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SATURDAY MEDITATION

MAY 9, 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 the light of the One Infinite Creator, and each of you [who], in the heart of your being, are indeed the One Creator as well.

We are a portion of the Creator that has moved a bit further on our spiritual journey than you have on yours, and the way we hope to be of service to you is to attempt to answer your queries in the best way possible. We will do our best, but we ask that whatever words or thoughts we channel through any of the two instruments that you feel their nature, use your intuition to determine whether you accept part of them, all of them, or none of them. If you will do this, then we will feel free to speak more densely, shall we say, more concentratedly, to focus our answers in a way, hopefully, that you can understand.

So we thank you for that, and we thank you for being here, for sharing your hearts, your thoughts, your presence. We feel a unity with you all.

Is there a query with which we may begin?

F: Thank you, Q'uo. Some of us are also interested in developing an in-person conscious verbal channeling group to channel our inner guides. For the session process, we're thinking of first clearing

the space, establishing protection, doing a guided meditation to enter into a positive meditative state, and then welcoming our guides to blend with us. How do we know when to start channeling? Can you comment on any of this? Overall, do you have any suggestions as to how we can go about verbally channeling our inner guides in a group of three or more? Thank you.

Q'uo: I am Q'uo, and we thank you for your query, my brother. This is an important question. We feel that you have a firm foundation built already in working with your guides, for they are a portion of your being that exists upon what you may call the inner planes of planet Earth.

As you are setting your intention as a group of three or more to channel these guides, we believe that the best way to be sure that you are channeling your guides is to ask them a question that is a part of your being, that is the most spiritually oriented part of your being; that kind of quality of your being that is so important to you that you not only live by its qualities, but if it were necessary, you would give your life for those qualities. And if they can meet that challenge, then feel free to speak whatever words, thoughts, or concepts come to you freely,

speaking them without thinking about them. Let them flow through you and keep doing that until you do not feel or sense any further thoughts.

It would be well, of course, if you have a recording device, such as being used today in this home, so that you can transcribe the material you channel from your guides and see how it feels to you, and then keep this process going.

It is also a good idea that before you have your channeling sessions, which you hold in the same place each time, if you provide a kind of purification of the place, and a protection of the place that you could do by various rituals, such as the Banishing Ritual of the Lesser Pentagram.¹ Or if you have any other kind of ritual that you set your intention to use it as a means of providing a wall of light that does not allow any darkness within it. This then prepares the place much like the tuning that you would do before such a channeling.

Is there a further query, my brother?

F: Yes, when do we know to start speaking?

Q'uo: I am Q'uo, and am aware of your query, my brother. After you have tuned yourself, as these two instruments have done, and you feel that you are ready to begin channeling, open yourself to your guides. Ask them to speak to you, ask one of them to speak to you, and then whatever thought comes into your mind, speak it, speak it without thinking about it, and keep doing that.

Is there a further query, my brother?

F: Thank you, Q'uo.

Q'uo: I am Q'uo, and we thank you, my brother. At this time, we will transfer this contact to the one known as Austin. I am Q'uo.

(Austin channeling)

Q'uo: I am Q'uo, and I'm now with this instrument. And what a joy it is, my friends, to be able to join this circle. We express again our gratitude for being invited to be with you in your circle of seeking, and to share with you the sweetness generated by your open sharing. You come to this circle with your own experiences and needs and questions, and you offer them to the circle. And in doing so you generate a type of field that is in alignment, you might say, with the One Infinite Creator and the One Original Thought. Your minds and hearts turn towards love and towards witnessing the creation through the eyes of the Creator.

Setting your intention to do this, making effort amidst your busy and complicated lives to make time and to be here for you and for your other-selves, is a significant and powerful act of co-creation that we are honored to join you in. And it is this co-creation with us that allows us to speak and informs that which can come through these instruments. It is indeed a great and joyful experience for us to take part in this process, for it feeds our souls as it feeds yours.

At this time, we would ask if there is a question to which we may respond. We are Q'uo.

M: Hi, Q'uo, I have a question. When I was 19, I had an out-of-body experience, and I came into contact with what I believe to be a positively oriented extraterrestrial entity, and I'm curious if you could tell me about the origins of this entity and their brothers, and what my relationship to them may be?

Q'uo: I am Q'uo, and am aware of the query, my brother. There is some tangle we must navigate within this query, for there are aspects of this experience that we sense are intended by you and your higher self to remain a journey of discovery for you. And to offer quick and direct answers to these aspects of your experience would rob you of the

¹ You can learn more about the Banishing Ritual as conducted by L/L Research channels on our [protection ritual page](#).

essential quality of this journey. However, we can offer some light information alongside some guidance for how you may continue to approach this deep question that has informed your life and your journey up to this point.

We can confirm in some sense that this experience that you had, that you experienced as an out-of-body experience, was indeed planned in some way by you and your higher self prior to this incarnation. This experience was to come at a particular moment and a particular time that was intended to influence you and to pivot your life, you might say, around this experience, so that your journey of attempting to understand and to come to terms this experience set you on your intended path for this incarnation.

By attempting to reconcile and integrate this experience within your life, you will, and have, come up to many other experiences. You have brought to yourself the catalyst that you have desired for your incarnation to take a certain path to learn certain lessons and to open your heart in such a way that fulfills your journey upon this planet.

We can confirm that the being that you experienced was indeed a friend, you may say. A former companion, a being that has grown alongside you, and you together have formed this plan, this idea to have this brief but vivid intersection within this incarnation, so that you can be impressed upon by this entity in a way that was determined beforehand. In terms of the true origins, you may say, we cannot speak further, and this is the extent of the specific confirmation that we are able to offer to you.

However, we would encourage you to continue to contemplate and to seek answers and to understand more what this experience was, what brought it about, and who it was that you met within this experience. These are all aspects of a puzzle that paint a particular picture of your incarnation.

You may be aware that we consistently recommend the daily practice of meditation to help understand the types of experiences like this. For they come to

you from a ground of being that is most accessible through meditation. To become more familiar with your inner landscape, to develop and to polish and to maintain a room within the self, within the heart, to meditate within that space, within the self, and to bless it with your love allows for things to come into that space. New understandings, new information, and even perhaps new experiences that help bring more understanding of why you had this experience, and who this experience was with, and the origins of the being that you are curious about understanding more.

And further, we would encourage any seeker attempting to understand and integrate such anomalous experiences, such poignant moments within their life that have been so outside of the realm of usual experience that seem impossible from the perspective of your consensus mass consciousness, that the contemplation be pointed towards the purpose and meaning of this experience, as it is in conflict with those aspects of your society and your culture that deny these things to be possible, that wish to believe them not to be true.

Such experiences challenge that status quo, and expressing your experience, and both integrating and sharing it with the world in whatever way you discover is best for you, helps to generate a certain type of friction, you may say, against that status quo. This friction is the catalyst of self-discovery, that if you are able to utilize and process this catalyst and understand more of your own true nature as the One Infinite Creator, you will shine ever more brightly among a world and a planet that is desperate for that love and light of the One Infinite Creator that comes about from such self-realization.

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

M: No. Thank you.

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

C: Hello, Q'uo. I have a question regarding physical pain. Sometimes you can have situations where the

pain can be crippling and I was wondering if you could speak in general on how do you integrate that pain and try to keep a positive attitude about the situation that you're in? Because sometimes it can get to be overwhelming. And it's something that I'm struggling with quite a bit. And I was wondering if you could speak in general about it, and if there's even a way to integrate the pain where you're at least dealing with it sensibly?

Q'uo: I am Q'uo, and I'm aware of the query, my sister. We wish to speak to this query with some sensitivity, for we are aware that the third-density bodies that you inhabit, the veiled experience that you currently experience, can create a very significant charge, you may say, against the experience of pain. The experience of bodily and physical pain can be, as you say, so completely overwhelming that it can hijack the rest of the experience of the individual. And we understand that there is much effort among your peoples to help alleviate this experience of pain, and that the goal of eliminating pain is one of the greatest goals of your medical community, you may say.

Allowing individuals to exist within their body without pain is indeed a noble goal. However, we can say that, from our perspective—that is, [one] privileged to be removed from the grappling hooks of such pain and such stories around pain—that the pain itself does indeed have a divine purpose. That this pain is not a punishment or a random difficulty inflicted upon you as a peoples to experience and to try to eliminate without question. We do understand and believe it is a noble service to attempt to eliminate pain, however, as we witness, it is an impossible goal, for physical pain is a fact of reality. And for many, such as yourself, the chronic type of pain that is overwhelming can be a massive disruption to the personal life.

To speak generally, as you have requested, we again can recommend an understanding or an exploration of this experience that focuses on the potential planning of such catalyst from before your

incarnation. There are various reasons why an entity may put into their incarnational plan an experience of overwhelming pain. There are various reasons why an entity may experience any number of limitations or overwhelming experience. And indeed, it is our perception that many entities, prior to their incarnation, overestimate their ability to see through this overwhelming nature of the catalyst, and grapple—we correct this instrument—and grasp the true intended meaning of this catalyst.

For some, this catalyst is intended to place a certain limitation on outer activity, to place a limitation on the ability for the entity to act in certain ways. And in such situations we encourage any entity experiencing this limitation, or any limitation, to seek within those activities that are limited, to seek the boundaries of where the entity feels restricted, and understand what message may be within that limitation. What lesson might be learned from being limited, and perhaps what gifts might be explored from within the bounds of that limitation?

We also encourage a meditation upon the nature of pain as a force that causes you to push away from something. The nature of pain as a survival mechanism is a very important biological mechanism. However, the intended plan of your sub-Logos was that pain would be experienced and would not be able to be completely avoided so that the pain could generate certain catalyst; so the experience of pain puts the entity into a state of discomfort, you may say, so that they then seek answers. So that they may seek a resolution to this discomfort. For if the discomfort were easily resolved and the answers easily found, the seeking would no longer be necessary. And it is the desire of the Creator and the Logos that the entity does seek, that the entity does not feel so comfortable that it rests and decides that all is well and, thus, no activity is needed, no growth is sought, no understanding is desired of one's experience.

We unfortunately cannot comment specifically in ways that may help any individual to understand

their specific pain. However, we would encourage again that any seeker contemplating this question attempt to understand what gift may be within the pain. And if such cannot be found due to the overwhelming nature of the pain, it can be helpful, you may say, to surrender, to allow the pain to be the overwhelming experience for what it is. And see if this pain can be loved and accepted and allowed as if you were the One Creator experiencing the entire universe, allowing all manner of joyful and difficult experiences—to put this pain into the context of every experience that you have had, of every experience that the Creator has, and see it as just one note among a symphony of creation.

Though that one note may stand out as prominent in this very moment, it is indeed just one experience of an infinite creation. And that it too has its own proper place. But it is not permanent. The creation is dynamic, and it changes, and you, as a co-Creator within the creation, have the ability to experience great pain and great joy. Both can come and go within your direct experience, as you move through the cosmos on your journey home to the One Infinite Creator.

Is there a further query, my sister?

C: No, thank you, Q'uo. That was very helpful, actually. Thank you so much.

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

(Jim channeling)

Q'uo: I am Q'uo, and again with this instrument. We would ask if there is a query to which we may respond?

Austin: If no one else has one, then I've got one. This is a question from me, Q'uo. This week our American government started a process of what they are calling releasing the UFO files, and lots of people who are interested in your words are also interested

in the nature of UFOs. But there is some reasonable skepticism about what is being released and what the government might even know.

So I would just ask for some guidance from Q'uo for seekers who find themselves interested in this and are watching this official release, how we might hold our perspective while witnessing this and maintain our spiritual seeking amidst the worldly game of the news of UFOs, since it's becoming such a big story.

Q'uo: I am Q'uo, and I'm aware of your query, my brother. This is a very interesting query. What we find initially interesting about the query is that the United States government is releasing information that it has supposedly had for many of your years, going back farther into the 30s and 40s of the 20th century. This information has supposedly been collected from a great variety of sources, [including] members of various branches of the military who have observed these types of craft from time to time beginning in World War II, and individual seekers of truth who have had some kind of an experience where they've also seen something that they did not know what it was but felt a presence and a purpose, and would use that mysterious sighting as a way of trying to learn more about what they might have seen in becoming what we would call spiritual seekers of truth.

So when this kind of information is released by your government, we would suggest that you meditate upon whatever facet of information strikes you as potentially helpful on your own spiritual journey. Ask your guides and your higher self to join you in meditation to give you some direction, some image or thought that can let you know if what you have heard or read is something that can help you in your spiritual journey.

Look around you to see how other people are responding. See the general consensus reality in your newspapers, on your television, on YouTubes, and so forth. Collect as much information as you can to put together what you might call the *pieces of the puzzle* to see if your own spiritual journey is reflected in any

of this information that is released about the UFOs. See if there is correlation or a point that does not make sense. Meditate, again ask for assistance. Talk to your fellow spiritual seekers, such as those gathered here today, get their opinions, feel the thoughts of all your friends, the government, your higher self, your guides. All of these are sources of information that can help you determine what of this information might be valid, might be helpful in your own spiritual journey. These are our suggestions.

Is there a further query, my brother?

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

Q'uo: I am Q'uo, and we thank you, my brother. At this time, we would also like to thank each spiritual seeker of truth within this circle for taking the time out of your busy life to come and share the nature of your spiritual journey in your round robin. This is very helpful to us. We see each of you as a light, your journey shining through your beingness and gathering momentum and brilliance as you work together in this domicile to find more of the truth of your own spiritual journey.

We would, at this time, take our leave of this instrument, leaving each of you in the love and in the light of the One Infinite Creator. Adonai vasu borragus.