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SATURDAY MEDITATION

APRIL 11, 2026

(Jim channeling)

Q'uo: I am Q'uo and am with this instrument at this time. We greet each of you in the love and in the light of the One Infinite Creator that exists within all of you, and everything around you. And we are most honored to say that this is a day when we thank you from our hearts for joining together in this spiritual group of seekers. This is something that you have made possible by your will to know more of yourself and your spiritual journey. And this is something that we are honored to do, because it is our service to you, as you serve us by asking us questions. And as we do our best to answer your questions, please know that we are not infallible in our own spiritual journeys. We make mistakes. If anything we say sounds like it doesn't ring of truth to you, then let it go. If you will do this favor for us, then we can speak from our hearts and say whatever we feel is the best to say in answer to your queries.

May we ask if there is a query with which we may begin?

C: Hi, Q'uo, I have a question, a two-parter. First of all, how important is it in our third-density selves to connect to our higher self, love, intelligences; and secondly, are there ways that you would suggest communing with that part of us?

Q'uo: I am Q'uo, and I'm aware of your query, my sister. You've asked a query which is most important for seekers of truth who wish to know more about their spiritual journeys. It is something that is very helpful.

If you can make that connection with your higher self that exists at the mid-sixth density level, you are communicating with a portion of yourself that has traveled this journey in many ways. The higher self has, you might say, a map of how you have traveled it in one way and another. If you can make a contact with your higher self, then know that what you receive in that contact can help you move forward through the difficulties, the catalyst of your journey. For this is how you grow: not by the good times, but by the difficult times.

So it expands your being to accept yourself or an other-self or a situation in a way that causes you to grow, to process the catalyst of pain, of sorrow, of miscommunication. And this you may do most effectively, we believe, by entering into meditation or contemplation and asking a question of how to contact your higher self, and then wait. At some point you will receive a contact that may be in words, or it may be in images, or may be in some thought that is coming into your mind, and it is kind of like a puzzle. If you sit with it and meditate

upon it, then it will begin to take a shape that can let you know from the nature of your soul, your spirit, what steps to take next on your spiritual journey, to deal with whatever situation has come your way that is causing you distress.

Is there a further query, my sister?

C: No, thank you.

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

P: Yes, Q'uo. In kind of follow up, as a believer in past lives, I wonder if my higher self in this life is the same or different than the higher self in my past lives, or is there any connection?

Q'uo: I am Q'uo and am aware of your query, my sister. This is the query which we find it is quite easy to answer, because, though you have various past lives, especially if you are a wanderer, they are all guided by the same higher self. For this higher self knows that you are wishing to find the answers to questions that go back into previous lives. It has been your teacher through various grades that you call incarnations, and it is glad to give you more information that you ask for whenever you ask for it.

Again, as we said in response to the previous query, in meditation you can find out more about those past lives, the signposts that you discovered were a part of your journey that took you forward, the signposts that you may have missed somewhat and are making the puzzle less understandable.

So your higher self is with you at all times, and it will respond to you in whatever way you choose to seek it—meditation, contemplation, dreams, and thoughts that just pop into your mind and seem synchronistic, answering questions that you have just begun to ask.

Is there a further query, my sister?

P: No, thank you.

Q'uo: I am Q'uo, and we thank you, my sister. It is this time we shall transfer this contact to the one known as Trisha. We are Q'uo.

(Trisha channeling)

Q'uo: I am Q'uo, and we are with this instrument at this time. It is with much gratitude and feelings of inspiration to be able to witness this camaraderie, this fellowship of seekers that gathers in this space to walk alongside one another as they continue to seek. It is an honor to walk alongside you, to witness your experience through your eyes, and to have this opportunity to speak to those questions that you may have. For we have slightly more experience, as you may say, but we too are still learning, and greatly benefit from this sharing of knowledge.

And it is with that that we would ask if there is a question to which we may speak?

G: Yes, Q'uo. Can I ask how important is it to prepare for one's own death or the death of a second-density friend? By prepare, I mean meditating, visualizing one's death, or doing whatever paperwork is necessary to put one's mind in a peaceful state. And how does such preparation affect one's experience in the afterlife or one's rebirth?

Q'uo: We are those of Q'uo, and we are aware and appreciative of this query, my brother. For we feel within this instrument that she too has these types of questions. And we are under the impression that there are those in this circle who too have pondered such queries.

For one to prepare for their walk through that door, for it to be important to one's journey beyond that door, is a unique experience. It is unique to the person doing the walking. The ways that one prepares—be it mentally, be it emotionally, physically or even logistically, through your various societal structures and norms—are dependent upon that unique experience.

And, we would say, perhaps more important than the preparation itself is the intention behind the preparation. It is the energy one invests. It is the... we pause as this instrument is experiencing some slight tension. It is the investment of energy that one puts into the experience of planning, that one invests in the "desired outcome" that is of most importance, we shall say.

We understand that it is difficult in this third-density experience, to separate oneself from the

identity, from the physical vehicle, and to see the life lived outside of those bounds. And so we understand that conversations about transition can be challenging, not just for the one transitioning, but for the ones who love that entity.

If having preparations—be that conversations, or planning of logistics, of the going into the meditative state—is of help to the emotional state, to the calm and quietude of the inner being, whether that be the being doing the transitioning, or the loved ones, we would say that of great importance is the love that you put into these actions. The kind and calm and gentle conversations, the expressions of gratitude one may have in these conversations, the taking time to spend in contemplation about transition that can better prepare the self and the ones around self for that inevitable day.

Perhaps of similar importance is the realization that time, as you experience it, is always in motion, always moving forward in your illusion. And so presence, being aware of the present moment, and spending that moment in grateful observation for the creation around you is also very helpful. It allows oneself to take stock, you may say, of the bounty of blessings one is experiencing in the now, so that when things change, as they inevitably do, you have fond memories, and you are able to touch into that experience within your being. For within the heart, there is no time. There is just it. You can relive these moments because they exist forever in the past and in the future and in the now, within the self.

Whenever you take these moments, you are not only investing in yourself, but you are investing in those around you, in your creation around you—in the chair that you sit upon, in the trees that you witness blowing in the wind, and the sounds of the birds chirping, you are investing awareness. The creation becomes more complex, more realized, more vibrant, and in so doing, your gifts that you will take with you into your passage not only gift you for your next journey, but also gift the creation around you as they progress in their respective journeys.

That realization that this is a, how you may say, dynamic relationship between the living in the present moment and the creation around you; and also with the input of a realization that there is an end to this physical beingness, with something

beyond that which is slightly outside of your view, you may see the bigger picture. You may begin to understand the beauty, the perfection that is this challenging, in your eyes, process.

Have faith that it is exactly as it should be, for those moments of absence help the self to know how great it is when it is there, and again helps the self learn that it is always there. It just takes on a different form, a form which is deeper within you, which is more you than you can know.

It is in those moments, as you mentioned, of meditation where you can go back, you can see how beautifully designed this all is, and you can begin to understand how the next step is all that there is. That this will eventually come to pass, as was said earlier, as the rock in the stream allowing it to pass. This is the cycle, but the cycle is intentional and it is powerful. It is a great gift, though it brings much pain and discomfort for teaching you your incarnation's greatest lessons about attachment, about love, about service, and about presence.

And ultimately, [teaching you] the greatest lesson about your Creatorhood, about how you so designed this experience, so that you may know better, may know more about yourself and other-self. And with that knowledge, you walk through that door with much bravery, with much guidance, and know that there is support from the second you open that door until you are completely through on the other side, you are always and ever surrounded by love.

So, as we have said, those gifts, those moments and memories, they follow, they help inform you. Preparing for that transition is up to the individual seeker, but having a realistic, we may say, approach to that transition will help you in that walk, will help you realize that it is infinity. Just because you feel as though you walk through that door and are in a different place, imagine yourself walking on that infinity symbol. You are looping and learning and growing and cycling. There is no end.

With faith that all is well, with true, genuine excitement and love and gratitude for each moment, you may be more able to greet the sun on the other side and know that all that you love is still there. It exists with those you may leave behind as it exists with those you are re-greeting, you may say, because

it just is. It just exists. It is bound not by body, by time, or by space. It simply is.

Is there a further query, my brother?

G: No, Q'uo, that was beautiful. Thank you.

Q'uo: We are those of Q'uo, and we thank you. Is there another query we may speak to?

A: Yes, Q'uo. When there are decisions to be made in life, how do you recognize which one is the most full of love, contains the best and highest good? How do you recognize that?

Q'uo: We are those of Q'uo, and we are aware of and appreciate this query, my sister. This is a most personal journey one may embark upon, for there is much that the intellectual mind can play through various formulas it can compute and tabulate. But ultimately, it is in the sanctity, it is in the church of the heart, within the chapel of silence that one may uncover that which is the highest and best for a dynamic situation.

By that, we do not mean meditation is the only way of coming about that. We simply mean that finding yourself in a challenging situation and desiring to know what is the highest and best requires the practice and honing of one's intuition. It requires the trust in one's ability to know oneself, to accept oneself, and to see oneself as perfectly imperfect—to know that there will be mistakes and that that is part of the lesson.

With that knowledge, one cannot fail, so long as one is always pointing the steering wheel in the direction of love. How one may do that is to take oneself into that sanctum of silence and to focus on love, be that an image, a person, an idea, anything which [re]sounds within your being of love, which brings that emotion to the forefront of your heart and your mind. When focusing upon that element, you may begin to ask [of] yourself, "I wish to move forward and make a decision from this place I am feeling in this moment," and then allow oneself to be enveloped by that love with an open mind and an open ear. It is in that silent, loving place where one is overtaken by the things which bring one joy that one may begin to hear the whispers, or the nudges, or the visions which allow oneself to see a path forward.

Now we understand that there will be times when one undertakes this practice and the path forward is a little murky, or perhaps the seeker is presented with two paths. My friend, that is when full trust in yourself and believing, in one's core, that all is well will be of great aid. There will be missteps. There will be times when decisions are challenging to make, when everything may go right (and we use right in a subjective way), and times when it feels like everything has gone to dirt. My friends, you cannot make a mistake. You can only learn from these things.

Trust yourself, trust your heart, trust the pureness of the love you feel whenever you meditate upon it, and know that you are, by your very nature, and by asking this question, setting a pure intention towards making big decisions in your life with compassion, with a mind towards service. Have faith in your ability and give yourself much grace, much patience.

Sometimes decisions or changes in life require more than just a single meditation or a single space of contemplation. Perhaps it takes many; perhaps it comes out of nowhere and it hits you like a ton of bricks, you may say, and you realize what is at the core is this central feeling within you, that you are worthy, that you are full of love and made by love, and that you invest love in this path.

Have faith. We cannot stress this enough. Trust yourself and always step with love in your heart. And my friend, that which you seek you shall find, perhaps in a different costume, perhaps in a different place, but it will be there. And know always, as we say many times over, that you have the support of the universe around you.

Feel free at any time to call upon us in your moments of despair or trial, your moments of joy, your moments of confusion, and we are there with a hand upon your shoulder, or walking alongside you, or even just witnessing, we are there.

Feeling as though we may have missed the central part of your query, my sister, we would ask if there's anything we can speak more to?

A: No, genuinely, that was perfect. Thank you.

Q'uo: We are those of Q'uo and we thank you, my sister. At this time, we shall take our leave of this

instrument, and with much gratitude, transfer the contact to the one known as Gary. We are those of Q'uo.

(Gary channeling)

Q'uo: We are that principle known to you as Q'uo. And it is with delight and hearts bent toward service to others in the larger service of the One Creator that we dance with you once more through this instrument, this particular focal point—and translator, in a way—of our transmission.

And we would ask the circle if there is a query to which we may respond? We are those of Q'uo.

M: Yes, Q'uo. I was curious if you could give guidance on communicating or communing with our second-density loved ones who have left the physical and are in the inner planes?

Q'uo: We are those of Q'uo, and see and hear and feel this question, our brother. As you already know full well, on one level or another, the portal of connection, the bridge between you and your beloved late second-density companion is the love that exists within your heart for this companion. That love may have many expressions in the form of the many memories that you shared between you two and the relationship that was cultivated and deepened and sweetened. There may be physical mementos, portraits or toys or artifacts of that being—who, for a time, shared their journey very closely with you—still in your belonging. These are some of the ways that this underlying love may have manifested and be manifesting in both your interior and exterior realities, shall we say.

But it is the essence of that connection which can be viewed through these artifacts of your time together that you may continue this journey of connection with this other expression, this other-self expression of the Creator. Love is not bound to time [but] is seemingly, magically experienced through the journey of time. And through such a journey of space and time, one may learn to open the heart more widely with less condition, more universally, and upon a conscious level, experience that love which has made all things, from a new vantage point, a deeper perspective, a more embodied experience. This, the construct of time and space,

grants all of us the opportunity upon an upward-spiraling journey of learning; this deepening our experience and understanding of love.

But love itself is never contained to an illusory past or a relationship that is no more, be it within or between entities of any densities. Once two, shall we say, points within the illusion make that connection such that love blossoms within their hearts and they feel love come alive in their shared presence and shared experience, that love is forever available so long as the entity does not put any block in the way, or armor the self against the loss of that which was held to be dear and lose themselves in grief or denial or anger. We do not say that these and associated emotions ought to be repressed or denied. It is appropriate and healthy to experience these emotions and the consequences of loss from the perspective of the third-density entity within the illusion.

Rather, it is that a grip upon grief, or any perspective which springs from a separation-based mindset of a finite world, can preclude from one's vision the deeper reality which transcends the construct of space and time; wherein that connection once made remains alive and of the present moment forever and ever.

So we would say to you, our friend, to tap into that connection and that love. Feel it and honor it. This is your means of communing and communication and continuation of that which was begun.

We are those of Q'uo and would ask if there's a follow up to this query, our brother?

M: No, I'm very grateful. Thank you.

Q'uo: And we are grateful for this opportunity to be with you, our brother.

Is there another question in the circle to which we may share our humble thoughts? We are Q'uo.

P: Yes, Q'uo. There is a notion out there that creativity and creative thought is outside of ourselves, and that we are receptacles for it. And I would just would like to hear what Q'uo's thoughts about that, or what Q'uo thinks about that?

Q'uo: We are those of Q'uo, and would be happy, being those of Q'uo, to share what those of Q'uo think on this rich question, our sister.

As to the incarnate actor's relationship to creativity, is this an internal property of the third-density entity's conscious mind or subconscious layers? Or is it something impersonal, transpersonal, that exists in the ethers, so to speak, to which the third-density entity becomes receptive and a vessel for?

We, in general, would say that all things are true in this regard. The entity that you are exists simultaneously on multiple planes, ultimately on *all* planes. And creativity, as you have framed it, is inherent in every aspect of creation and manifestation and the universe (or the Creator) experiencing Itself, from the simplest possible form of manifestation to the highest and most complex.

Life itself is one great creative act. The discernment of the mystery—or we could say the mysterious discernment of the Mystery to know Itself and to invest Itself in an endless exploration through a journey of manyness—is a wellspring of creativity. It is the root whereby, somehow, undifferentiated intelligent infinity became modified or distorted in such a way that it could split into a subject and an object, seemingly, such that it could look back upon Itself and tap an infinity of potential within intelligent infinity; such that this infinite intelligence became a potential to all forms of manifestation on all levels; a potential that is inherent in the inexorable upward movement of the spiraling light that drives change and evolution unremittingly.

[This creativity] is experienced upon the lower levels of incarnate manifestation in an unconscious manner, but becomes a potential, which, as the entity evolves, may be consciously tapped through disciplined work in consciousness such that the entity can open the gateway and become a vessel through which this potential may flow into manifestation, making music of the entity according to their own highly unique energetic structure; that is, the way that their, on an outer level, personality is configured: the biases, knowledge, learning, training, and experience that they have accumulated, and the various balances and activations of their energy system. These all become elements of a self that becomes a willing and surrendered instrument to

this ultimate potential of creativity, of the creative act of the Creator.

But to draw it back to, shall we say, a more everyday level, creativity may be viewed within the entity's daily responses to the environment. A new and improved way to wash the clothing; an inspiration taken upon one's walk while in nature to produce a painting; an assembly of items to give form to some vision that has come to the self or arisen within the self; an idea of what a loved one just might like to receive as an expression of the love that you feel for them, and so forth. Or when engaged in conversation, the myriad pathways one may take in conversation all rely upon this creative use of one's energies and knowledge and openness to the moment. The more that one is able to empathize and listen and trust their own intuition and be present, the more that creativity can flow.

As we believe you know, our sister—and [as] all within this room have experienced—there is a great joy and delight that erupts when engaged in such communication with another when you become aware that there is creativity afoot within the dynamic, whether you and your partner or with whomever you may be speaking, and whatever the size of the group, find ways to make each other laugh, or to generate insight, or to share your lives with one another in meaningful ways. It can tickle the heart when there is a mutual sense of discovery and movement into the unknown together, each empowering the other in this expression of creativity.

It can be a product of one's own mentations, of their own analytical/ intuitive processes. But from the standpoint of the third-density entity—which, in its own real way, seems to be set apart from all things—there is a greater and greater creativity that exists *outside* the self. One can rightfully attribute some sense of life, and autonomy, even, to ideas, to visions, to thoughts within the larger mind of the Creator that want, in their way, to come into manifestation and are looking, as you may see it, for a host, for a vessel, sensitive and open and, in some cases, trained with the right skill set to bring the idea into life.

We pause to deepen this instrument's state.

You, our friends, are at once your own generators, shall we say, and in the deeper and larger sense, vessels to that which is greater, much greater than incarnate intelligence. And the more that you learn to exist in love and joy and a felt sense of interbeing, of interconnectedness—and the more that you love yourself and trust those stirrings which appear within you for something wanting to be born—the more that you can give power and shape and form to these creative impulses, wherever or whatever may be their origin. Whether a mere product of your own mind or of an external, shall we say, source, you become that vessel through which light, in its many forms, infused with love, flows.

This is not to say that one must be perfectly balanced and happy. For many, of course, are the stories of the tormented soul who produces something of immense beauty and service to the whole, be it the poem, or the song, or the painting. For suffering is also an important part of the equation which can drive creativity to new or heightened expressions, which can create need and desire to tap into that infinite potential; to convey and translate one's private experiences, or miseries, or triumphs, and so forth, outward through the medium of story, and song, and art form; experienced and shared with others, unlocking or opening their own conscious minds to that deeper mind which does not, shall we say, function or speak in rational terms or in strictly linear terms, but is reached through those deeper, emotive and connotative elements of the creative expression, such as art, broadly defined, and music, and performance, and so forth.

This instrument is informing us that we have spoken at some length here, we would ask our sister if there is a follow up? We are those of Q'uo.

P: Thank you, Q'uo. I am certain that this answer has much food for further questions, which will come at a later time after I digest this, thank you.

Q'uo: We are those of Q'uo, and through whatever instrument invite any further query in your future space/time.

With gratitude to this circle, we would now transfer our contact to the one known as Jim. We are those of Q'uo.

(Jim channeling)

Q'uo: I am Q'uo, and am once again with this instrument. We would ask if there may be a final query?

[Silence]

I am Q'uo, and your silence says no. We would thank each here for sharing their hearts in their questions, in their round-robin sharing, and in your simple presence, for you enhance each other's journey. As you come here to this place with the desire to know more of your journey, each of you help the other. For you are of like-mind. You know the Creator is everywhere, within you and all around you.

We thank you for giving us the opportunity to be with you this afternoon. At this time, we would take our leave of this instrument and this group, leaving you in the love and in the light of the One Infinite Creator. Adonai vasu borragus.