

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



Rock Creek is a non-profit corporation
dedicated to discovering and sharing
information which may aid in the
spiritual evolution of humankind.
www.llresearch.org
All donations will be used for
tax-exempt purposes.

LIGHT/LINES

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

FALL AND WINTER 2002-3

© 2002 L/L RESEARCH

NUMBER 83 AND 84

EMOTIONS, PART I

November 12, 1989

Group question: What is the function of emotions in the life of the spiritual seeker, and what value is there to the seeker in attempting to uncover or develop or feel the full range of emotions, especially the caring for those about one, and feeling the vitality of life and being able to express the feelings that move through one?

(Carla channeling)

I am Q'uo. I greet this circle of souls in the love and in the light of the one infinite Creator. It is our privilege to be called to this group of light beings, and we bask in the glow of your seeking and your love.

In speaking about emotion there are semantic difficulties. Emotion has been systematically undervalued among your peoples for a great span of your experience, much to the detriment of the whole and unified self which seeks to manifest through third-density illusion the love and the light of the one infinite Creator. What passes for emotions among many are not so much feelings as basic instincts such as reproduction, companionship and practicality. The role of emotions, while idealized within your culture, is in fact a false role, in that emotions do not serve the function which they are capable of serving.

The most usual blockages of energy are two. One is the overactive emotional nature, that nature that wears, as this instrument would say, the heart upon the sleeve, one who reacts with a shallow and instinctual feeling to each catalyst that it encounters. The hectic quality of these emotions is a disturbance and a confusion, rather than that which is the true function of emotion; that is, the further knowing of the self and the ennoblement of the expression of life within the consciousness of manifestation. How much we wish we could aid those who are caught in surface emotion! Yet it is always the free will choice of each to use its intellect and surface emotion, or to move in consciousness into a more helpful and useful focus of mind and heart so that one may discover the true, deep and abiding emotions that create a life in faith.

The other common blockage of emotions is also culturally produced. The young ones of your society are not cherished with deep and abiding emotion quite often. Instead there is the rigid rule, the constant request of parent to child for this or that behavior, which, in the course of the young years, causes many souls to become inured and numbed to emotion. The intellect observes the pain of expressing emotion to those who identify deep emotion with misbehavior and unacceptable sentimentality, and so it becomes unproductive, seemingly, and indeed hurtful, to continue experiencing the impact of the full emotional nature of the deep mind.

Almost everyone dwelling upon your sphere at this time in your culture tends toward one or the other bias, rather than appreciating emotion in its purified and deeper sense as the profoundest part of one's intelligence. The function of emotion in the spiritual life is the creating of the vitality, the passion and intensity which is not created out of thin air, but discovered from within. In order to make use of these purified emotions which speak of deep intelligence, it is often necessary for an entity to be aided by inspiration, example, and most of all, desire: desire to remove the stumbling blocks which block energy from the heart. With the energy blocked by over-activity or numbness of emotion, the spiritual path is even more muddled, wearisome and confusing than it needs to be. This is because such blockages keep energy from entering the heart in full measure, and it is the heart energy which is lifted up and ennobled by work in consciousness.

Now, what is the definition of purified emotion? We search for vocabulary which is not religious, but rather philosophical, for it is all too easy to say, "Worship, adore, give thanksgiving, offer praise to the one infinite Creator." Instead, we would simply put it in another context. As one is able to experience the self more and more intelligently, consciously and fully, one is able to feel self-forgiven, worthy, hopeful, cheerful, peaceful and oriented toward a lively work on behalf of the one infinite Creator. Humankind is fueled, not by oil or coal so much as by inspiration, passion, sharing and caring. Thus, the more fully one is able to tap into the deep and plangent notes of purified emotion, the greater is one's ability to manifest the light of the infinite One to a darkened world, which rejoices in seeing beacons of light whether or not they know why the light is there, how the light has come to be there, and what is its function. The emotional nature of a deep and strengthening kind is the basis of intelligence which forms the bedrock of faith. We speak not of faith in this, or faith in that, for the Creator is infinite and mysterious, and any specific belief system neglects much of the whole repertoire of spiritual tools and resources. Therefore, in encouraging one's own deeper intelligence, that is, the deep emotions, one must seek within for that center about which the incarnational experience now [revolves].

It is impossible to create purified emotion by desire alone, for desire will bring you to the border of that emotion, but will make of it a mockery unless the deep self is touched, and felt; unless emotion may inform intellect. Those among your people who are small in years are perfect examples, for the most part, of entities which are in touch with deep emotion. The younger the entity, the closer that entity is to concepts of deep memory concerning the true self and the purpose of the incarnational experience. However, immediately upon entering this illusion the process of enculturation begins and, little by little, young souls react to a lack of understanding either by moving on a sea of shallow emotions at all times or by rejecting emotion as painful, unnecessary and undesirable, as it does cause pain to one who does not have a fully energized heart energy center. Many of your peoples attempt to create within themselves deep emotion, that they may know the joy of deep and spiritual love. This is an exercise in futility. Also to be de-emphasized are those practices of your religions which encourage and even goad participants into an high emotional state which is fed not by deep emotions in most cases but by the enjoyable excitement of group joy. That is, when one worships in such a way as artificially to move the hearts of entities from without, so, to the extent that this is so, shall the emotion be that which rings false for deep work in consciousness.

Indeed, the intellect is often the master, even of the most devoted spiritual seeker. Burdened with the rational mind, the seeker often places too little emphasis on the freeing up of deep energies, of keeping open those passageways from spiritual self to mental, emotional and spiritual self. The creation is consciousness, and that consciousness is pure emotion, not pure intellect. Infinite intelligence expresses itself within incarnation as deep and abiding emotion. Thus, as one feels love pouring through one, one is fulfilling one's fundamental and major mission upon your Earth sphere, and that is to be a radiant being, a light to many, not by action, but by the vital energy, the sweetness of soul, and the expressions of love which move through the seeker who has opened the door to deep emotion.

To remove oneself from the coil of emotion that is shallow, or emotion that is numbed, one may sometimes find it helpful to seek a healer which works with the emotional dynamics and energies of entities. There is, in this type of healer, the energy which may be used, shall we say, as a jump start upon the clearing of emotional blockages. The energy of the teacher in this instance is critical, and those teachers which are not basically moving in joy need to turn within before teaching further, to find the absolute love which is the wisdom of the self for that greater Self which is Love. Love needs must answer love for the creation of each seeker to move into balance.

Perhaps the road to experiencing emotions more clearly and more deeply begins with the contemplation of the astounding, generous and infinite love of the one Creator. The Creator's nature Itself is love infinite. Each of you is likewise imperishable and infinite, but in terms of the experience you now enjoy, within the body you are finite, limited and fooled by the illusion which is to teach you. Therefore, we suggest a daily alignment of affirmation and closeness with the love within oneself which is infinite. Many negative emotions disturb the hearts of those who have not found pure emotion, and, instead of being uplifted by love, they feel judged, inadequate and unloving. This is because the surface healing emotions come from one rather than through one, [and] are easily exhausted or transformed into negative emotions of frustration, anger and guilt. Thus, one is seeking that which one cannot put into words, that which may fill the being, so that the being is rich and full and vital, and spilling over with love, love infinite. In this atmosphere each entity becomes a healer. Each entity becomes a channel. Each entity becomes

that which one would call [the] Christ [principle] to those about one.

Purified emotion, whole and unblemished divine love, is the very axis upon which infinite intelligence built the myriad illusions which lead each imperishable soul along the path of inspiration, closeness to the one Creator, and an infinite capacity for compassion and service to others. Without emotion of a deep nature, the life experience lacks vividness, and it is more difficult for the seeker to make the choice of service to others or service to self with firmness of heart and intensity of passion. Sometimes it is a long road which the pilgrim must wend upon its way to the experiencing of untutored and unregulated emotional truth. This is as it should be, and we ask each not to be discouraged as one again and again fails to realize the potential within the self, by manifesting this worshipful, sanctified and perfect love. Such deep truths are difficult to find within your illusion. So it was designed that each, by one lesson upon another, by persistence, and by the leap of faith, may become that which one was not before, consciously; that is, a very creature of the Creator, a portion of infinite intelligence, an eternal, beautiful and perfect group of energies and expressions. For, as you well know, within your density all that you see, including your own body, is illusory. That which you are indeed, in truth, is a complex of electromagnetic fields which hold within them the precious and infinite consciousness which, when purified, is one with the infinite Creator. Thus, each emotional blockage which may be found and dispelled leaves a space, an emptiness, which is absolutely necessary in order that one may move from the emotions of the surface and the involvements of the day to a keener awareness of the self as one with the Creator, a bearer of love, a messenger and channel of light to all whom you meet.

There is danger, as in any other pursuit, in working at the discovery of one's emotions. The nature of the deep self is subtle, and is not to be manipulated from without. Rather, it is a matter of seeking faithfully and persistently in meditation and in action, to begin to observe the resonances of deep emotion which lie between the lines of the pages of everyday life. Emotion wells up within, the gift of the nature of the one infinite Creator to its infinite family, its heirs of glory. We use the word, glory, most specifically and literally. There is within each seeking entity the dynamic of vitality and numbness, of joy and sorrow, of giving and receiving. It is those which harness the intellect as a dray horse for work upon the surface, and who move into meditation and deeper states of consciousness, which will find the emotions being released from within. A release of blocked emotion is greatly healing, and as one entity is healed and becomes more and more an intense and passionate creature of the light, one becomes less and less addicted to those everyday things which seem so important, and more and more tuned to the spontaneous actions of creative love. The glory of the universe of the infinite One is that each portion of it is full and instinct with profound and whole emotion, that is, the one great original Thought of love, which is the Creator as well as the creation.

There is further aid when one has touched the heart of self and felt the release of blocked energies, and that is that one's abilities to serve others in a compassionate manner are greatly aided, for entities of themselves within the third-density illusion cannot sustain an effort which is ideal. Ideals will always be overtaken by practicalities, adjustments, compromises. Better it is for one to retire from the human arena in a persistently regularized manner, seeking within, listening within, asking to know the deepest portions, the most intelligent portions of the self, which move in emotion and archetype. The developing of genuine purified emotion is for most a long and toilsome task, where so much of the cultural conditioning is that which, in the case of some, encourages the bubbling of surface emotion, and in others the refusal to express feeling in any way. Such are the ways your culture deadens souls to their true purpose, which is to seek persistently, patiently and prayerfully, to know, and to be with the One. Once one realizes that within oneself lies holy ground, one knows and trusts far better the path of seeking within for, as we said, emotion that is artificially created is easy emotion, emotion which must be renewed as a library book must be renewed. It is not lasting and it requires constant nurturing and stimulation from without.

Each entity will, because of cultural conditioning, have to a greater or lesser extent some measure of blockage within those energy centers which feed the heart energy center. Thus, no one is alone in doubting and asking. Yet also no one who seeks to remedy this situation by meditation and contemplation shall be a complete failure. For it is sheer intent, intensity of desire, that moves one beyond the self in surrender to that other self which is the true nature of the ephemeral third-density self. The release of negative emotion such as guilt, anger,

humiliation and resentment is an incredible healing which is only possible through the infinite love of the one Creator, and through one's identification with that love, and one's dedication to seeking in the deepest and most aesthetically beautiful way possible, to be truth incarnate, to express love divine, to allow oneself to be a channel of compassion and nonjudgmental aid. We encourage each to seek the holy ground within, to find praise and give thanks for the glory, for beauty, the infinite majesty of the one great original Thought. The heavens sing with His glory, the trees and mountains dance, and all stars and planets sing a song of passionate love for the Creator unmanifest, and for each of you, the Creator made manifest and given complete free will. We encourage you each to seek the deeper truths within, to allow negative emotions to be balanced and to fall away, as it is natural for them to do in the light of unconditional love. May each of you discover, within the inner room, the infinity within yourself, the purified emotion which in full strength is the Logos.

What is the function of emotion? It is intelligence which produces profound and fundamental transformation. Only the heart, when released from stricture, may be so. The approach of intellect, the approach from the outside in, the approach of believing this or that, is most frequently fruitless. It is the opening of oneself to free-floating and abstract faith, the faith that all is as it was planned to be, the faith that that which was planned is helpful and full of love, which moves the seeker onward most swiftly upon the path of spiritual evolution. Rejoice, each soul who finds release from numbness or surface addictions. We rejoice with you as you seek the heart of the self which is the greater Self. Respect deep emotion. Realize that the vital energies are based upon one's ability to have faith and to dwell in an emotional state of unconditional love. Daily meditation, daily contemplation, and what analysis the brain may perform, are suggested for all who seek, for you are seeking to change into the awareness of the self which is imperishable. Forgiveness is an emotion, not a mental process, and it is the key to the advancement of the self in polarization of service to the one infinite Creator. May you respect and encourage intense, loving emotion. May you find it acceptable to release numbness and surface emotion as meditation matures and strengthens the deeper self within.

We thank this instrument. We shall take our leave of this group, thanking each again for offering us the opportunity to offer our service at this time, and leaving you in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai.

EMOTIONS, PART 2

November 26, 1989

(Carla channeling)

I am Q'uo. Greetings to you all in the love and in the light of the one infinite Creator, whom we serve in our humble way as do you in yours. We are most grateful to share these few steps of your path of seeking with you, and to explore with you concepts having to do with the nature of consciousness.

Previously, we had established that, in truth, although the intellect is highly regarded within your culture, it is, nonetheless, not as intelligent a portion of the mind as the deeper intuitions, what some might call gut instinct, and others call the prompting of the still, small voice within, the higher self, guidance, or by whatever name an entity chooses to relate itself to a wider, wiser intelligence. This intelligence is emotion. We established that the surface emotions of life having to do with being caught in traffic, being late, having to wait, feeling negative emotions, feeling quick positive emotions with no depth, are the province of the mundane. We do not suggest that you follow each whim, each thought, each impulse. We suggest, rather, the trust in the process of seeking within for the truth which will set you free, though it may not set another free. Each of you is unique, and the emotions that are your deeper intelligence are unique to you, their balance is unique to you, and the fruit of that balance in service is unique to you. Thus, we have established a great respect for the intuition and emotion that are the essence of intelligence.

For emotion to be considered the deeper intelligence, a new concept must be created, a word which is not within your working language, to indicate not the emotion of the easy joys and the easy sorrows but those emotions which move deeply within the roots of mind, moved by the tides of many, many past experiences and choices made, moved by the guidance of whatever you wish to call that spirit that comforts and supports when all of humankind

seems to have failed you. Why would we ask you to dive so deeply into yourself when there is a world of manifestation for you to enjoy? There is a reason, and we feel it is a worthy one, and it is from this point that we wish to go forward.

As entities are given physical vehicles at birth and move into the world, their first emotion is anger, their second, love. So begins the dynamic of a lifetime: anger at change, and love at being fed. The anger, that of change, that of moving from the safety and quiet of the womb to the harsh illusion of your world, is extremely traumatic and it creates in the entity, even so small a one, that desire to use emotion so as to control that which occurs. One cries if one feels hungry, and one is fed. One cries if one is uncomfortable, and one's diapers are changed. This is the beginning of each incarnation, the duality being present, from the beginning, of hatred of change and love of the ideal.

When we ask you to plunge deeply within yourself—and remember, this is only our opinion—we are asking you to consult the only reliable source of information for yourself. Those such as we may speak words which inspire or aid or otherwise enable entities to know more and more of their true selves. This work is done internally and in the company of intimate friends, mates, children and other family. If you deal with your own life situation by the use of logic, intellect and cleverness, you shall fall short of your own desires, for the intellect is intended to be your servant, not your master. In the same way are your deeper feelings to be tools, resources and instruments for your spiritual evolution, not carrying complete authority, but substantially worthwhile to seek out and to hear and to feel.

Now let us examine the fabric of the universe, as we understand it to be. The one great original Thought is not a thought. It is a purified emotion. It is Love. You may call it the Logos, the Creative Word, but it is in essence a pouring through the channel of the self of the infinite love of the one Creator. To attempt to manipulate one's feelings is to attempt the masquerade ball. Yet the ball must end and the masks come off, and the finery, the feathers, the ribbons laid away.

And there you sit, all of the masks gone, all of those whom you were to impress having left you alone. And as you sit you ask yourself to take off your mask, and you take that mask off and you find another, and another, and another. The nature of the intellect is such that eventually you will find that the layers enclose a nothingness, for the intellect is a cold, logical biocomputer which is designed to make choices. It is not designed to be the vehicle for manifestation. The heart, that which this instrument would call gut feeling, these are those things which enable manifestation among each of those who serve the one infinite Creator in service to others. The primal Logos of all that is, is emotion, the deepest intelligence of all, infinite, without flaw, without distortion, the carrier wave of consciousness.

And so, if you wish to manifest that which you have found to be good, if you wish to manifest your desire to find that which is good, if you seek and hunger for the truth, there is work to be done, for the intellect, the past, the future and all considerations of humankind must needs be put in abeyance on a regular basis for the amount of time it takes to sit in silent waiting until one is able to feel the presence of the infinite One.

We ask each within this group at this time to pause and allow that experience of love poured into your waiting heart to manifest itself to you.

(Pause)

I am Q'uo. I am again with this instrument. Is that love not astounding? Is that love not impossible for humankind to sustain? Yet you are other than human. That of you which is human is that which must do the manifesting. That which creates the inspiration and desire to manifest love of the Creator and love of others comes from crossing the threshold to the unconscious with the care, persistence and devotion of the lover who is willing to wait and watch and seek from afar, content to sit at the edge of the crowd, listening to that faraway voice at the center of the crowd that speaks the truth. For you have many, many voices within you which are manifestations of biases. These biases need to be examined and, in this, intellect and logic play a great part. However, as you wish to be of service to the infinite One, and as you wish to love each other, know that the universe is, in essence, an emotion. It is consciousness. Consciousness does not necessarily think. Consciousness

allows Itself to avail Itself of that infinite source of information within. It is in this way that you are attempting, through meditation and contemplation, through the balancing of the day's extreme emotions, to give to yourself that which cannot be done without some aid. There is, for instance, no possibility of an entity's being able to cogitate, ruminate, ideate and manifest love. Indeed, it is possible for such a person to manifest a universal and very real compassion, but love engages being, love sets on fire the desire to help, love causes soil of the heart to become fallow, that seeds may spring therein which flower out into the tree of manifestation of love with its many blossoms, its beautiful aroma and its faithful use.

Yes, my friends, more and more, as you realize, recognize and respect your own inner wisdom as a portion of the creation, as you continue to meditate faithfully, then you may be undisturbed, insofar as it is possible, by the painfulness of change. For you now seek the beginnings of the fourth density. Within third density the spotlight was on the self, the emerging consciousness, the discovery that that consciousness is one with all and one with the Creator. It is the chief lesson of this particular density, to learn to love, and to learn to accept love, feeling both worthy to love and to be loved.

Much has been written about love. Within your holy works love is described by many phrases, "Love is patient," "Love is long-suffering," and so forth. May we say that love in the sense in which we understand it is in the impatience, is in the misunderstanding, is in every portion and every cell, every iota of creation. You cannot move yourself from the roots of your being. You are rooted in that which you may call the Kingdom of Heaven, and your roots are deep and imperishable, and down, down into the world of illusion do you grow your branches and produce the bloom that promises fruit.

Within your culture, as we have said, the intellect is valued almost to the exclusion of deep, quiet, confident, considered intuition. You are an impatient people, eager, and perhaps running faster with your feet than your heart and your mind can follow. Thus, the first priority may seem very selfish to one, and that is to learn to love the self, unequivocally, with complete self-forgiveness, with full knowledge of the various iniquities of one's own character. You must allow yourself to become aware that the Creator and the creation lie within you, each of you. It is not well to speak as though one were ever and always unworthy to be the vessel for divinity. All of clay and dust, bone and muscle is by definition unworthy to carry imperishable ideals into a world which you experience as that which is not ideal.

Now, you see the interplay of love and faith against the dynamic catalyst of a mundane and sometimes intensive nature. What shall you do in this situation? What shall be your decision in that situation? It is appropriate to use all of the resources at your command. If you have any ignorance of the subject as it is known by humankind, fill the mind with what was written. Use the intellect to discriminate upon the subject in which you are interested, then surrender control of the process, carefully and fastidiously, to the love within, the spark of the Creator within that makes us all one. Those who have not been able to love themselves are by definition unable to love the Creator, for each is the Creator's prodigal son or daughter, each is an heir of eternity. This is not said to puff you up with pride, but to say that each of you is a cell in the living body of the creation of love. Once you have learned to come into some contact with the Creator on a daily basis, it is then time to gaze at that which lies before you, at the stones in the road, at the stragglers by the wayside, at the thirsty, at the hungry, at the homeless. The manifestation of the Logos that is within you, that of unconditional love, has never been needed more than at this juncture in the passing [of] your planet into fourth-density space and time.

It is often said, "Thou shalt not judge," not only within your holy works, but also by those whose sense of fairness and ethics makes it mandatory for them to yield to all the same benefit of doubt that one would hope would be yielded to the self in the same circumstances. The density in which you are is a density in which you choose not how to think, but how to love. If you love yourself, you will think in terms of manipulation and control, elitism, perquisites and power on a personal level. If your love is of the Creator and of those in whose eyes you see shining the light of the one infinite Creator, then you are one who may radiate to that person. Often no words are necessary. It is well to move with the deepest instincts, to give a hug, to give a kiss, to give verbal support, to leave alone, to treat as precious each entity, each imperishable light being that is about you.

What is the purpose of emotion? The purpose of emotion within third density is so to engage the mind, the

heart, and the soul of the entity which seeks, so that it becomes more and more aware of the depth and breadth of each present moment and the possibilities for loving within each moment. Needless to say, we do not speak of the clinging, dependent [type of] love. We do not suggest that the surrender to the higher self be made before the self has been tuned so as to hear the true voice from within. Many are those who would whisper in the ear of one who seeks to be of service. Discrimination remains important always, and this includes those things which we say to you. Let us not be a stumbling block before you.

Now let us look at the way emotion is deepened. Each of you is aware of the system of chakras, or energy centers within the being. It is understood that each needs to be minimally clear and balanced for the full energy of the one infinite Creator, the life force, the prana, if you will, to move upwards within the body to meet that inspiration which comes from the infinite One, from the comforter, from your guidance, from your inner self. Over and over again we suggest to you the daily meditation for the clearing of cobwebs from the mind and the heart, of picking up the old newspapers, the leftover takeout food, the banal junk of a banal society that is intent upon not listening to any voice within which might cause discomfort.

The universe itself is an emotion, it is consciousness, it is love. Each of you will go through many definitions of the word, love, as you experience various facets of conditional and unconditional love. Your goal, and it is a difficult one within this density, is so to use the deep wisdom of the intuition and choice-making nature of the intellect in harmony as to move in the direction that you and the Creator have set for yourself this day. And in that regard we would say that it is not well to create in the mind that which one desires, unless one is absolutely sure that one desires it and will never regret having it, for any desire that is unmet in third density must be met before the entity may move forward to the next level of classes, the next level of illumination, the next level of peace and joy.

How many times, my friends, have you seen a loved one, and found a way to touch that loved one, to strengthen it with your very being? How many times have you been the one to make peace among brothers and sisters? Do you not see the sweet hand of love moving through you in manifestation of the glorious love and light of the one infinite Creator? If you wish to manifest you must feel, deeply, sincerely and honestly. Not all entities can serve in this same way, as not all entities have been given the same gifts, and as we have said before, all services are equal when done for the love of the one infinite Creator. We would not mislead you. You cannot by any means whatsoever achieve a higher state of consciousness. No mental act, no deliberate series of choices, no action within the illusion shall bring you the paradise of peace that you seek. That which will bring you quietude and serenity is the finding of that deeper self within through meditation, and the surrendering of the minute power of the human intellect to infinite wisdom and compassion. You are the hands, you are the voice of the Creator, and as you love each other as you love yourself, so you love all that is the Creator. This is the function of purified emotion, to become a channel through which infinite love may flow so that you do not dry up like a shallow well or a desert spring, but remain well watered, well fed, well inspired with food and drink for the soul. In that consciousness you become fallow, and in your purity of love you allow love to speak by surrendering to the Infinite within. This surrender is not one made without discrimination and care. Surrendering to those who say, "This and this and this you must believe, that and that and that you must do," is an acceptable choice for those who cannot use intellect and feeling, but merely have a generalized need to know what is right and what is wrong to do in life, so that one does not have to think, grow, change, expand and transform the self. For these people, and we do not put them down in insult, this is the way to progress, and progress they will, however slowly. But each of you wishes to move more quickly, to become true channels of light, to feel true peace in the heart, to feel genuine, authentic harmony and serenity, to meet one's companions with joy, trust, sharing and caring. Are these all not words of emotion? Can one reason oneself to this attitude? No, my friends, no. Why, then, are you in your shell, this thick, impenetrable shell of forgetting? We say to you [that] you are in this shell of forgetting so that you may make your choice unfettered by the knowledge of the answers to the test. Many are the students who simply write down what the teacher says, parroting it back to the teacher to make a good grade. In spiritual or metaphysical work this line of endeavor is of no virtue, for you are seeking authenticity of self, and only in the authenticity of the self-forgiven self can the Creator move from infinite intelligence through infinite energy into your heart, your spirit, your hands, and your eyes, that you may behold the glory of all that is about you, that

you may feel anguish for those many, many things that are awry, and then to affirm that it is possible for this unfortunate condition to cease.

Allow your love to spring forward from within. It is not yours, it is not another's, it is the Creator's. Love one another, my friends, and you shall love the Creator, and this purified emotion of sacrificial love shall move you ever more quickly toward the homeland of peace.

We thank you for allowing us to finish our thoughts on this subject. There is more material in this area, but it would require further questioning. In this truth, love, light, peace and joy of the infinite Creator, we leave you, with blessings and ever flowing love for those who are awake and seeking. We are those known to you as Q'uo. Adonai, my friends. Adonai vasu.

NOTES TO OUR READERS

Our Homecoming, January 31-February 2, 2003, is filled up at present, but if you wish to be put on a waiting list, you are most welcome to write us. We may well have a special conference later this year with David Wilcock.✿

We just got back from the Huntsville Time Of Global Shift gathering, and thoroughly enjoyed working with Scott Mandelker and David Wilcock, and others. Future possible Time of Global Shift conferences are now planned for February 14-26, in Amsterdam, and in May, in Los Angeles.✿

Carla is now offering counseling and personal channelings. For more information, check the L/L web site (www.llresearch.org).✿

We hope you all had a lovely and peaceful holiday season. In this time of national uncertainty and disruption, we invite you to join us when you can at 9:00 morning and evening, or whenever you can, in Gaia Meditations for peace and the healing of our planet, and to send light through ourselves and into the emerging fourth-density magnetic grid.✿