



L/L

RESEARCH

L/L Research is a subsidiary of  
Rock Creek Research &  
Development Laboratories,  
Inc.

P.O. Box 5195  
Louisville, KY 40255-0195

www.llresearch.org

Rock Creek is a non-profit  
corporation dedicated to  
discovering and sharing  
information which may aid in  
the spiritual evolution of  
humankind.

---

**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.

---

© 2026 L/L RESEARCH

## C/C CHANNELING CIRCLE, PART I MARCH 17, 2026

*(Austin channeling)*

**Q'uo:** I am Q'uo, and we greet this circle in the love and in the light of the One Infinite Creator. We are honored and grateful to be invited to join you again in this configuration of your circle of seeking. We have been with these instruments in your, what you would consider, more public or general circles where we have been able to practice with them this art of channeling. But we are excited again to join in this configuration for we understand that here in this environment, with this particular intention with which you set within this circle, there is a different type of exploration happening.

We have been honored to witness this exploration unfold with what you have experienced as new contacts within the Confederation of Planets in Service to the One Infinite Creator. Our friends of Tovo, Halos, and Biondha are excited to witness us come through these instruments as you have charted new pathways, expanded your capacities as instruments, and set a new type of environment with them. And so they witness us as Q'uo joining with this new environment that they helped to build, and we are grateful to both them and to you for the opportunity to experience these new pathways, though they are subtle.

Before we open up to receive your queries, we would, as always, make our perennial request, and

that is that any piece of information or inspiration or any word that is spoken through these instruments by us be evaluated by each seeker who encounters them; that these words do not take place in your life as the final authority, but rather become another perspective for you to integrate and to consider against the truth that exists within your heart and within your mind. This truth that you have discovered within the self reigns supreme on your journey of seeking, and our words seek to augment it, rather than supplant it.

If you would allow them to take this place, we may speak more freely and offer our own perspective with less caution for how they may infringe upon your path. We appreciate those present and those who read our words in doing this favor, and at this time, we would ask if there is a query with which we may begin? We are Q'uo.

**Gary:** Yes, thank you, Q'uo. It's good to be with you. I think these might be the last of my world-focused questions for a bit.

I find myself of two minds at times. My spiritual heart senses the movement toward the fourth density of love and understanding; and I see so much evidence of the global awakening increasing, as it has been for decades. But my more news-oriented, rational mind reads the headlines and sees a planet in peril, whether through ecological degradation,

proliferation of nuclear weapons, or return to a political philosophy of *might makes right*, the increasing gap in wealth inequality and so on.

Given the metaphysical situation of a planet that has entered a fourth-density time/space vibration and crossed the threshold toward the birth of a positively oriented fourth-density experience, are there guardrails in place to protect against the potential for self-inflicted planetary annihilation?

**Q'uo:** I am Q'uo, and aware of the query, my brother. And we appreciate the heart from which this query comes, for we understand and relate to the desire to see your planet graduate harmoniously into the fourth density of love and understanding. And we, too, are what you might call *concerned* with the increased energies of regression that are being manifest upon your planet as those fourth-density energies become ever more present and push with ever more pressure upon the individual and collective psyches of your planet and population.

We empathize with the dual nature of the query as you have presented it, that which recognizes the truth contained within the light of fourth density that is now present within your planet and upon your planet. We understand that your heart senses this energy and influences your perception and allows you to witness what you have described as a certain spiritual awakening upon your planet.

We would encourage any seeker who feels the tension of these two poles—the growing spiritual evolution of your planet alongside the seeming regression of your planet—to foster the perception of that growing spiritual awareness. To treasure those moments in which you recognize within the eyes of another, within the laughter of a child, within the growing joy of community, within the coming together, to celebrate or to mourn or to deal with whatever particular situation has come upon your community; and to cherish these moments, to bring them into your meditation and allow them to inform the open heart that is being cultivated within you and within your social memory complex.

We make this suggestion because, in our perception, particularly upon your planet, there is the tendency to allow the perceptions of the seemingly negative, of the difficult, of the suffering and the violence to overwhelm the senses. It can be difficult within the veil of third density to hold on to the heart of love. As the overpowering chaos and difficulty become

more and more present within your awareness, thanks due to the various technologies and lines of communication that you experience, this fostering of this perception is one way in which we may encourage you to yourself form *guardrails*, as you put it. To intentionally water those seeds within yourself and within others.

Both by outer encouragement and by inner encouragement and focus, you help to develop what could be seen as guardrails. Each seeker who performs this task, who allows themselves to honor the compassion and love of fourth density that may be present within this chaos, helps to shore up these guardrails and to allow your planet to express a very difficult and turbulent transition without, you may say, going *off the rails*.

To the question of whether these rails are innate within the process of this transition to the fourth density, we would say that this is not necessarily a built-in aspect. There may be situations and potentials upon your planet, and upon other planets, in which the chaos and the difficulty imposed upon the planetary population by the very powerful fourth-density energies attempting to manifest can meet such resistance, and create such confusion, that indeed there may be some great harm done to the planetary body itself. There may be some great catalyst that unfolds, that induces much suffering upon your planet. There could be a lessening of the planetary population due to these things.

We speak these words understanding that they may cause alarm, but this is not the intent. For we emphasize the power contained within the individual and within the collective to recognize the truth of fourth density and to allow that truth to be manifest within the chaos and protect against this harm.

However, the seeming chaos is indeed a built-in function, you may say. It is a natural result of a planetary population arrested by the distortions so powerfully woven within your societal complex that discourage the inner seeking of each individual and that provide the distraction, allowing individuals to avoid witnessing and experiencing the suffering and the difficulty upon your planet.

And these fourth-density energies push ever harder against that avoidance and against the discouragement of seeking the self. As individuals experience the power of this energy, it becomes

manifest in greater and greater means of avoidance. And this avoidance then can become so powerful that it turns outward and becomes violent and projects itself upon others, whether that be the neighbor or the *other* of your countries, of your communities. The regression could be to the orange ray of individual personality and protection, desiring only to care for the self, to love only those things that may benefit the self. Or it may be to the yellow ray of caring greatly for the social bonds formed within your communities, large and small.

We encourage you to pay attention to the energies of these regressions and to discover them within yourself as you witness them outside of yourself. And we encourage you to pay attention to the feelings that arise when witnessing them. Whether it is fear or anger or even a general anxiety of the results that might come from the increasing manifestation of these regressive attitudes. Bring all of this into your heart and allow it to sit within that space that has been cultivated by the love and acceptance of the fourth density. For it is in this acceptance, this allowing, this ability to take this within the self, to recognize it as part of the self, that then provides the atmosphere of transformation that becomes the guardrails of your planet.

We would offer a glimpse that we can perceive from our perspective, and that this is being done by groups such as this, by individuals who find these disturbing images and circumstances upon your planet to be pushing them inward. It is indeed creating a catalyst for those individuals to activate the love and to activate the acceptance necessary to allow this transformation. This is not always apparent on the outside. You may not always perceive it, particularly given the focus of what you call news or how information arrives within your perception.

Much of this quiet contemplation remains interior, but it can be perceived and utilized by the collective. If you, as individuals, continue to tap into this energy, the available capacity for the transformation of fourth density becomes greater, and the protection imbued upon your planet also becomes greater.

We witness the greatest probability/possibility unfolding that the work done by many individuals is succeeding. [There may be] much chaos and turbulence to unfold and much catalyst to be visited

upon your planetary population. But [due to this work], this catalyst then has the possibility of succeeding in its mission, which is to cause you as a planetary population to turn together towards the heart.

This will require more and more catalyst of greater and greater degrees, for it must increase in its intensity to draw the attention of the individual and to break through, you may say, to the hardened protection around the heart that has been built by the energies of the orange and yellow rays. But this catalyst can work, and if your planetary population were not able to grasp it and utilize it, then it would not be present. The potential of your planetary population is what manifests the degree of this catalyst.

Is there a follow up to this query, my brother?

**Gary:** That was on point. Thank you, Q'uo. Yeah, a simpler follow up to that question. You describe the appropriate relationship of the third-density entity to fourth-density energies as one of allowance and acceptance. And on paper that sounds so easy, you know: *expand the heart; welcome more peoples into the heart; recognize our interconnectedness; love your neighbor*, etc. Yet, clearly, large portions of the planetary population are feeling this energy and regressing to the orange or the yellow ray to protect the self, to identify with the tribe, to reject universal love, and so forth.

Can you speak to *why* it's so difficult for these third-density entities to allow and accept the energies of love and understanding that are characteristic of the fourth-density energy?

**Q'uo:** I am Q'uo, and am aware of the query, my brother. We can respond to this query from various angles. Not all of those angles may be direct, for this is the task at hand for your planet, and it does require some self-guidance, you may say, for the population to discover this thread of love and to weave it into the tapestry of your social complexes.

To speak to why this difficulty persists, there are many influences upon each individual that create certain barriers and create certain calcified pathways that encourage these individuals to turn back from the light of fourth density, the light of *transparency* of self, to self and to other, and instead reiterate their own personal universe within the self.

Part of these influences come from your society itself. As we mentioned, there are many opportunities for distraction, for sedation, for avoidance. These are incredibly powerful forces within the third density, and your planetary population has developed many tools to help individuals avoid suffering, whether in the self or within other.

You are quite removed from the reality of how your life influences others. Within your society, there is very little awareness of the impacts of each of your actions because your social complexes have become so complex. The abstraction of your life has become so far removed from the direct influence of it, the direct association with those things that provide your life, that it is very easy to simply ignore the suffering that continues to be pervasive around your planet and the seeming chaos. But the rising availability of information is concurrent with the ability to avoid it.

These two energies exacerbate each other, you may say. The more that you have the ability to avoid suffering within the self and avoid witnessing the suffering of others, the more opportunity is invited to impress upon you that suffering of self or other.

And so this accounts partly for why there seems to be an increase in this seeming chaos, but also an increase in the turning away from it, because these two things, in a sense, create a balanced tension. However, this tension grows more and more, and the nature of catalyst is that which is aimed in an attempt to break this tension—to force, you may say, the individual or the collective, to turn towards the suffering and to take it in, as we have encouraged, in the *eyes of love*.

And this will not necessarily mean a passive acceptance of what is occurring, but we would expect that, for many upon your planet to [be able to] open the heart in love after having been closed for so long, will encourage a great motivation and an attempt to gift the planet restitution and healing where these spheres of suffering have been allowed to be so pervasive and persist for so long with the avoidance mechanisms working so hard to allow the individuals to ignore them.

We can also speak somewhat to a more metaphysical influence, both within your time/space of your thought-forms developed by your societies, but also by the Orion group, as you have identified it. Those service-to-self entities who are drawn to the great potential upon your planet as it transitions from the third to fourth density find great opportunity to practice their craft, you may say, of manipulation and finding new ways to energize the tendency of individuals to avoid suffering, to cover up that suffering, to even engage with what seems to be positive attitudes of spiritual seeking and turn them towards a bypassing you may say, of this suffering.

These energies are energized by the Orion group in an attempt to baffle the birth of a positive fourth-density planet, and they are finding some success. But this ability will become more and more limited as the catalyst grows in its intensity, and more and more people will have the inward trajectory of avoidance shattered by the necessity to witness something that cannot be avoided; the necessity to finally grasp the suffering within the self, and reckon with it within the energies of fourth density, which encourage openness and transparency and expression of the self through the eyes and words of love.

Is there another follow up to this query, my brother?

**Gary:** There are more questions, Q'uo. First, a quick housekeeping note, there will just be two channels today it seems, so you can divide up your time accordingly.<sup>1</sup>

Kind of related to this subject, it's complex, apologies. In [#12.28](#), Ra is talking about the purity of mind and the foolhardiness/bravery necessary for the higher-density soul to wander to this planet. Then Ra adds this seemingly garbled statement:

The challenge/danger of the wanderer is that it will forget its mission, become karmically involved, and thus be swept into the maelstrom from which it had incarnated to aid the destruction.

Now, “maelstrom” can be defined as a powerful, violent whirlpool in the ocean, or a large body of water. The kind of swirling current that, in old sailor lore, can pull entire ships down into its spinning center. It also connotes a chaotic, overwhelming situation; a convergence and whirl of intense

---

<sup>1</sup> Trisha was unsure if she would be able to channel on this day due to feeling under the weather, but by this point Trish had signaled to Gary that she would be unavailable for the service.

So instead she rode her dirtbike around the living room during the channeling, doing handlebar stands and other daring tricks.

emotions, events or forces; a state where everything feels like it's spinning at once. That seems apt for our times, globally speaking.

Can you speak to the choice of "maelstrom" in 12.28, and what that statement is trying to say? For your and the instrument's benefit I will repeat the statement:

The challenge/danger of the wanderer is that it will forget its mission, become karmically involved, and thus be swept into the maelstrom from which it had incarnated to aid the destruction.

**Q'uo:** I am Q'uo, and I'm aware of the query, my brother. We may speak and elaborate more upon this particular passage, with the caveat that we are working with an instrument that has experienced much contemplation and engaged in much discourse around this, as you have worded it, garbled quotation. Indeed, we would find that the words used in this passage are confusing and inadequate, and we may not speak necessarily to their original intention, but rather can reflect upon them as you have presented them with a focus upon the notion of a wanderer incarnating and being *swept away*, you may say, into a maelstrom.

This is the aspect of the quote that we feel is most important: that the wanderer, that soul from a higher density who has already experienced third density, may look upon the incarnational plan to travel back and wander into third density with some strong desire to serve. And this desire to serve can be overpowering, even overwhelming, for this higher-density entity [generating] the motivation to then incarnate, and attempt to serve a planetary population such as yours that has found itself swirling, you may say, within a certain cycle of regression and catalyst presented by that regression. This can create a very powerful pull. And as the wanderer takes upon it the full forgetting of the third density, it is not necessarily equipped with the perspective that allowed it to make the decision to incarnate, the perspective that would then encourage it to focus its efforts upon service, one-pointedly.

Rather, the wanderer must awaken to its nature within the incarnation, and it is often forced—we correct this instrument—forgotten, in a sense, by the higher-density entity, just how powerful this so-called maelstrom can be. And so we find your description of the maelstrom to be quite apt, in that

there is a circular nature, a swirling that becomes disorienting.

This is indicative of the patterns that unfold upon a planet such as yours where there is a certain entrapped nature of these energies. They are stuck in a certain cycle, and the cycle grows more and more powerful to the point where it seems to be swirling and grabbing everything within its path, pulling it into its own pattern.

Entities who incarnate within your society may incarnate with a purity of intention, but then they must grow within that society. They must take upon themselves the distortions of this society. It is hoped-for by the wanderer that they can adopt these distortions while maintaining the connection to that *original desire* that caused them to incarnate. But if these patterns become so powerful, they may override this desire, you may say, or at least cover it up from the perception of the entity, and they, too, will then get trapped within these patterns and these cycles.

This is why the word choice and description of the maelstrom is so apt, because there is a certain current that is repeating, certain cycles that continue to be bolstered by the fourth-density energies that cause the regression and the exacerbation and greater crystallization of these patterns.

We would name some of these patterns as bellicosity and the tendency towards self-protection, the tendency towards projecting insecurities and judgment outwards, and the ignoring of the self that is reflected by the other.

To the garbled nature of this quotation, we cannot speak further to the potential of any hidden meaning within how these words are arranged, but rather emphasize that we, as Q'uo, in this moment, through this instrument, wish to place emphasis upon the dynamic we have described and how the maelstrom affects the wanderer, rather than the seeming confusion of how the sentence itself is arranged.

Is there a follow up to this query, my brother?

**Gary:** Yeah, I didn't expect that there was any riddle there or hidden meaning, but rather just that the syntax got messed up in transmission, but it's only a guess. Yes, in my personal opinion, there seems to be widespread confusion regarding differentiating behaviors that exhibit as service to self and those that

exhibit as service to others, even and especially among those awakening to spiritual reality.

Not that we can easily know the heart of an other-self and what their ultimate polarity may be, much less what the polarized intention of any given action is. But some outer actions and behaviors clearly ring of *power over others with intent to dominate*, while other actions and behaviors ring of *compassion for others with intent to uplift*.

Can you speak to this planetary confusion, and whether perhaps this also connects to the maelstrom that wanderers risk being swept into, thereby inadvertently supporting a destruction that they incarnated to prevent?

**Q'uo:** I am Q'uo, and we believe we grasp the heart of your query. We find the identification of energies with seeming service-to-self tendencies to be quite congruent with the idea that fourth-density energies coming to your planet cause a regression, particularly when framed as a regression into the lower energy centers.

This seeming connection is due to the fact that, for an entity to polarize service to self, there is a need to master, you may say, the energies of these lower energy centers towards a certain end. There is a need, through a great strength of will, to avoid and close off the self from that influence of the green ray that would be experienced within the heart chakra of the entity, and instead bolster the energies of the lower energy centers absent of this green ray influence.

The behaviors that are indicative of these patterns present within the orange and yellow ray chakras in particular may look almost identical to the behaviors of a polarizing service-to-self entity, because they exist within the same realm of so-called development within the self. They are of the same energy, you may say.

However, the service-to-self entity utilizes these energies in a very conscious, intentional, and deliberate fashion. An otherwise asleep, or perhaps even service-to-others oriented individual who experiences this regression, may fall into the similar patterns that are expressed by a service-to-self entity, but do so mostly unconsciously or mindlessly.

In order for these behaviors to be truly utilized for service-to-self polarization, they must be done with full intention and full awareness. This can

sometimes come from the pull of this maelstrom, the otherwise positive individual being swept away into these patterns; and then, through this unconscious unfolding of these patterns, they tap into a certain power that is alluring, a certain understanding of the capacity of these energies to access the One Infinite Creator in their own way; to provide the power available to the individual without the necessity of opening the heart.

This may then cause such wanderers to forget their original polarization, you may say, to allow their original polarization to be faint in its influence, and rather, the nature of service to self to be cultivated by the unfolding of these patterns and the experience of true spiritual connection that is still available through these patterns.

We believe that this is related to the heart of your query, but we ask if this has adequately addressed what you were hoping to ask about?

**Gary:** Let me just express gratitude for wending your ways to these complex questions. It's an honor to be able to ask questions of you, Q'uo. And your responses, in my opinion, have been excellent regarding the question. Everything you said made total sense to me. I realize I did not aim my question properly, however.

It was more about confusion in *perception* among those I judged to be positive, even positively oriented wanderers. Particularly regarding leadership and public figures, political figures and aligning oneself with these leaders who, in my opinion, for what it's worth, don't align with the positive values that I know exist in the positive person.

And this, maybe I've got the wrong of it, who knows, but presuming I'm seeing some pattern, is this confusion in perception connected to this, this maelstrom, as it were?

**Q'uo:** I am Q'uo, and am aware of the query, my brother. And we appreciate this clarification, for it allows us to explore this dynamic that we have already been exploring to a deeper degree.

And indeed, we would affirm that there is a strong connection between what you identify as confusion upon the part of the positive individual. We would take a moment and request that the questioner and the reader attempt to, as best as possible, relieve themselves of any particular situation or circumstance in which they might apply this

dynamic, for we are able to speak more freely with the understanding that our words are received in a general sense, and that we are not offering commentary upon the planetary game, as we have called it.

Within your question, we do recognize great truth of this dynamic. The maelstrom, as it has been called, indeed does pull all entities into it. The capacity of each entity to withstand, or perhaps, you may say, become aware of the currents of the maelstrom and thus be able to navigate them, is quite individual.

For the positive individual who may maintain that desire to serve others—who does not lose sight of the guiding star, you may say, of compassion and love—still may be trapped within patterns that are exacerbated by this maelstrom. They may be pulled in by the patterns indicative of the more negative expression of orange- and yellow-ray thinking, particularly that of bellicosity, of attitudes that encourage separation and fear and an *othering* of your other-selves, you may say, the desire to see them as *less than*.

These attitudes are not necessarily free from the positive entity. The service-to-others entity may have such attitudes unconsciously. When they are swept away into this maelstrom, though, they may maintain a desire to serve others, their desire, is projected outwards. They may look upon situations, circumstances, so-called solutions, people, or personalities that are, in truth, indicative of these service-to-self energies of the lower energy centers, but instead see within them their inner desire to serve others [due to this projecting of their own distortions].

And thus there is a conflation of the positive, the radiant, and the impending transformation into an environment of love and understanding with a situation or circumstance or individual that is instead more rightly expressing and exacerbating those patterns of confusion. Or perhaps even more crystallized patterns of self-service within the lower energy centers.

Does this adequately address your query, my brother?

Gary: It does, thank you so much, Q'uo.

Q'uo: I am Q'uo, and we thank you, my brother. We ask if there is a final question to which we may respond through this instrument? We are Q'uo.

Gary: Let me check in with you and the instrument first before I choose which direction I want to go. Is the instrument open to what could be a substantial question? Medium substantial, not a big, complex one.

Q'uo: We are Q'uo, and with this instrument, gauge the energy to potentially be available for such a question, though we may make such assessment upon receiving the query.

Gary: It is about the *Telepathy Tapes*.<sup>2</sup> In this particular podcast series, which has gained some attention, it features what, in conventional terms, we would describe as nonverbal autistic children who seem to exhibit telepathic ability; moreover, ability to meet in, what in my Law of One brain might describe as time/space together, to meet in a nonphysical realm and communicate with one another and so forth. And it's very intriguing.

And I'm wondering if you can speak to these children and what they represent? Might these be dual-activated beings? Might they be way-showers, in a sense, for the arrival of fourth density and so forth?

Q'uo: I am Q'uo, and am aware of the query, my brother. We feel that we can address this query somewhat, but recognize that there is a richness to this question that may be mined and explored in further questioning at a later time. And before addressing this query directly, we would offer a caveat or make a certain request, and that is related to the tendency of your peoples to wish to classify and name and put things into a certain order that can be easily grasped. We find this dynamic to be quite present within the attempt to reconcile and understand the phenomena explored by the, what you have called, *Telepathy Tapes*. For within the phenomena explored in this great creation, there is a great variety of expression of the One Infinite Creator in different ways. This includes both in the capacities of those individuals highlighted within

---

<sup>2</sup> *The Telepathy Tapes* is a podcast series exploring telepathy, nonspeaking communication, and the many ways minds connect beyond words.

these stories, but also in their own natures themselves.

There is no one way, you may say, to classify these abilities or these individuals, but we can speak somewhat directly from our own observations, that, in our understanding and in our perception, many of these individuals—many of them young—are indeed those who we have defined as dual-activated entities, having the capacity within them to operate both a third-density body and a fourth-density body.

We have observed, you may say, the somewhat difficult experience of these individuals within the environment of your troubled third density as it attempts to reckon with the fourth density. And we would point out that the nature of this difficulty is not necessarily caused by the neurological configuration of these entities, but rather is often (though not always) caused by the friction, caused by your society's attempts to restrict these individuals into strictly third-density ways of being and ways of knowing and ways of expression. This we would understand as a central catalyst, both to those individuals and to their caretakers and to any seeker who is interested in these stories.

We would end our exploration of this fascinating topic at this point and ask that if there is more to explore from the questioner's perspective, that this topic be presented again at a further session. But at this time, we would instead take leave of this instrument and transfer the contact to the one known as Gary. We are Q'uo.

[Due to this session's length, it is split between two parts. You can find the continuation in [March 17, 2026, Part 2.](#)]