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SATURDAY MEDITATION

APRIL 25, 2026

(Jim channeling)

Q'uo: I am Q'uo and am with this instrument, at this time. We would like to thank each seeker of truth for joining this circle where your open hearts have been shared so authentically. The heart that flows the love of the Creator through it, joins with each other so that each sees the Creator in each other and in the world around it.

This is our great honor to join seekers such as this group who have taken time out of their busy lives in the mundane world to seek a higher path so that the mundane world becomes spiritualized, becomes that which reflects to you the nature of your journey by all those experiences that happen to you every day, every moment. There are no mistakes. When you set your intention to be a seeker of truth, your path will be revealed to you.

Before we ask for a question, we wish to remind you that we are like you. We are fallible. We make mistakes, not because we intend to, but because we have traveled a bit further than you on your spiritual journey, we can share what we know, and we can share that more easily if you take what we share with you as our answers to your questions with a grain of salt. Think about it. Use your intuition. Take it or

leave it. If you will do that, and we'll give you the best answers that we can.

So now we ask, is there a query with which we may begin?

H: Hello, Q'uo. How can I recognize... when setting a boundary is an act of love that supports my spiritual growth rather than a reaction rooted in fear or separation?

Q'uo: Thank you for your query, my sister. We shall do our best to give you our opinion. When you seek to be of service to others, you are setting your intention to give your highest and best effort in whatever way you feel that your heart desires. Your mind may have an opinion. Take that into account, but as you survey the situation that you were seeking to serve where someone has been abused, you wish to step in to be of service. The way that you can do this, in our opinion, is to spend some time in meditation before actually making a decision. Ask your guides, your higher self, the Creator—they are all available. They will give you, maybe words, maybe images, maybe just a feeling. Open yourself to any type of contact, and when you come out of meditation, then make that journey to the person or place, whatever time feels right, to express your heart

to everyone who needs to hear what you have to say in your opinion.

You have within you all of your pre-incarnated choices as to how you will serve others, and that will become more obvious to you as you move through the process of following your heart, the heart of your being as the Creator within. Follow your heart. Do your best. Make no judgments. Love everyone.

Is there a further query, my sister?

H: No. Thank you, Q'uo.

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

M: Q'uo, I kinda have a follow-up question to that last answer that was so informative, but I find a lot of times we're put in these stressful situations that are right in our face immediately, without time to sit back and let our higher self guide us. In those times of high stress and conflict, how can we positively influence, especially the people we work with and are around all the time, in a positive light without infringing on their free will at the same time?

Q'uo: I am Q'uo and am aware of your query, my sister. The time period of the present moment that strikes without warning can be viewed the same way you wish to view every portion of your life to share again, as we said, from your heart. What does your heart want to do in the moment? Not your mind. Your mind will have an immediate reaction. Think about it for an instant, but then go to your heart. The Creator's love will help you do what needs to be done.

This is something that will come to you when you ask for it right now. This is something that you can do anytime you face any situation that is difficult. And you must realize that difficult situations give you a chance to grow. If you had no difficult situations, you would stay the same. You would not move forward on your spiritual journey. So open your heart wide, share it fully, love everyone, including yourself. See the Creator in all, including yourself, and do what your heart wants you to do in every instant of your life.

Is there a further query, my sister?

M: No, that was perfect. Thank you, Q'uo.

Q'uo: We thank you, my sister, for giving us a chance to be of service. At this time, we shall transfer this contact to the one known as Austin. We are Q'uo.

(Austin channeling)

Q'uo: I am Q'uo, and I'm now with this instrument. We again, through this instrument, express our joy at being invited to join this circle. We find the environment generated by your round robin sharing to be quite conducive to our joining this circle, for you come to this circle from your infinitely unique lives with their variety of challenges and joys, and as you share and open your heart and receive others, you place all of these experiences and catalysts into a sacred space within the circle and together you, with your fellow other-selves, generate a certain field that is truly sanctified, where the One Infinite Creator may truly express Itself and allow us to join you in a more essential way that allows a freer sharing, for your transparency and love that you offer to the circle reflects back to you and allows us to travel along that beam, you may say, so that we may share with greater depth of our own love and our own experiences.

At this time, we would ask if there is another query to which we may respond within this circle? We are Q'uo.

A: I have a query, Q'uo. Thank you, first of all, for being here with us. So sometimes we have certain traumatic events in our lives that we know have affected us deeply. We've been told about them. We even remember certain parts of these traumatic events, and sometimes we worked on healing deeply and have forgiven everything surrounding these events.

But my question is: sometimes our brains, our conscious selves don't or can't remember what happened, and so, personally, I find it easy to forgive myself or others when it feels distant. And sometimes in that process of healing, it feels like the healing is therefore limited, because we haven't gone deep into the catalyst and everything the catalyst had to offer.

And so I'm wondering, is that true? Is that true that in order to heal fully, or to, you know, to bring healing to a situation, into our hearts, into our mind, into our souls, do we have to understand everything that happened in a situation, or at least be consciously aware of it all?

And if the answer is yes, how do we how do we retrieve memories? How do we go back so that we so that we can actually do the work and give all the love that we can, all the love and light we can to a situation that might have, you know, been a very important catalyst for us?

Q'uo: I am Q'uo, and I'm aware of the query, my sister. We thank you for this deep and important query that is incredibly relevant to you as a people within the third density, for the veil works in interesting ways that allows experiences such as the trauma that you reference to become buried and forgotten.

There are various mechanisms, from our perspective, that allow this to happen, both metaphysical and physical or biological, whereby your brain itself tends to work in order to cover up certain memories as a survival mechanism, you may say, and thus the event gets buried deep within the unconscious mind. But as you may be aware, this does not mean that it is fully healed. It may live within the mind and within the body without your conscious awareness.

We appreciate the framing of your question that seeks to understand how to bring true essential healing to such circumstances, for it makes logical sense, you may say, that in order to actually heal something, you must know what that thing is, and you must become aware of it so that you can consciously and fully acknowledge it as perfect despite the difficulty; so that you can become aware of its role within your life path, and the potential gifts that it has to offer you, despite the difficulty that it presented to you and the continuing difficulty that you may experience through its being buried deep within the self.

The central aspect of your query questions whether or not it is important to actually become aware of the specific details of the circumstances and the various distortions that have gone into creating that trauma and creating the wound within the self. This

is a very individual query, we may say, for healing is incredibly individual, and how it happens for each individual in terms of the path of arriving at that healing is unique.

However, in our understanding, there is but one ultimate framing of healing, and that is the realization within the self of the perfection of the self—of both those things that seem perfect and good and bring comfort and joy within the self, along with those things that seem to be distorted, that seem to bring discomfort and even pain or resurging trauma—and seeing all of these things as whole and perfect and nothing out of place or *essentially* distorted. This realization is what we understand to provide essential healing.

One framing of your question, one way to look at this connection between healing and to those things buried within the self is that one may be operating in life not knowing that they are carrying certain wounds. It may be so buried within the unconscious mind that they are completely out of the perception of the conscious mind. However, it is our understanding and our experience of the third density being that, though these things may be forgotten, if they still live deep within the self, and if the wounds are still present, they will manifest in various ways, whether it is through the distorted perception of the entity, or whether it is through the behavior of the entity. The entity may be blind to what is motivating their actions, with what is painting their perception, and they may not understand or realize that they are being influenced by this persisting wound.

However, it is also our understanding that your incarnations are designed, you may say, to allow you to continually, throughout your lifetime, uncover and discover those things which are buried deep within the unconscious, whether those are your wounds that you carry with you, or indeed the love and light of the One Infinite Creator that comes through your unconscious mind, in order to reach the point of healing that allows for that essential, true healing: the realization of perfection and oneness of the self.

And of all, we do believe that it is important that this is consciously realized within the self, that there are wounds, that there are things that are carried.

However, it is also our opinion that these specific details or these circumstances are not nearly as important as simply recognizing that, yes, there may be some individual unique qualities that seem painful, that do influence you and that play a role in shaping your behavior and how you move about your plane of existence, but so long as the self can garner a type of faith or understanding that we need not know every single detail, that we need not know every aspect of the circumstances that created that wound in order to love it completely.

For you may have experienced within your incarnation that such details, particularly after they are buried within the unconscious, may shift and may change. There is no memory that you can recollect within your conscious third-density mind that is a perfect recollection of so-called objective circumstances. Much is lost to time from the conscious mind's perspective. Indeed, everything exists within the present moment, so the wound that may be buried deep within you may not be informed to your conscious mind by specific circumstances, but rather by its effect on your present moment.

And so we would encourage seekers pondering this question that you have posed to focus on the details, if they arise within you, but otherwise, pay deep attention to what is alive within you in the present moment. Attempt to come to an understanding of what it is that is motivating you, of what it is that informs your perception of the world. Attempt to examine that lens that looks out into the world and paints the circumstances in a certain way, for you to understand them in a certain way, and you may find that, in doing this over an extended period of time with dedication and discipline, that the wounds are indeed still informing you in subtle and very difficult to perceive ways. But if you continue to do this and pay attention to your present moment, then bringing that love to every moment, attempting to discover that love within every moment, whether you remember details or not, will be conducive to such healing.

We would end this response by simply encouraging seekers that indeed, there is much that you will not discover about the self within your incarnation. There is much that you have experienced that will never be recollected within your incarnation. But your journey through this creation is not limited to

your one lifetime that you currently experience. You carry with you energetic distortions, or so-called wounds, from previous incarnations, and you will carry forward distortions into your continuing incarnations. Healing is the great journey of the self through the creation. It is an infinitely long path that will ultimately lead you back to your destination, the One Infinite Creator. We encourage seekers not to expect too much of the self, to allow the self to be wounded, to be imperfect, and yet, to acknowledge that even then, there is perfection within the self, and that perfection is as we understand it, the love and the light of the One Infinite Creator which you are. Is there a follow up to this query, my sister?

A: No. Thank you very much, Q'uo.

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

M: Q'uo, I work in mental health care and have had experience with spiritual visitors of people who I'm with. When I enter into a client's room, I can feel and notice spiritual visitors drawing my attention. I was wondering how to balance listening and valuing those visiting the client spiritually while also devoting my attention to those in third density, who I'm there to serve. Do you have any thoughts?

Q'uo: I am Q'uo, and we are aware of the query, my sister. We find this query very interesting, for this perception that you have described within your query is not typical, you may say, of the third-density entity. It is a unique perception that allows you to perceive these other beings, and we find that in circumstances, as you have described, in your role as a healer, many people or entities who you serve will have many attachments, you may say. There may be many types of inner planes entities that latch on to certain distortions that may cause people to seek healing, and thus, we find that you would be in a rich environment full of other beings attempting to both serve and to take advantage of the distortions being healed within your environment.

And so we encourage you to not shut down this perception, but instead allow your perception to be focused upon the needs of the individual moment. We would encourage you, as any other seeker, to dedicate yourself to a regular practice of meditation,

of seeking the silence within the self, of being able to cultivate within the self a space within the heart that allows it to take in all things and exist with love and acceptance.

And further, as you continue to cultivate this inner space, you may begin to cultivate a certain perception or a certain guidance system, you may say, that allows your perception to be pulled in the direction that it needs to be pulled so that when you are visiting with your so-called clients or patients, you may have a more intuitive understanding of what would serve that entity at that moment. And if there is information needed that can be gleaned from these invisible visitors, you may say, you may receive that guidance and then utilize it in your attention to your third-density other-self.

This is a long and difficult process that requires patience and a honing of perception, and, as always, as we stated, the prerequisite is that of meditation, that which builds up—we correct this instrument—that which allows you to silence the self, to shut down or allow you to ignore other influences from your mind so that you can focus totally on the present moment of the needs of your patient and then receive the guidance that you need from the other influences in the space that you exist.

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

M: No, thank you.

Q'uo: I am Q'uo, and we thank you, my sister. At this time, we take leave of this instrument and transfer the contact to the one known as Gary. We are Q'uo.

(Gary channeling)

Q'uo: We are those known to you as the principle of Q'uo, and as we settle into this instrument's energy field, we would extend our figurative and energetic arms to embrace this circle and to embrace each within this circle who has blended their energies, who has vulnerably shared their sorrows and their hopes and their beingness in a cooperative, synthesized field of light that is as strong and even more powerful and inspirational a source of guidance and hope and light to you as you go forward in your days than any words that we may humbly have to share with you.

We are Q'uo and would ask at this time, if there is a query to which we may respond?

A: I have a question, Q'uo. So the question is, it's about our place in this world and how we contribute and be of service to others. How do we know if we are contributing and being of service? It is not my question. It is my friend's question. So I will try to translate as best as I can.

How do we... it is the goal to... in being of service, is it to create peace and harmony? Is that the indicator that we are in our right place and being of service, or is that a limited perception? Is there, the question is, how do we know if we are properly, I mean, being of service? Is there another indicator? How do we, how do we know?

Q'uo: We are those of Q'uo and give thanks for your articulation, our sister, of our brother's question on this matter, which is a question and a direction that is on the hearts of many who find themselves within a veiled environment whereby nothing is known for sure, whereby one, as those of Ra have described, *works with the candle light in the darkness*, and may only illuminate a small portion of one's catalyst and circumstance and path at any given time, but must otherwise, as the positive journey moves forward, grow more comfortable or able to trust, shall we say, in the unknown and in the unknowing; in the trust that, though you may use various maps as resources for your journey, the terrain remains a mystery, as does the question of the reliability of any given map or system of maps and how they may apply to one's particular nexus in their incarnation.

The more mature and maturing spiritual seeker will learn more and more to consciously invoke faith, that is, that mindset or heartset whereby one trusts that wherever they may place their feet, there are no mistakes, and they are moving in the intended direction, along a path that was prepared for the self.

In fact, our brother, the more that one can invoke and embody this alive faith and bring their presence to the present moment, one may more paradoxically align with their intended path, however that may look for the self. One may make the most efficient use of the catalyst when one can work on one's intentions and on knowing and accepting the self in

an ambience of knowing that one ultimately does not understand or know in an ultimate sense. One can only move forward and leap into midair, shall we say, trusting that one is alive and existing in a universe of love that has arranged just this moment for you, that you may learn, in this faith-filled broader understanding, there is no true way to be off the path for which, in whichever direction you turn, you will be greeted by your catalyst, by that which is designed to help you, you specifically, to learn the ways of love, to learn that which is for you to learn.

And one may find that [faith or love] not only in the Himalayan cave, but in the classroom as well, with the young entities and with the various social-political dynamics that intersect with such a circumstance and profession.

As to this “how” question, how does one know whether they are upon the right path, or the path made for oneself or the highest and best path, as we were saying, our brother, you operate in a darkness, but there are ways by which to sense and feel and cultivate a discernment which may inform one’s decision-making such that they may find greater and greater alignment with their deeper nature.

This alignment may not necessarily place oneself into a harmonious outer experience of community and joy and fulfillment. There may be chapters or seasons upon such a journey, even when one does feel this alignment, of difficulty or deprivation or challenges by which the self is not able to find meaning or comfort or inspiration outside the self, but must instead develop the self’s inner resources through the exercise and development of will and faith such that the focus and the need becomes less reliant upon outer circumstances being *such and such* a way, and instead becomes an opportunity for the self to channel the light moving through them into that circumstance; for the self to open their heart and become a vessel such that the Creator may work *through* the self, and give without expectation of return, and may radiate the eternal love and light, regardless of what other-selves may or may not do, may or may not say; regardless of how other-selves may or may not treat the self.

This formula, or algorithm, or physics changes such that it becomes not what the entity within the third

density may get from any particular situation, but what the entity may give, how the entity may serve.

Now, our friends, there is ever the balance between love and wisdom to develop, to perfect, to revisit again and again that asks the self if they wish to give to the point of martyrdom, to give to the point where they expend themselves so thoroughly that they have nothing left, shall we say, for themselves, that they risk burnout and depletion and in the furthest and truest sense of the word, death of the self as well in the noble name of service. This is a valid and true option.

But depending upon where the self is upon their evolution and the work they wish to do in moving upward to, or upon, that journey of seeking oneness with The Creator, they may wish to refine the quality of that pure and noble and universal love in and through the eyes of wisdom that they may more skillfully choose how and when and where to shine that love without judgment for any but in a balanced way that honors the self’s needs, in care for other-selves that the self may continue to shine and to serve.

In this seeking to know how one may tell if they are in the right place making the right choices, we can only and ever counsel you, our brother and all our friends of third density, to learn to go within, for the ultimate authority and source of knowing exists forever and always within your own heart.

It may sound trite or cliché to counsel one to follow their heart. But this, we assure you, is not a superficial suggestion. It takes work in consciousness, through the exercise of will and faith, and particularly the ability to consciously listen to silence and stillness, to enter one’s own heart, to clear out one’s energy field through practices of loving acceptance and forgiveness, to free the heart of self judgment and judgment of others.

It takes this work to enter into the depths of one’s own heart, which is the key to the portal to the One Creator which awaits there in the sacred innermost portion of one’s own *heart of being* always and right now. There are only the layers of masks and personas and distorted ideas about who the self is that must be lovingly understood and forgiven and, if not discarded altogether, then made transparent such

that the self can rest strongly and humbly in the center of their own being and trust that intuition, that inspiration that moves through the silence, to the conscious mind.

There is often, or at least can be, outer validation for this harkening to the voice of inner counsel, but there—we correct this instrument—but it is not often so easy that by listening to one's inner voice, the world will reflect back to the self in a pleasant way that this indeed was the right choice. It is a difficult balancing act, but the more that the self can tease apart the voices within the being that have been internalized from external sources, to untangle the expectations one places upon the self and the stories about oneself that one has adopted, and to dig down, shall we say, and move within, and move deeper and move deeper still, to find who the essence of this self is... to one who does this work of will and of faith, there is the possibility of moving forward in choice-making, not only in the darkness of faith, but in the surety that one is in alignment with and moving according to one's own lights.

There is a strength in this and this can be made more and increasingly more available to the self the more that the self learns to operate fearlessly, without fear of making a wrong choice, without fear of mis-stepping. Certainly, choices will yield undesirable outcomes. Calculations will go awry. There is no avoiding this. But as we said at the opening of our lengthy response, you cannot make a mistake. You cannot misstep in the larger sense of things, and when one can relax into this attitude, the way opens much more brightly for the self.

We are those of Q'uo, and would ask if there is a follow up to this question?

N: [No], thank you, Q'uo.

Q'uo: And we thank you, our brother, and both of you for the long journey you have taken on the surface level, geographically, to be here,¹ and on the deeper spiritual level, the long journey through your incarnation that you take with all of its slings and arrows and yet you remain seeking love in the moment. We honor and respect and give gratitude for this resilience, our friends.

Is there another query to which we may respond before transferring our contact to the one known as Jim?

Austin: I've got one, if nobody else has one. Q'uo, I've been wondering about the natural tendency of people to avoid suffering and avoid difficulty, and in the light of the fact that a lot of our spiritual growth comes through suffering and difficulty, and I'm primarily curious right now about the sort of biological mechanisms that have trained us to avoid pain, avoid discomfort, and avoid suffering. Ra said that our Logos has designed certain aspects of our biological beingness to accentuate our spiritual path.

So I'm wondering if that is true of the natural evolution that caused us to avoid pain and avoid suffering? And I would just say, ask if it is related to the necessity of willpower and the need for will to be involved in spiritual evolution? That's my question.

Q'uo: We are those of Q'uo, and we thank you for this question, our brother, and we would say that in our understanding, limited though it is, that you are upon the right track in seeing the development of the entity within third density as having this biological origin which informs and helps to structure the nature of the mind and its relationship to catalyst, particularly that of suffering.

For the chemical, yellow-ray complex that you inhabit, into which is integrated the mind and the spirit complex, has, as you know and as you would see it, billions of years of developmental evolutionary history behind it. Your body carries in it a very long and ancient story that traces back to the first stirrings of first density upon this world in mineral and early biological life all the way up the great chain of being over the course of eons of your time. Through interaction with and adaptation to the physical environment, entities learned how to respond, how to navigate, how to find the day's meal, how to avoid the predator, how and where to keep one's offspring safe and to teach and grow them, and so forth. This has all been encoded in that DNA that is central to the blueprint and architecture of the operation of the physical vehicle.

¹ A. and N. traveled from France.

And, indeed, there is a biological recoiling from the experience of pain. For it is an important signal or point of instruction for the second-density entity that tells them about their environment and what to be avoided, if we may speak simplistically. And to a degree, this does carry over into the third-density experience as the body itself and one's neurology reacts to move the self away from pain.

As you may know, the body, if it comes into contact with an external source that triggers pain, will reflexively pull away from that source. However, it gets complex and complicated when this biological basis is intertwined with the mind complex, the storytelling complex, the identity-making complex, which finds meaning in pain, and the layers of pain that the mind creates, which one may call *suffering* of an emotional or a mental nature, such that this pain can be amplified, and this mind—informed by that basic, rudimentary impulse to run away from pain—can make a habit of this in one's mental patterns such that it itself is, shall we say, carved into the neural pathways of the brain and the nervous system; that it becomes habituated and can be transposed onto those sources of pain which are purely of an emotional and non-physical nature, i.e., the mistreatment or the abuse, perceived or actual, from an other-self or a situation which one finds undesirable and to be avoided.

This biological basis can influence and inform and help to contribute to these habituated responses. But we would say, while each situation and entity is unique, generally speaking, this biological basis is not *necessarily* causal. Rather, we would suggest that the responsibility exists principally within the mind complex and its use, skillful or otherwise, conscious or unconscious, of the will and its capacity and intention to look at, and face, and process one's catalyst.

A mind or entity who has not made, or done much work to make, their catalyst and their thinking and their beingness *conscious* will largely live a life unconsciously, reacting to catalyst and the body's proclivity to avoid pain unconsciously. And the mind's proclivity to carry that forward will mutually energize one another and reinforce one another such that catalysts of a mental and emotional nature may show up in the body—that is, the body may react to

that catalyst of a mental nature, which is not being processed.

Such a less-than-conscious being is at risk of victimhood, of disempowering the self's ability to use catalyst [such] that they live within this, as the one known as Eckhart Tolle has described, *pain body*—activating it, energizing it, and projecting that pain outwards in lack of self-responsibility onto others.

But many are the avoidance mechanisms in the elaborate, intricate pathways that the mind can manage to play the futile and illusory game of keeping one free of suffering and pain of all types.

It is the work of the positively orienting entity to discover these avoidance mechanisms, which we find in virtually all third-density beings, not so that one may gluttonously suffer, shall we say, but so that one may discover and know the full, integrated, holistic self which necessarily includes the shadow side of oneself—those areas which the conscious mind has placed barriers to knowing and perceiving and loving, barriers that, until the work is done, are invisible to the self in one way or another, filtering the perception behind the scenes.

Thus it takes work, whether that be through the various modes of therapy available to those of your planet, or the meditation, or the journaling, or any means by which one may hold up the mirror to the self and introspect and analyze and listen in the silence.

We find that this instrument is tugging us to wrap this one up, and would ask if there is a small follow-up before transferring our contact. We are those known to you as Q'uo.

Austin: No. Thank you very much, Q'uo.

Q'uo: And we thank you for this question, our brother, and with joy and gratitude for this opportunity and service, we will now transfer our contact to the one known as Jim.

(Jim channeling)

Q'uo: I am Q'uo and am once again with this instrument. We would ask if there is a final query at this time?

Gary: Yes, Q'uo, I got a question from a reader named A., and if there's space, there'll be a follow-up to this question. If not, no worries. A. writes: "I recently, within the last three years, have lost two loved ones to suicide. How can one learn from these experiences and help those around during these healing processes?"

Q'uo: I am Q'uo and am aware of your query, my brother. We send our great sympathies to you for having lost those nearest and dearest to you by their own hand, committing suicide. This is a problem which has become more prevalent as your third density enters the end of its 75,000 year cycle, and the chance to make choices of service to others and service to self are enhanced by various difficulties [upon the] surface of your planet, within the communities on your planet, where polarities are manifested, political, economical and other ways of your mundane world that have seemed to come apart at the seams.

It is a difficult place to be for anyone, and to deal with this type of death by one's own hand—from one you love most dearly, we suggest that you look within your meditative state at the last days of your relationship with these loved ones, seeing the good times and the bad times as that which occurred because there was apparently no other choice that could have been made.

You know that you did all that you could, but when one is dealing with suicide, one is dealing with an entity that has forgotten its purpose in this life for some reason or other, might have been beyond its control. The steps taken to take one's own life, then, were not something that you could change. This is a path that has been chosen for a reason that will only be known when the life of the one who took suicide is reviewed with their higher self and guides. Know that this entity, or these entities, will receive information that will inspire them to come back and try again, perhaps as somebody that you will know in your future as a youngster, perhaps there will be a cohesiveness that will remind you, in a certain feeling, that there will be a relationship again, whether in this life or another life, for all of us travel in spiritual families, and we all play certain roles at some time or other; perhaps we forget our lines, and

yet, there will come a time when all will be well. For indeed that time is now. It is just so hard to see it.

So we would suggest that in your meditations, you send love and light to those who are nearest and dearest, knowing that this love and light will help them to make another effort, to take the steps that were missed, and that in the end, there are truly no mistakes. Everything happens for reasons that we may or may not understand. For this is the third density, an illusion of confusion for all.

Is there a follow-up query, my brother?

Gary: Yes, thanks, Q'uo. A. asks: "Is there a way one can contact these deceased loved ones? Is there a way one can determine where these loved ones may be on their current journey?"

Q'uo: I am Q'uo, and I am aware of your query, my brother. We would suggest two possibilities. The first being in your meditation, set your intention to make this contact and then wait, and if you feel any presence, embrace it with your love and ask if there might be a message that could be delivered to you to let you know that all is well, for indeed, that is the truth.

The other suggestion would be to give your higher self, or your subconscious mind, or guides, the dreams in your sleep that will be communications from those who are on the other side of the veil. They will give you what is that which is most important to you to hear. Do this repeatedly, so that those beings that can help you know how much you need to hear from your loved ones.

At this time, we would thank each beautiful being within this dwelling place for sharing your heart and making connections with those around you that may take you together into the future of spiritual journeys that we all share in one way or another. This group has shared so authentically in every respect. We thank you for your love, for your open hearts.

And at this time, we would take our leave of this instrument and this group. We leave you in that unending love and light, the One Glorious Infinite Creator that is within each of us and within all that there is. We are known to you as those of Q'uo. Adonai vasu borragus.