagination.
Ra, 93.10

All that assaults your senses is catalyst.
Ra, 93.11

The sphere of spiritual power is an indication indeed that each opportunity is pregnant with the most extravagant magical possibilities for the far-seeing adept.
Ra, 93.18

We may indicate that the crux ansata is a part of the concept complexes of the archetypical mind, the circle indicating the magic of the spirit, the cross indicating that nature of manifestation which may only be valued by the losing. Thus the crux ansata is intended to be seen as an image of the eternal in and through manifestation and beyond manifestation through the sacrifice and the transformation of that which is manifest.

Ra, 93.24

The figure [in Arcanum #4] is expressing the nature of experience by having its attention caught by what may be termed the left-hand catalyst. Meanwhile, the power, the magic, is available upon the right-hand path.

The nature of experience is such that the attention shall be constantly given varieties of experience. Those that are presumed to be negative, or interpreted as negative, may seem in abundance. It is a great challenge to take catalyst and devise the magical, positive experience. That which is magical in the negative experience is much longer coming, shall we say, in the third density.

Ra, 94.19

Questioner: Then I am guessing that the crossed legs of the entity in Card Four have a meaning similar to the crux ansata. Is this correct?

Ra: I am Ra. This is correct. The cross formed by the living limbs of the image signifies that which is the nature of mind/body/spirit complexes in manifestation within your illusion. There is no experience which is not purchased by effort of some kind, no act of service-to-self or others which does not bear a price, to the entity manifesting, commensurate with its purity. All things in manifestation may be seen in one way or another to be offering themselves in order that transformations may take place upon the level appropriate to the action.

Ra, 94.25

There is much of blessing in the gardening and the care of surroundings, for when this is accomplished in love of the creation the second-density flowers, plants, and small animals are aware of this service and return it.

Ra, 95.11

Questioner: What I meant to say was that the entity is guarded along the right-hand path, once it has chosen this path, from effects of the material illusion that are of the negative polarity. Would Ra comment on that?

Ra: I am Ra. This is an accurate perception of our intent, O student. We may note that the great cat guards in direct proportion to the purity of the manifestations of intention and the purity of inner work done along this path.

Ra, 95.23

Questioner: From that statement I interpret the following. If the Experience of the Mind has sufficiently chosen the right-hand path, and as total purity is approached in the choosing of the right-hand path, then total imperviousness from the effect of the left-hand catalyst is also approached. Is this correct?

Ra: I am Ra. This is exquisitely perceptive. The seeker which has purely chosen the service-to-others path shall certainly not have a variant apparent incarnational experience. There is no outward shelter in your illusion from the gusts, flurries, and blizzards of quick and cruel catalyst.

However, to the pure, all that is encountered speaks of the love and the light of the One Infinite Creator. The cruelest blow is seen with an ambiance of challenges offered and opportunities to come. Thusly, the great pitch of light is held high above such an one so that all interpretation may be seen to be protected by light.

Ra, 95.24

Questioner: I have often wondered about the action of random and programmed catalyst with respect to the entity with the very strong positive or negative polarization. Would either polarity be free to a great extent from random catalyst such as great natural catastrophes or warfare or something like that which generates a lot of random catalyst in the physical vicinity of a highly polarized entity? Does this great cat, then, have an effect on such random catalyst on the right-hand path?

Ra: I am Ra. In two circumstances this is so. Firstly, if there has been the pre-incarnative choice that, for instance, one shall not take life in the service of the cultural group, events shall fall in a protective manner. Secondly, if any entity is able to dwell completely in unity the only harm that may occur to it is the changing of the outward physical, yellow-ray vehicle into the more light-filled mind/body/spirit complex's vehicle by the process of death. All other suffering and pain is as nothing to one such as this.

We may note that this perfect configuration of the mind, body, and spirit complexes, while within the third-density vehicle, is extraordinarily rare.

Ra, 95.25

The observation of the right angles and their transformational meaning is most perceptive, O student. Each of the images leading to the Transformations of Mind, Body, and Spirit and ultimately to the great transformative Choice has the increasing intensity of increasing articulation of concept; that is to say, each image in which you find this angle may increasingly be seen to be a more and more stridently calling voice of opportunity to use each resource, be it experience as you now observe or further images, for the grand work of the adept which builds towards transformation using the spirit's bountiful shuttle to intelligent infinity. Please ask any brief queries at this space/time.

Ra, 95.27

The domicile in question has already been offered a small amount of blessing by this group through its presence and, as we have previously stated, each of your days spent in love, harmony, and thanksgiving will continue transforming the dwelling.

Ra, 96.4

May we note that just as each entity strives in each moment to become more nearly one with the Creator but falls short, just so is physical spotlessness striven for but not achieved. In each case the purity of intention and thoroughness of manifestation are appreciated. The variance between the attempt and the goal is never noted and may be considered unimportant.

Ra, 96.4

To put this into perspective we must gaze then at the stunning mystery of the One Infinite Creator. The archetypical mind does not resolve any paradoxes or bring all into unity. This is not the property of any source which is of the third-density. Therefore, may we ask the student to look up from inward working and behold the glory, the might, the majesty, the mystery, and the peace of oneness. Let no consideration of bird or beast, darkness or light, shape or shadow keep any which seeks from the central consideration of unity.

Ra, 97.9

The flow of power, just as the flow of love or wisdom, is enabled not by the chary* conserver of its use but by the constant user.

Ra, 99.5

The principle which moves in accordance with the dynamics of teach/learning with most efficiency is constancy.

Ra, 99.6

Many use the trunk and roots of mind as if that portion of mind were a badly used, prostituted entity. Then this entity gains from this great storehouse that which is rough, prostituted, and without great virtue. Those who turn to the deep mind, seeing it in the guise of the maiden, go forth to court it. The courtship has nothing of plunder in its semblance and may be protracted, yet the treasure gained by such careful courtship is great. The right-hand and left-hand transformations of the mind may be seen to differ by the attitude of the conscious mind towards its own resources as well as the resources of other-selves.

Ra, 99.8

The free will of third-density entities is far stronger than the rather mild carryover from second-density DNA encoding and it is not part of the conscious nature of many of your mind/body/spirit complexes to be monogamous due to the exercise of free will. However, as has been noted there are many signposts in the deep mind indicating to the alert adept the more efficient use of catalyst. As we have said, the Logos of your peoples has a bias towards kindness.

Ra, 99.10

In this image of Transformation of Mind, then, each of the females points the way it would go, but is not able to move, nor are the two female entities striving to do so. They are at rest. The conscious entity holds both and will turn itself one way or the other or, potentially, backwards and forwards, rocking first one way then the other and not achieving the transformation. In order for the Transformation of Mind to occur, one principle governing the use of the deep mind must be abandoned.

Ra, 100.4

The entity which is given constant and unremitting approval by those surrounding it suffers from the loss of the mirroring effect of those which reflect truthfully rather than unquestioningly. This is not a suggestion to reinstate judgment but merely a suggestion for all those supporting instruments; that is, support, be harmonious, share in love, joy, and thanksgiving, but find love within truth, for each instrument benefits from this support more than from the total admiration which overcomes discrimination.

Ra, 101.8

We may note that the instrument has remained centered upon the Creator at a percentage exceeding ninety. This is the key. Continue in thanksgiving and gratitude for all things.

Ra, 102.2

Each entity must, in order to completely unblock yellow ray, love all which are in relationship to it, with hope only of the other selves' joy, peace, and comfort.

Ra, 102.11

We salute the opening of compassion circuitry in the questioner but note that that which is being experienced by this group is being experienced within an healing atmosphere. The healing hands of each have limited use when the distortion has so many metaphysical layers and mixtures. Therefore, look not to a healing but to the joy of companionship, for each is strong and has its feet set upon the way. The moon casts its shadows. What shall you see? Link hands and walk towards the sun. In this instance this is the greatest healing. For the physical vehicle we can suggest far less than you had hoped.

Ra, 102.21

As to the instrument, the journey from worth in action to worth in esse is arduous. The entity has denied itself in order to be free of that which it calls addiction*. This sort of martyrdom, and here we speak of the small but symbolically great sacrifice of the clothing, causes the entity to frame a selfhood in poorness which feeds unworthiness unless the poverty is seen to be true richness. In other words, good works for the wrong reasons cause confusion and distortion. We encourage the instrument to value itself and to see that its true requirements are valued by the self. We suggest contemplation of true richness of being.

Ra, 103.8

It is the way of distortion that in order to balance a distortion one must accentuate it.

Ra, 104.2

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

Adonai.

Ra, 104.26

Within third-density, not to build into the physical vehicle its ending would be counterproductive to the mind/body/spirit complexes therein residing, for within the illusion it seems more lovely to be within the illusion than to drop the garment which has carried the mind/body/ spirit complex and move on.

Ra, 105.20

Therefore look you to your love and thanksgiving for each other and join always in fellowship, correcting each broken strand of that affection with patience, comfort, and quietness.

Ra, 105.22

Perceive the group as here, a location in time/space. Within this true home, keep the light touch. Laugh together, and find joy in and with each other.

Ra, 106.20

We suggest the nature of all manifestation to be illusory and functional only in so far as the entity turns from shape and shadow to the One.

Ra, 106.23