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**ABOUT THE CONTENTS OF THIS TRANSCRIPT:** This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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## SATURDAY MEDITATION

NOVEMBER 22, 2025

*(Jim channeling)*

**Q'uo:** I am Q'uo and am with this instrument. And we greet each here in the love and in the light of the One Infinite Creator who has made all that there is in the infinite creation as a means by which to know Itself, to know each of you, and that you may know It as well. This is the great connection we have together. We are most appreciative that each of you has joined this group this afternoon to seek a broader way, a deeper way, a more inspiring way to live some facet of your life in an unique way. For each of you are quite unique, although you share the Creator as the nature of your being, and you share the love that made all things with those who are not only close to you, but who you do not know personally, as they too are the Creator.

As we speak to you this afternoon in answer to your queries through this instrument, we would ask you to consider carefully the words we share. For we are only brothers and sisters that have moved a step or two further along the path than are you, and we feel that it is important to know that we will share our opinions. So take what we say with the proverbial grain of salt. If it feels right to you, use it. If it does not feel right, discard it.

And with that said, we would ask if there is a query with which we may begin?

**J:** Q'uo, I've been traveling, I'm traveling to Egypt and would be open to anything you would offer to share about Egypt at this time. In *The Ra Contact*, I read that maybe the Great Pyramid of Giza was built, perhaps, in honor of Imhotep, and I just wanted to verify that as well. So anything with regards to Egypt and my trip to Egypt that you can offer.

**Q'uo:** I am Q'uo and am aware of your query, my brother. Egypt, that great land where those of Ra walked among the Egyptians and felt the power of their belief at that time of pantheism that the Creator was everywhere. And so they walked there, and they felt that there was much potential in that area of the planet for there to be what you have called the Great Pyramid at Giza. [Thus] they created out of the thought that was within each of them so that they could make out of the manifested beingness of the Creator the intelligence of stone that would be piled, seemingly, one upon another. When in truth, it was one stone that is, what you call, the Great Pyramid at Giza. And the one known as Imhotep was given credit in later times for building that pyramid.

Upon your journey to Egypt, we would suggest that you examine that pyramid and the various portions in the King's Chamber and the Queen's Chamber, as they have been called by many, and the resonating

chamber below the pyramid. For these are areas where the spiritual seekers of truth could go for healing, for feeling the presence of the Creator, for refusing to believe that their physical body was all there was to their life pattern. These are ways that were used then and can be used now, as each of you has this type of a structure within your spiritual body that can allow you to heal yourself when the Creator's love flows through you when you wish to be healed, so that you can discover more about yourself as you move through each portion of your life experience; that you can see that you are more than a physical body inhabited by a mind, [so that] the spirit of the One Creator can move freely within you as you can move freely about your third-density illusion.

Is there a further query, my brother?

**J:** Not at this time. Thank you.

**Q'uo:** I am Q'uo, and we thank you, my brother. Is there another query at this time?

**Questioner 1:** Yes, how may I best support my partner through this time of transition?

**Q'uo:** I am Q'uo and am aware of your query, my brother. We may speak in general terms that you may interpret specifically about how you may support your partner in this time of your being together and perhaps expecting another being to come through her to you both. This is a time of rejoicing. This is a time of preparing to bring another form of the Creator into this world by sharing with it what you feel is most important in your own spiritual journey, in her spiritual journey.

Make this plan that is something that you can do on a daily basis within your meditative state that you may send love, light, inspiration, joy, meaning, path of service to the one that is yet to be born. That you can take walks together in mother nature. That you can appreciate the sky, the earth, the trees, the mountains, the creeks, the rivers, and the pools that reflect back to you the power of Mother Nature reflected through the Creator and to you. That you may be together in spirit, no matter where you are, when you're making a shopping run and your partner is home. That you can feel her presence and she can feel yours. That that connection is never broken by any distance, by any type of experience. That it is powerful, immutable. That it is such a

beautiful connection that there is no power on Earth that could break it.

These are our suggestions, and we hope that some of them may make sense to you that you may implement them as pieces of a puzzle that you will continue to put together throughout your life path.

Is there a further query, my brother?

**Questioner 1:** No, not at this time. Thank you.

**Q'uo:** I am Q'uo, and we thank you, my brother. Is there another query at this time?

**P:** I have a query regarding the inner planes, and I'm wondering about those who are service to self versus service to others and how is it distinguished in the inner planes? Are they separate soul groups? Are they intermingled? I wonder how that piece of it works.

**Q'uo:** I am Q'uo, and we are aware of your query, my sister. Within the inner planes, there is no veil of forgetting that keeps one from seeing the larger view that we are all the Creator. So as far as the service-to-others entities, these entities would be quite willing to mingle with anyone because they see all is the Creator.

However, the service-to-self entities, being constricted and controlling in their point of view, would not want to be experiencing such acceptance and love from positively oriented entities. For it makes them feel ill, and they do not like that feeling. So they consciously separate themselves from all other entities and some from each other, depending upon their pecking order. For the service-to-self path is a path of power over others, and it is obvious, by previous experience, who are the most powerful.

Is there a further query, my sister?

**P:** Is this how the mythology of Heaven and Hell came about?

**Q'uo:** I am Q'uo and am aware of your query, my sister. We feel that you have, shall we say, hit the nail on the head. For there is throughout most of the religions of the world that concept of Heaven, and of a Hell that is only realized by those of the negative nature. And yet, because of their power, they have made it something that many of the religions of the world feel is an actual place. For actually, it is only a place of negative entities enjoying their power over others, and that heaven is actually everywhere, including what is called hell. This is what is the most

important thing to realize. That there is unity in all the creation. But every person, every entity has a chance to see it in their own ways. And if a negative entity wishes to believe there is a separation within the creation that is called Hell, and for them that is true for they have created it.

Is there a further query, my sister?

**P:** No, thank you so much.

**Q'uo**

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

**M:** Yes, Q'uo. A few months ago, our family lost one of our second-density members, and I've been exploring ways of how to connect with that second-density member since she passed. I was wondering if you might be able to offer any advice for connecting with her.

**Q'uo:** I am Q'uo and am aware of your query, my brother. You have asked a very interesting question. The connection with her has been made as you have lived your life together. Your love for her and her love for you will not be broken. So the only question is how you can see that connection now. Perhaps in meditation, you can ask her to appear in meditation or in dreams or in thoughts. Look for those principles that she shared with you, her unique way of being, and see if there is something in your daily round of activities that reminds you of her at that moment, so that you can feel her presence.

For [it is] very, very likely that you have allowed her to become a third-density being with her spirit energized and activated by your love for her and her love for you. So see those times when you feel something that was similar to how she related to you, how she behaved on her own, with the environment around her, and feel her presence, because she very likely will be with you for this time in your life and for when you leave your body, she will be there to greet you.

Is there a further query, my brother?

**M:** No, that was beautiful. Thank you.

**Q'uo:** I am Q'uo, and we thank you, my brother. Is there another query at this time?

**T:** I have one, and it has to do with what the gentleman just was speaking to. It has to do with dreams. And most of the time dreams are for me

very fragmented and make no sense whatsoever. But I had one in particular, it was a visit by a friend who passed away. And I've dreamt about other people a lot, of course, but it's never seemed like this. It was just, I mean, it was so real that I could just practically reach out and touch the guy and understand that he was coming to me, I think. And he was not consciously into the oneness of all things. But I believe that he was attempting to tell me, "Yes, it is. You're not necessarily right, T, but it is a oneness of everything."

Is there any way that one can... other than just what you feel about it... is there any way to discern whether something like this is real? And I know it's "real," but whether it's something that is really meant to be and given to you or to myself? If my question makes sense.

**Q'uo:** I am Q'uo. I'm aware of your query, my brother, and your question does make sense. The experience you had with your friend who said that all is one was an experience that your friend was able to feel and experience because there was no veil of forgetting for him any longer. And as to how you can determine whether this was something that was real in your experience of the dream: dreams, my friend, are quite real. They are messages from you to you that you can interpret by using not your intellect, but your intuition, your heart, your feeling. And you can determine how real that dream was.

Is there a further query, my brother?

**T:** No, that's perfect. Thank you.

**Q'uo:** I am Q'uo, and we thank you, my brother. Is there another query at this time?

**Questioner 2:** Yeah, I'm wondering, if possible, how one can protect themselves from darker entities or negative spiritual activity when one feels subject to such thing?

**Q'uo:** I am Q'uo and am aware of your query, my sister. Yes, we would suggest when you feel there are any dark energies or entities or concepts that are, shall we say, taking aim upon you and your life experience, that you enter into the state of meditation. And with your heart open, send your love to these entities, surround them with your love. For they do not like to be loved. They are from an area of their own consciousness that is separate from others and wishes to control others. Send them your

love with the feeling of true love for them, for they are the Creator. They are your other-selves; they just do not know that. And after you have done that, surround yourself in an armor of light and wish them well from your heart.

Is there a further query, my sister?

**Questioner 2:** No, not at this time. Thank you.

**Q'uo:** I am Q'uo, and we thank you, my sister. Is there another query at this time?

**G:** Yes, Q'uo. My question is about the so-called life between lives. After we leave third density, many of us believe that we go on to an experience between lives where we review our past life. And eventually, we have a chance to have another existence in third density if we want, if we can take it.

So I'm wondering about the transition from third to fourth density, or from fourth to fifth, or fifth to sixth and so on. Is there an equivalent to the life between lives, when one moves between densities? And do you have a choice then to move on to another existence or go back to the same density you were in and have more challenges there?

**Q'uo:** I am Q'uo, and I'm aware of your query, my brother. The life-between-life experiences within your third density give you a chance to review the life just lived with your higher self or your guides so that if you should decide to return, you can see where there might have been refinements that you could have made in your previous life experience. Refinements that will perfect your desire to see the Creator in all and to continue moving through the densities where you become closer and closer to unification with the One Creator so that, in each higher density, there is a refinement of this review of the incarnation. But it does not require your work with higher selves as much as it does with your work with yourself, for there is no veil of forgetting in the higher densities.

There is the overview that shows that all is one, and yet within the incarnated portion of each higher density, it is not so clear that all is one. For it seems that if that is obvious, why should you see something differently? And yet, each entity, until they reach the octave density, the eighth density, has some way of seeing itself as separate from all those around it. For they see all those around it as other-selves, as mirrors, as entities. Even though they know they are

now a social memory complex and everyone has access to every experience in every incarnation that has ever been, and yet that refinement continues throughout the octave until all coalesces into the unity of the One Infinite Creator, and the entire picture begins again. The story is retold yet at another level.

Is there a further query, my brother?

**G:** Yes, in moving through the densities, does one necessarily become part of a social memory complex or are there others who are lone practitioners who work on themselves without being part of the larger group?

**Q'uo:** I am Q'uo and am aware of your query, my brother. In general, we may say that the higher densities from the fourth through the seventh have a social memory complex that operates as a social memory complex. However, within the fifth density of light or wisdom, it is possible for each member or any member of a social memory complex to move in an unique fashion seeking ways to know itself better as the Creator as it travels the journey seemingly alone, yet not truly alone, but in a sense that does not reflect the total unity of the social memory complex.

Is there a further query, my brother?

**G:** Not at this time. Thank you, Q'uo.

**Q'uo:** I am Q'uo, and I thank you, my brother. Is there another query at this time?

**Questioner 1:** I have one last question. Occasionally, more so recently, I feel in the role of a protector. However, often times I feel I drift into anger. How do I redirect back into love more efficiently and remove myself from anger?

**Q'uo:** I am Q'uo, and I'm aware of your query, my brother. In those moments when you step off the path of love and take a detour into anger, we would suggest that you review that stepping off the path into anger in your meditation. See where you were before you stepped off the path. See what caused you to step off the path. Look at that as a portion of your spiritual journey that can be enhanced when you see that more potently within your own being, so that you can feel that anger yourself rather than feeling it for someone else.

And then see what it would be like if you loved yourself and your other-self. And make that feeling

of love of yourself and other-self as powerful as the love that you did not show when you felt anger. Then see that as something that is part of your spiritual journey that you do not have to do that again. Let that be the healing of the anger. The healing because you see why it occurred, how it occurred, the effect it had upon you and another.

And then accept yourself for being, what could be called, a fool. The Fool in the tarot walks blindly off the cliff and knows there is solid ground underneath what seemed to be pure air.

Is there a further query, my brother?

**Questioner 1:** No.

**Q'uo:** I am Q'uo, and we are grateful we've been able to answer your question, my brother. Is there another query at this time?

**J:** Q'uo, Anita Moorjani<sup>1</sup> was healed spontaneously in her spiritual near-death experience and has pulled together a group of healers to see if that could be enacted universally, if there's a way to achieve spontaneous healing in most anyone who has a serious life-threatening element. Is it possible, in fact, that most could be healed spontaneously, energetically? Is that potential going to be realized in my lifetime?

**Q'uo:** I am Q'uo and aware of your query. my brother. The spontaneous healing that can often come with the near-death experience is something that is usually planned pre-incarnatively. For there are, as Ra would say, no mistakes, however, there are surprises. In most cases, I would suggest, and this is just the opinion that I share with you now, that these surprises of spontaneous healings are something that you bring on to yourself, pre-incarnatively. So that at the point of the time when it looks like you have an opportunity to leave your body, you may, if you wish, stay and learn more of the lessons of love. The Creator's love that has made all that there is, or you may go onto another level of learning and another experience in an incarnation.

Is there a further query, my brother?

**J:** No, thank you very much.

**Q'uo:** I am Q'uo, and we thank you, my brother. Is there another query at this time?

*[Pause]*

I am Q'uo, and we are so very, very grateful for every query that you have asked and have given us a chance to fill in the puzzle pieces of some portion of your life, path of journeying back into unity with the One Infinite Creator, with the friends that you call your social memory complex, your spiritual family. Those that have been with you forever and shall be with you forevermore. For each of you are the One Infinite Creator. We also would like to thank you for taking the time to join this group. The love you have opened your hearts to and shared with each other shines like a crystal into the infinite universe, and the angels rejoice.

At this time, we shall take our leave of this group. And as we leave, let the light we've taken tonight shine forth into the Creator. May all who need healing be put into that light. Adonai vasu borragus.

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<sup>1</sup> Anita Moorjani is the author of [Dying to Be Me](#).