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L/L RESEARCH HOMECOMING 2010

TALK 3: 2012 - POLARITY

September 5, 2010

(Carla singing)

“Sleepers, wake!” A voice astounds us,
The shout of rampart guards surrounds us,
“Awake, Jerusalem, arise!”
Midnight’s peace their cry has broken,
Their urgent summons clearly spoken,
“The time has come, O seekers wise!
Rise up, and give us light!
The harvest is in sight! Alleluia!
Your lamps prepare and hasten there,
That you the harvest feast may share.”¹

(Carla speaking and singing throughout.)

Welcome, to the 2010 homecoming people and to the BBS radio audience. This is Carla Rueckert of L/L Research. I’m offering the third of three talks on 2012 and trying to get beneath the surface of that buzzword.

It has been a real pleasure to prepare these talks because I got to reacquaint myself with some of my favorite quotes from the Confederation entities such as Ra and Q’uo and to share this with you is indeed my greatest joy.

This talk will be about polarity. The first one was about, “What the heck is 2012?” The second one was about unity, free will, love and light, the basic

¹ This hymn was written by Philipp Nicolai in the sixteenth century. It is translated into English by Carl P. Daw, Jr. The melody is *Wachet auf*, written in the fifteenth century.

principles of the Law of One, and how they explain what we’re doing here looking at a time of harvest.

The third talk is on polarity and this is where the rubber hits the road for everyone that wishes to go through the harvest of third density and graduate. As I said yesterday, we’re struggling. We basically have been described by the Confederation entities as pre-schoolers, as toddlers, even as infants. We’re trying to graduate third grade here, so we just really have to lift ourselves up by the bootstraps and get past the second-density values of protecting and defending our clan, and move into the thought of protecting, defending, loving and accepting all of those on Planet Earth—our whole tribe.

The song that I sang is full of Christian imagery about the end of the Age, talking about when Jesus comes. They’re basically referring back to the parable that Jesus offered of the wise and foolish virgins.² The wise virgins had lamps but they also had oil and they were ready to light them even if it was midnight. Even if they were sound asleep and the bridegroom came they would be ready. The foolish virgins had the lamps but did not have fuel. So, what we need to do is make sure that we not only have our lamps but have fuel.

The fuel, of course, is absolutely infinite in amount. The love and the light of the infinite Creator is moving through our energy body in inexhaustible supply at all times. We can’t run out. By stopping

² This parable is found in the *Holy Bible*, Matthew 25:1-13.

the flow of love through us, by clutching and contracting around our woes and our problems—which we all have—what we can do is stop that flow into the heart, and [then] we can't get our hearts open all the way.

The fuel is love. It's right here. It is inexhaustible. We don't have to hoard it. All we have to do is live in such a way that our energy bodies are clear so that we get that energy through us at all times.

The density that we now enjoy, as the tribe of humankind, is the Density of Choice. The first point I'd like to make is that free will recapitulates the Creator's choice to know Itself. In Its choice to know Itself it flung all of us bits of the Creator out to experience all that there is, to choose all that we wish to desire and to pursue it and set our intentions as we will, to use our free will to make choices.

Now, what choices are the important ones? I think we all really know the direction that that answer will take because we all have feelings for the ethics of this world. We all have personal ethics. We all have things we will do and things we absolutely will not do. And as we gain in life experience more and more, our choice-points offer themselves to us and we get to practice the choice-making. We get to come to one decision after another and choose either for our own benefit in a selfish sense or for the benefit of those whom we wish to serve.

I love the little, neat, compact question that Ra asked, "Where is the love in this moment?"³ because the moment contains love. So, clever us, we're going to examine this moment and find the love in it.

Well, this particular moment is unbelievably full of love. I look around the circle at these beloved faces, people that I'm new to and am just learning to love and understand and to know, and people that are familiar to me and whom I absolutely adore. And my heart is just so full—I can't tell you. I look around and feel the energy moving around the circle and feel that what started out as a modest dome of

³ *The Law of One*, Book I, Session 10: "Questioner: For the general development of the reader of this book, could you state some of the practices or exercises to perform to produce an acceleration toward the Law of One?"

Ra: I am Ra. 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."

light is now probably two miles into the heavens and pulsating with our combined energies.

We are making a difference right now of a big extent, metaphysically speaking. And I will probably hear from a half a dozen psychics in the next two weeks saying, "Wow, what were you guys doing at L/L Research? That's incredible! You guys rock!" I get that every time we have a big gathering like this. It's a lovely thing to hear.

So, the Creator chose to know Itself. And we choose what? To know ourselves. We know that we are creatures of love because, logically speaking, how can we be anything else? There's nothing but love. There's nothing but the Logos. There's nothing but the unconditional love of the infinite Creator. And we who are infinite and eternal beings have come into these very limited bodies. Why? Because we are this incredible way-point between eternity and all the forces of eternity, and the here and the now and the present and the limited and this wonderful world we have come to experience.

Only we can draw in the energy of the infinite Creator and infuse ourselves with it to the point where it begins to glow from us, so that we become lighthouses to those around us. And then those around us catch the flame. And then they become lighthouses. And it spreads and it spreads and it spreads until the whole world is thinking to themselves, "I love feeling like this. I want to keep feeling like this. I'm going to keep feeling like this".

But there is a nitty-gritty to polarity and there's no use to saying that it's not hard. It's hard.

"It's difficult." "It's very easy." "It's difficult." "It's very easy." Nobody but old people know Señor Wences.⁴ He had a little hand-puppet and it would always say, "But this is hard," and he'd say, "No it's very easy".

Well, it's hard!

(Laughter)

But, you know, we have the capacity to do this. We came here to do this. So we need basically, to suck it

⁴ Wikipedia says about Señor Wences, "Wenceslao Moreno (April 17, 1896 - April 20, 1999), better known as Señor Wences, was a Spanish ventriloquist. His popularity grew with his frequent appearances on CBS-TV's *Ed Sullivan Show* in the 1950s and '60s." You can still enjoy his puppetry on YouTube, where his innocent humor is well represented.

up and do this. We need to face our choice-points with the best ethics that we have. And if we haven't thought a lot about ethics, if we haven't thought a lot about a "rule of life"—I like to call it that because I'm a Christian and I was brought up to have a rule of life.

If we haven't thought about that much, it's a wonderful thing to do. Just sit down and say, "Okay, what's my basic code? How do I want to live my life?" We have the principles. We have unity. We want to live according to unity. We want to live by the golden rule, which is unity in action. "Do unto others as you would have them do unto you." Treat others like you treat yourself. Love thy neighbor as thyself. It's very simple to say—very hard to do. And the intricacies of learning to serve others will take you the rest of your life. It's not a slam-dunk, ever, to know how to serve somebody.

You have to communicate and listen and find out just exactly what that entity truly needs. Because a lot of times they don't need what you're ready to give. Most of all they may not need your good advice. They may need your soft heart and your listening ear. But it's definitely worthwhile to put the time into this because every time you make a conscious decision to serve others in the way you decide to go on a particular issue, you build your polarity. You only need to build it to fifty-one percent service to others to graduate. So it's not like it's going to be really hard if you put your mind to it, not just today but tomorrow and the next day.

Now I know that we all fail. We all, every day, probably review a communication we just had and we go, "That was not the loving way. Oops!" And then we make a new vow. "From now on I'm going to try to learn from the mistake that I just made. I'm going to do this differently."

And you collect your skill that way, by making mistakes. If we didn't have the confusion and the chaos and the mistakes, we'd never get anywhere. That's the whole purpose of the veil and this illusion. It's so that it's not simple. It's difficult. Because we came here for difficult. We came here for boot camp. And it certainly is boot camp. I have to admit that.

Don asks Ra,

"Is there a manifestation of love that we can call vibration?"

Ra says,

"The vibration or density of love or understanding is not a term used in the same sense as the second distortion, Love; the distortion Love being the great activator and primal co-Creator of various creations using intelligent infinity"

In other words, "fourth density" in various planetary systems. The vibration, love, is that density in which those who have learned to do an activity called loving without significant distortion then seek the ways of light or wisdom. Thus in vibratory sense love comes into light. In the sense of the activity of unity, in its free will, love uses light and has the power to direct light in its distortions, thus vibratory complexes recapitulate in reverse the creation of unity, thus showing the rhythm or flow of the great heartbeat if you will use this analogy."

Now the veil makes free will our guide because nothing is known for sure. So, it's not that we're completely on our own. We're most emphatically not on our own. We have our guidance system, and that includes at least three angels, your higher self, and any additional angels that you have attracted to yourself because of your work or the polarity of your basic vibration. And you can have dozens of angels around you.

A lot of people in my Christian tradition also find they have affinities to saints and you can ask the saints to come along with you and be a part of your guidance system.

Then, looking at nature, you have all of the nature spirits that are ready to dance with you. If you've ever focused on the animal life around you may have discovered your totems, certain animals that come when you're at a choice-point or you need confirmation on the way you're thinking.

All of these strengths await you. But in terms of making the decisions for yourself, you are alone. You can't just choose to do something because I say it's a good idea, or because Ra says it's a good idea, or Jesus says it's a good idea or Buddha or any person living or dead, or any kind of genius. You can't give up your power and still do a good job of polarizing. You don't need to scoot in on anybody else's coat tails. You are worthy. You will suffice.

That which you are ready to do, you can do. And you can do it so well. You can do it so beautifully.

Always trust yourself. Always listen for your own discernment, not the discernment of anybody else. But, every day, start the day by setting an intention, a polarized intention to serve others in your particular way. Everybody is going to make a different prayer. Everybody is going to set a slightly different intention. But the act of setting that intention creates in you a tremendous awakening of your inner power.

And in a way, the right use of power is heavily connected to polarity and to your moving yourself into a polarized position. When you finally realize that you are a powerful, powerful person and that you are actually magic—you are a co-creator, actually; to use Ra's terms you're a co-co-creator. That doesn't matter.

At any rate, the power that you have is awesome and infinite, and when you focus it and when you let loose that focus and you are engaged and you are paying attention and you are there, the world becomes an incredible place. And when you realize that with your power, what you forgive is forgiven, that means you can forgive and it is so. If you judge it is also so for you. So how do you want to set up your universe? How do you want your creation to run? You want it to run on love probably. That's the kind of creation you'd like to live in and you have the power to do that.

It's important, before I read this next quote, to tell you what the higher self is, according to those of Ra. All of the Confederation readings we have received—and we've received over 1600 of them through the years—talk about the higher self as that entity within mid-sixth density that is you. So we each have a unique higher self. And the last thing [you do] before turning your back on your past and just starting to pick up acceleration to complete your cycle and move back into the Creator is that you create this entity that is yourself at that particular level.

All that you've learned about love and life and living is placed in a thought-form that is your higher self. And it is made available to any who ask for their higher self in the third or fourth or the fifth or even the early sixth density. So you always have a version of yourself that's your highest and best.

A very good way to consult yourself in times of crisis is to say, "What would my highest and best self do?" Then the answer tends to become much more

obvious because you're not weighing yourself down with the limitations that you think yourself to have. You're just asking, "Well what's the highest and best thing to do?" And then, once you know that, even if it seems on the edge of impossibility, you go for it. You try for it. And you surprise yourself, because if you decide that you're going to go for your highest and best, that's where you go. That's what you can do. That's your power.

So it's really important to trust your discernment. It really, really is.

Let me read an exchange between Don Elkins, the Questioner, and those of Ra.

Don says,

"My higher self would have a very large advantage in knowing what was needed since it would know as far as I'm concerned what was going to happen. Is this correct?"

And Ra says,

"This is incorrect, in that this would be an abrogation of free will. The Higher Self aspect is aware of the lessons learned through the sixth-density. The progress rate is fairly well understood. The choices which must be made to achieve the Higher Self as it is are in the provenance of the mind/body/spirit complex itself.

"Thus the Higher Self is like the map in which the destination is known; the roads are very well known, these roads being designed by intelligent infinity working through intelligent energy. However, the Higher Self aspect can program only for the lessons and certain predisposing limitations if it wishes. The remainder is completely the free choice of each entity. There is the perfect balance between the known and the unknown."

So you can't go to your higher self and go, "Okay what should I do?" You go to your higher self and say, "please help me see this situation correctly." And the higher self offers you those learnings and understandings which it has gathered through the densities.

But it's as close to you as your heart or your breathing. It's not reaching far away for help. It's acknowledging and accepting the guidance that is as

much a part of you as your breath. Therefore third density is a displayer of the reach of free will.

Don asks in Session Fifty,

“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 incarnation and lose conscious memory of what he wants to do and then act in a way in which he hopes to act?”

This is one of my favorite quotes from the Ra Material and I’m going to enjoy reading it greatly. Ra replies,

“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 beingness totality.”

(Singing)

You may be an ambassador to England or France.

You may like to gamble, you might like to dance.

You may be the heavyweight champion of the world

You might be a socialite with a long string of pearls.

But you’re going to have to serve somebody, Yes, indeed, you’re going to have to serve somebody.

Oh well it may be the devil or it may be the Lord

But you’re going to have to serve somebody.⁵

Homage to Bob Dylan.

Our choice is between service to others and service to self—because you’ve got to serve somebody. You can’t help serving somebody. I mean, you’re not going to just sit there and not do anything. Even if you decide, “I’m going to veg on this couch forever, I’m going to watch TV, I’m going to smoke pot and I’m going to drop out,” you’re serving.

You’re serving in a way by letting go of all the worries of life and possibly holding more light, at least under the melting influence of pot. And you’re serving yourself because, you know, you’re feeling good. You don’t to go anywhere, you don’t have to do anything. Even in the abyss of self delusion you’re serving. You’re just not serving very well.

But you know you can do better than that. We can make use of this wonderful daylight and know that “this is the creation that the Lord has made”⁶ and we’re going to use it up today.

I get up in the morning and I’m just so eager to get to work. I’m so eager to use that daylight. Because I realize, at the age of sixty-seven, that my time is limited here. Spirit has a lot for me to do, I want to get on with it. So I’m just so grateful for the day.

⁵ (p) 2000 Bob Dylan, originally on the album, *The Essential Bob Dylan*.

⁶ *Holy Bible*, Psalm 118:24: “This is the day which the Lord hath made; we will rejoice and be glad in it.”

I remember at church one time I asked a lady that was about ninety-seven years old how she was. She said, "Honey, I woke up this morning. For me that's a good day!"

Okay. Back to *The Ra Material*. Don says,

"You mentioned that there were a number of Confederations. Do all serve the infinite Creator in basically the same way? Or do some specialize in some particular types of service?"

Ra says,

"All serve the one Creator. There's nothing else to serve, for the Creator is all there is. It is impossible not to serve the Creator. There are simply various distortions of this service."⁷

Now, there's a Confederation which is popularly called the Orion Confederation, at least among some people. And that's certainly not saying that all of those planets within the suns of the constellation of Orion (of which are many and many) are negative—not any more than anywhere else in the universe. But enough of them come from the Orion constellation that it's gotten to be called the Orion Confederation.

And we see the results of Orion discussions among those who channel from negative sources, those who are frankly negative like Satanists and those who are negative posing as positive, of which are many people and groups channeling. So you can't just think, "Well, because something is channeled it's going to be positive." It's not.

The hallmark of negative information is its deception, its deceptivity. So after you've read a body of channeling, you have to ask yourself, "How does this make me feel? Am I feeling expansive and optimistic and empowered or am I beginning to contract and feel fear and wonder how to cope?" If you're contracting and you're feeling fear and are focused on your suffering, then you're probably working with a source of channeling which has some negative element to it. So be aware that your decisions about what you read, what you take in, are completely within your own provenance.

And you can trust your perceptions. If something feels negative to you then move on. If something feels positive to you, even if somebody says, "Well I

didn't like that,"—hey, it's working for you. So keep on with it until it stops working for you.

(*Dan D. Lion, the Camelot outside cat, meows.*)

(*Laughter*)

Hello, sweetheart.

For those on the radio, that was our outdoor cat, a little bobtail named Dan D. Lion who lost an argument with a raccoon and now has no tail! But he's as happy as a little clam anyway. It's really funny because after my operation last March [where I had] eight vertebrae fused [in my neck and upper back] I had a big old collar on.

And after he had that happen to him, he had a great big collar on too because it was to keep him from licking his behind and messing up the stitches. He was locked in the bedroom with me and we were both recuperating. And he would come up. He had discovered that he could rub his side whiskers on my collar. And so he'd go like this, and our collars would be together and it was just so cute! We got better together. And now he's out, back to his old tricks, and I'm back to my old tricks.

So okay. Focusing back into service to others versus service to self. The interesting thing about service to others is that it results to service to self. I didn't realize how true this was until I began to have a public life. I first wrote a book that was "out there" in 1976. By 1977 I was absolutely deluged with the love offerings of others.

[It is] bread on the waters. What you give comes back to you a hundred-fold, a thousand-fold, ten thousand-fold. It's unbelievable, the generosity, the reciprocity of life. So, it could be argued that a good reason to be service to others is to get all the goodies, all those love offerings of others. But it's not the reason we do it. It doesn't even enter in to it. It doesn't occur to us. But that's what happens. That's the paradox of it.

However, if you serve yourself; if you are service-to-self [polarized], it results in what? More service to self. It doesn't grow because it doesn't take into account the primal nature of love. The service-to-self polarizing entity is skipping the heart chakra entirely. It's going from the yellow ray to the blue ray. You have many ministers in this world, especially those that seem as though they're service to others because they're preaching the kingdom of

⁷ *The Law of One*, Book One, Session 18, Question 13.

God and they're out there—but then they ask for your money, you see. And then they say, 'And I have a special problem here, so I need even more money. And then I need more money.' And they never stop asking for money. They are using fear rather than love to bind you to them. You know, "If you don't listen to me, you're not going to make it into the kingdom of heaven."

And you also see entities that are channeling sources that are certainly not Christian that are basically saying the same kind of thing [as Christian literature does]. You know, "Follow me. I am your tour guide on the flight away from Earth to Paradise and I will take care of you." But then, you see, if somebody does something they don't like they say, "You're just not going to be on the bus. You're out."

So service to self basically involves entropy and the next quote has to do with entropy so I thought I'd look up entropy! Because unless you are a physicist or a scientific sort, you don't really grasp what entropy is. You've heard the name.

So I looked it up and according to Wikipedia, in physics the thermo-dynamic entropy is "a measure of the amount of energy which does no work during energy conversion." And according to information theory entropy is "a measure of the uncertainty associated with a random variable. The term in this context usually refers to the Shannon entropy which quantifies in the sense of an expected value the information contained in a message, usually in units such as bits. Equivalently, the Shannon entropy is a measure of the average information content one is missing when one does not know the value of the random variable. The concept was introduced by Claude E. Shannon in his 1948 paper "A Mathematical Theory of Communication."

So Don asks the Ra group,

"What is the density of the Orion group?"

Ra says,

"Like the Confederation, the densities of the mass consciousnesses which comprise that group are varied. There are a very few third density, a larger number of fourth density, a similarly large number of fifth density, and very few sixth-density entities comprising this organization. Their numbers are perhaps one-tenth ours at any point in the space/time continuum as the problem of spiritual entropy causes them to

experience constant disintegration of their social memory complexes. Their power is the same as ours. The Law of One blinks neither at the light nor the darkness, but is available for service to others and service to self. However, service to others results in service to self, thus preserving and further harmonizing the distortions of those entities seeking intelligent infinity through these disciplines.

"Those seeking intelligent infinity through the use of service to self create the same amount of power but, as we said, have constant difficulty because of the concept of separation which is implicit in the manifestations of the service to self which involve power over others. This weakens and eventually disintegrates the energy collected by such mind/body/spirit complexes who call the Orion group and the social memory complexes which comprise the Orion group.

"It should be noted, carefully pondered, and accepted, that the Law of One is available to any social memory complex which has decided to strive together for any seeking of purpose, be it service to others or service to self. The laws, which are the primal distortions of the Law of One, then are placed into operation and the illusion of space/time is used as a medium for the development of the results of those choices freely made. Thus all entities learn, no matter what they seek. All learn the same, some rapidly, some slowly."⁸

I find this a great comfort. We've taken so many strange little byways in our lives—but we haven't made any mistakes. Ra said there are no mistakes.

Now as I said before, service to self results in service to self. There's no paradox and there's no growth. Always remember when you get yourself into a situation and you say, "This makes no sense whatsoever," you're on the right track. Finally you're on the right track! Because when things make no sense; when they're paradoxical and mysterious, those are the hallmarks of spirit.

Q'uo says, in a January 24, 2009 session,

"In order to avoid becoming a pawn in someone else's game, it is well to think for oneself. In order to avoid moving down a sweet-sounding

⁸ *The Law of One*, Book One, Session 7, Question 15.

street which ends in a dead end in service to self, it is well to envision and sense into the choice before you. In this way, as you ask for deeper senses to come forward in you, your ability to perceive a situation is enhanced”

(Singing)

Dazzling light, you are dazzling light.
Light that reveals transforms and purifies.
Light that reveals the truth and opens our eyes.
Light that that is blissfully dancing beyond the skies.

Dazzling light, you are dazzling light.
Light that reveals transforms and purifies.
Light that reveals the truth and opens our eyes.
Light that that is blissfully dancing beyond the skies.

Dazzling light, you are dazzling light.⁹

How do we increase our polarity?

Polarity expresses as a vibration. The less the distortion from the one great Thought of unconditional love, the more positive the polarity. Don asks Ra in session 48,

“Who supervises the determination of further incarnation needs and sets up the seniority list for incarnation?”

Ra says,

“There are two answers. Firstly, there are those directly under the Guardians who are responsible for the incarnation patterns of those incarnating automatically; that is, without conscious self-awareness of the process of spiritual evolution. You may call these beings angelic if you prefer. They are, shall we say, “local” or of your planetary sphere.

“The seniority of vibration is to be likened unto placing various grades of liquids in the same glass. Some will rise to the top; others will sink to the bottom. Layers and layers of entities will ensue. As harvest draws near, those filled with the most light and love will naturally, and

without supervision, be in line, shall we say, for the experience of incarnation.

“When the entity becomes aware in its mind/body/spirit complex totality of the mechanism for spiritual evolution, it, itself, will arrange and place those lessons and entities necessary for maximum growth and expression of polarity in the incarnative experience before the forgetting process occurs. The only disadvantage of this total free will of those senior entities choosing the manner of incarnation experiences is that some entities attempt to learn so much during one incarnative experience that the intensity of catalyst disarranges the polarized entity and the experience thus is not maximally useful as desired.”

(Pause)

For those in the radio audience—I got up and went to the bathroom!

(Laughter)

This you needed to know, right? Maybe too much information! But that’s why there’s a little break in the energy, if you’re sensitive to that kind of thing.

So, the point that the Ra group was making here was that we start out in third density with automatic reincarnational experiences, see, and we finally wake up at some point in our journey through various incarnations and we go, “Oh, I can progress, I can learn, I can make this choice.” And once we get that then we’re in the wonderful position of being senior in vibration, so that we aren’t just automatically incarnated. We get to come in with a plan we’ve made ourselves—and every single one of us in this circle, and I’m sure those who are listening on the radio, are those who are senior enough in vibration to have made your own plan for incarnation.

Now what does that say to you? That says to you that you can trust yourself. And you need to trust yourself. You made this plan. You gave yourself this limitation, this suffering, this difficult relationship with Mom or Dad or husband or wife or lover or friend or employer. You may not have planned this particular instance of difficulty but you planned relationships which had a very high probability of giving you this very problem.

⁹ This chant was sung on Ram Dass’s multi-record set accompanying the book, *Be Here Now*. We no longer have that album in our Library. I do not know who wrote or who sang this chant. Interestingly enough, Carla had lost these words but when she wanted them for this talk, found them written on the inside cover of her Hymnal.

And why would that be? Well, some of us have too much love and we need to balance that love with some wisdom. That's me.

Some of us have lots of wisdom but we need to balance that with compassion.

And some of us come into this world very powerful but unbalanced, either between power and love, power and wisdom or power and not using either one.

So those are really the three variables. And we all chose incarnations that would give us the chance to serve and the chance to learn.

Our service begins with being. When we are most truly ourselves we have served, immediately and absolutely, because the heart of all of us is one. It is a oneness that is tempered by our uniqueness but the consciousness that we share, that is our true self, is one. We share consciousness. We don't share minds. We don't share our biocomputer. We don't share our choice-making abilities. Those are all unique to each of us. What we share is consciousness.

Now, the difference between the mind and consciousness could be said to be the difference between head and heart. The length between the head and the heart is only twelve or fourteen inches, but it's the longest distance we will ever go in this incarnation.

When we are thinking our way through our problems we come up with logical conclusions and we act on the basis of those conclusions. And we can make good decisions—and we should. We should make good decisions all the time. But the mind of the heart is consciousness.

I can change my consciousness by just touching my cross.¹⁰ That's enough to bring me back to my heart because I love Jesus. Other people have other ways of reminding themselves, every day, every moment, how they would like to be thinking, how to tune. And I encourage each of us to tune all the time. If we find ourselves vibrating in a way that we'd prefer not to, well, sing a song, chant, or Om. Do whatever it is that brings you back to yourself. Because that is truly a great service, not just to you, personally, but to the whole planet. Think of it! If we're an

interactive system and we do something, we aren't just affecting ourselves. We're affecting the system.

Distortion, as I said, is not a bad word. But the Ra says to lessen distortion. So what are we lessening distortion from? Love. We are attempting to become a vehicle for the radiance of the one great original Thought—unconditional love.

Imagine flesh and bone being able to do this! That's what I was saying at the beginning of this talk, or earlier in it. We are in the incredibly wonderful position of being a little place to anchor into this earthly vibration the infinite love of the one Creator. We have a gateway to intelligent infinity within us.

It is when your heart is open and you have opened your upper chakras and then you ask. You set an intention. You say, "I want help." And that wonderful panoply of helpers above—the angels, the Confederation, your higher self, all the forces of nature—spring into action all around you and help pours in through that gateway and goes where it is needed.

[The energy called down from the gateway to intelligent infinity] always comes down into the heart chakra first. Then, if you're a teacher, a channel using communication, a writer, a poet, and so forth, you bounce back up the blue-ray chakra. And you express through that chakra that which you have been able to draw down through the gateway.

For those who heal, the energy comes down from intelligent infinity, down through violet ray, indigo ray, blue ray, down into the green ray and then [the energy drawn down] stays in green ray, so that you become an instrument of that which is flowing through you. You don't try to heal. You try to be a good instrument. And you might be putting touch on people. It might be the Christian Science way of a practitioner knowing the truth for another person and allowing that to be and creating the opportunity for that person to accept that. There are many ways to heal in terms of spiritual healing from the gateway, but they all involve the healer giving up his will and saying, "Use me please."

I think Reiki is very compatible with the Ra's discussion on healing because when Reiki masters put their hands on someone to heal them or do distant healing they aren't saying, "Okay, heal the heart. I know the heart's bad. Heal the heart." They're saying, "Here energy, go where you're

¹⁰ Carla wears a small, gold cross which her husband gave her, around her neck all the time.

needed. I trust the energy.” And then intuition comes in and they move their hands around on the body as they are directed to do. But nothing is happening from them. It is happening through them.

The problem with those who try to heal from their own power is that human power is quite limited. So maybe that knee is going to feel better for awhile after it's been touched by a healer that's healing with the yellow ray, with the will, but it will wear off in a matter of hours, whereas if you give a person the chance to choose to alter his own or her own situation via the energy of truth that is coming through the gateway, that person can be healed for all the rest of the lifetime.

The experience of the steady state of the Logos is elusive for a lot of people. They hunger and thirst for it but they can't find it in churches. They can't find it in the philosophies they run into. And they're desperate for it. They just yearn and yearn, and they can't find it.

I have had two steady-state experiences in my life besides that gift that I have for going off into the light sometimes. One is Jesus and the other is sex. I've talked enough about Jesus so I'll talk a little about sex, because I think that sexuality is often scorned by those who would be more sacred and spiritual in their life. And certainly if you're defining sexuality as the workings of lust in your life or just the natural energies that go into going, “Hey, baby, you want to go home with me? You're cute,” that is not going to get you anywhere, spiritually speaking. It probably won't even get you into the green ray because it's far too full of those energies of using other people to be effective in having a good energy transfer.

You can, however, have green-ray energy transfers and still have not gotten very far in the ways of sacred sex. And as I told you in a talk yesterday, Jim and I had green-ray energy transfers from the first time that we ever opened ourselves to each other physically. But we didn't have our blue ray open. And opening the blue ray between us took a decade, I'd say. It took awhile. So, once we began talking with each other [in blue ray], then we had the ability to move into the indigo ray and the ability to experience sacramental sex.

Now, I will admit that it sounds a little weird for somebody to burst into the *Magnificat* or the *Te*

Deum Laudamus, which I do often, you know. “My soul doth magnify the Lord! My spirit hath rejoiced in God my savior!” And this is during sex, right?

But I think that the best prayer that I ever heard was one that Jim offered. He said, “Lord, I pray that our energy exchange may offer to you a life in love and a love of life.”

So, the enhancement that occurs when you invite the Creator into your energy exchange, into your sexuality, is enormously moving, intimate, and poignant. And the energy that's exchanged becomes absolutely beautiful and golden. I can understand how those of Ra said that their sexual expression was fusion because they were creatures of light. They would go into the sun and have their sexual energy exchanges there and be part of the sunshine that is flowing on us. I've often had the image, when Mick and I were in a particularly intense state, that we were sunshine. And I encourage everybody, if you're fortunate enough to have a mate to do this with, to take sex seriously; to spend, not a few minutes with it, but the evening. Set aside time. Put everything else aside and move up through the chakras.

Of course you have to be attracted to each other. That's understood. You can't really have a good sex life if you have to whip yourself into being attracted to each other. That's not going to work! But given that you are attracted to each other in the first place and that a sexual energy exchange is feasible, you just move through your chakras.

I think the first one that you move into is orange ray. Whatever personal problems you have between you, talk them through with a glass of wine or some time at least to enjoy a good dinner and talk with each other. And then you move into yellow ray. If one is married, that's where your dealing with sometimes very thorny issues of being married to each other, being basically a corporation that has a product—the household getting itself through life. And the problems that come up that are often very difficult because what do you with a mother-in-law that's intransigent or a father-in-law that doesn't respect you or—etc., etc.?

So, you talk through all these things and you become peaceful. There's nothing more to talk about. Everything's fine between you. And you move into the indigo ray and you just radiate to each other. A lot of times Jim will dance for me. He's a wonderful dancer and I just glory in it because I'm

sitting here, watching my priest-husband go. A lot of times he'll open with a salute to the Creator and I can see this ball of light forming in between his hands. And then he begins to move and the ball becomes two ribbons of energy that he's moving with his hands. It's just wonderful and it opens me up to the place where I would want to be, where I truly see him as Man and he truly sees me as Woman. And we go from there and we play. Dancing in the fields of the Lord is the way I like to think of it.

So, I'm sixty seven, I don't look good anymore. Jim still looks beautiful but, hey, I do not. So the fact is that you don't have to be pretty. You don't have to be slender. You don't have to be rich. [I think of] that Mick Jagger song, "Am I hard enough? Am I rich enough? Am I this enough, am I that enough?" "Beast of Burden" is the song I'm thinking of.

No, you don't have to be anything enough. You just have to be you. Don't miss out on this because it's available to us all. It's a wonderful power. It's a wonderful energy. And it is one of the best, right uses of power that we can possibly have with each other. It really, I think, has kept me alive through the Ra contact. I mean, the fact is the Ra contact began three weeks after Jim joined us. And I was just ginned up enough to do it. I didn't enough energy by myself and Don wanted to be celibate, so there was no hope there. So I give absolute respect and admiration to the power of sexuality and I hope that you all enjoy it as much as you can.

Now. Let's see. I have five minutes left and I have multiple pages. I'm going to abandon this (laughs) and move to the energy body.

(Singing)

With burning words of victory
Inspire our hearts grown cold with fear.
Revive in us a state of grace
And fan our smoldering lives to flame
Alleluia

To increase our polarity we work with our energy bodies. We observe our feelings, thoughts, and impulsive actions and we balance those impulses and those actions day by day so that we are more and more cohesive. We become laser-light instead of incoherent light. And you do that at the end of every day, by asking yourself, "What triggered me?" and then allowing [the] remembering [of] that anger,

that road rage, that jealousy or whatever, letting it just take you over and just express until it's glorious, and then letting that die down and asking for its antithesis and then allowing that antithesis.

If it's your impatience, you're working with that. Then you ask for patience. You ask for its opposite. And you let that fill you and fill you and fill you until you really get it. And then you hold the two in mind and you ask to balance. You're not trying to get rid of impatience, you're trying to balance it.

It is the single most useful conscious exercise for those who would like to live in love at all times and keep their hearts open. Getting the heart open is pretty easy. Keeping the heart open is doggone difficult. So you have to keep bringing yourself back up to your tuning, the required tuning, so that it really takes a kind of consciousness of yourself that isn't critical of yourself, that accepts yourself [but] that sees when you've dipped down below where you'd want to be and then systematically brings you back. No judgment, but, "Hey, this isn't where I want to be."

The other thing about the energy body that I think is good to remember is that—and I've said this in these talks before—it's not okay just to have a brilliant blue ray, and a brilliant indigo ray, and a great green ray if you've neglected the red ray, the orange ray, the yellow ray, if you don't really think too much of your sexuality, or your will to live, or your relationships, your relationship with yourself, with others, with your birth family and so forth. And it's all muddy down there, you're not getting up into the heart the infinite love and light of the one Creator.

So you need to keep the whole system clear and balance the whole system. What is going to increase your harvestability is better balance, not a more brilliant higher chakra. The violet ray, when it shows up at harvest, is a read-out of your basic vibration. And the basic vibration is not just the upper chakras. It's all of them. So you need to have this concept of appreciating and loving every single energy of your body.

Usually when our thoughts go where we don't want them to it's because we have fear or because we want to manipulate somebody so that we will be more comfortable. So we need to spend a lot of time looking at ourselves and figuring out why some people make us uncomfortable and then looking at

the part of ourselves that is equivalent with that person. Because they're a mirror for us. They're showing us who we are.

(Singing)

God is working his purpose out as year succeeds
to year.
God is working his purpose out and the time is
drawing near.
Nearer, nearer draws the time,
A time that shall surely be,
When the Earth shall be filled with the glory of
God
As the waters cover the sea.¹¹

So let's build our purpose. Let's wend our way. Let's find our own ways to love life. Let's find our own ways to love ourselves. Let's find our own ways to love the creation. Let's work with whatever inspiration we want to by accessing the gateway to intelligent infinity and let's do all that with joy. And if we don't feel that joy, throw it all away and find the joy.

(Singing)

When I can read my title clear to mansions in
the skies,
I'll bid farewell to all my fears and wipe my
weeping eyes.
I feel like I feel like I'm on journey home.
I feel like I feel like I'm on journey home.¹²

Farewell to everyone. This has been a wonderful Homecoming for us at L/L Research. Farewell to all of our BBS listeners. Thank you so much for listening. It's been a joy. Namaste.

(Singing)

I am the circle and you are healing me
I am the circle and you are healing me
United people we are one
United people we are one.¹³ ✿

¹¹ First verse of a hymn by Arthur Campbell Ainger, written around 1900.

¹² Southern white spiritual of the eighteenth century.

¹³ An American Indian chant, usually repeated at least three times.