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HOMEcoming GATHERING MEDITATION MAY 17, 2026

(Jim channeling)

Q'uo: I am Q'uo and am with this instrument at this time. We greet each here in the love and in the light of the One Infinite Creator, which each of you is. This is a great honor for us to be in this group, where the love and light that you have created this weekend shines forth throughout the universe as a sparkling, joyful, and prayerful way of seeing the Creator in everything, in everyone at all times.

We are here to attempt to answer your queries. We would like to let you know that while we are perhaps a step or two beyond you in your spiritual journey, we are fallible. And if anything we say in any way does not feel right to you, toss it aside, forget it. And if you will do this, we can speak more fully and freely to your queries.

At this time, we would ask if there is a query with which we may begin?

W: Q'uo, help us better understand anger. There seems to be a disproportionate amount of anger in the world. We are taught to accept and learn to love anger like all emotions, distilling its purity. Going a step further, how can we integrate this energy? Can we transmute it? What is anger's rightful place in the human experience?

Q'uo: I am Q'uo and am aware of your query, my sister. You have chosen a question which is rampant

upon this planet at this time. The catalyst of anger, of seeming separation with oneself, with one's neighbor, with one's family, with another country, with anything that you may have anger for, or anyone could have anger for.

This anger is a powerful source of energy. It is what the creation has not been created of but which has been a part of the creation of the One Infinite Creator since time began. For it is so easy to get angry at anyone or anything. The power of anger can be used by the spiritual seeker of truth to feel that anger for the self, to feel its power, to bask in its power, to then see that there is a way in which anger can become part of yourself, so that you can work with it as catalyst. You can see whatever one is angry at, whether it is your own being, another being, another country, or so forth, and then see that this anger helps the Creator to know Itself in one way.

But you can balance this anger with your love that flows through you from the Creator. You can open your heart to the love of the Creator and let it flow into that anger and dissolve that anger, so that it is no more at this time, and realize that this anger may come back. But now you know how to deal with it, to accept it, to feel it, to make it become part of you and then to blend it with the love of the Creator.

This is the path that each of you will take at one time or another. For anger is a part of the third-

density illusion that each of you lives beyond the veil of forgetting. The veil of forgetting hides that there is no need for anger, but the anger that you feel is one way that you can move forward on your spiritual journey of reunion with the One Infinite Creator by feeling the love for all around you that you before felt anger for.

This love is far more powerful than any anger that has ever been felt throughout the one infinite universe. So use it as catalyst and then set it aside.

At this time, we will transfer this contact to the one known as Austin. We are Q'uo.

(Austin channeling)

Q'uo: I am Q'uo and am now with this instrument. We would take a moment with this instrument to allow our connection with him to settle before we accept the query, and we will use this opportunity to reflect our perception of this group throughout your time together. For we have been with you; we have witnessed your connections. We have been with you in your hearts as you open them to your other-selves, and we wish that we could show to you, through your senses, what we witness in you within the time/space that you are not able to perceive with your eyes.

There is indeed a great pillar of light that is generated by your coming together. This light extends into the infinite creation and into the core of your planet. It feeds the planet with love that it so desperately calls for at this time. Meeting together as you have is not just nourishing for your own selves but can be nourishing for your other-selves. By your very beingness here, you contribute to the raising of the planetary vibration.

But even further, we encourage you as much as you can to carry this vibration with you forth into the world to radiate the love and the light of the Infinite Creator, that you have been able to perceive here through the veil as you have gathered together, and share it with your other-selves, whether they are pleasant or difficult to deal with. Allow that radiance to shine and allow the self that you have discovered here with your other-selves to remain within the third density to feed this desperate planet and to continue on in your great journey throughout the one infinite creation.

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

P: Thank you, Q'uo. That was beautiful. Can you comment on the infinity of the body? I have an easier time understanding the infinity of the mind and of the spirit. The physical vessel seems most limited to me. If we each contain the whole, is that our vessel or does that mean the physical material of the universe, stars, planets? Is that all considered the body of the individual?

Q'uo: I am Q'uo, and I'm aware of the query, my sister. We appreciate this query greatly. For it allows us to explore a topic that excites us particularly, and that is the relationship between the infinite and the finite, the real and the illusory, and allows us to offer valuable information about your third-density experience that is quite important at this time upon your planet.

We would begin by addressing the base line of the creation, where this creation came from. Indeed, this creation was spawned from infinity. The very first thing known at all within the universe was infinity. And then, through a series of distortions, that which we have called the Primal Distortions, the First Distortion of Free Will or confusion, first enabling that infinity to have awareness and desire to know Itself. The Second Distortion of Love or Logos forming a particular type of energy or direction or configuration or focusing of that infinity, which immediately generates the Third Distortion of Light.

Upon these three distortions, the rest of the creation is built, and indeed, this is not an event that happened at some point in your past. For in reality, there is no such thing as the past or the future. There is only the present moment in different configurations. But in each configuration, no matter how seemingly different, these three distortions are present. The very fundamental aspect of the creation is within you in every moment of these three distortions. In this way, we can say that infinity is contained and does exist within the body and the mind and the spirit.

But these three distortions resulted in a creation that we have called an illusion, and it is indeed an illusion. For how can infinity, which is unity, have an awareness of itself? In order to be aware, there must be something to be aware of, which then implies two-ness or finiteness. Indeed, that then implies that the infinite creation that you are a part of is in this sense an illusion. The seeming separation, the distance between the subject of you

and whatever you are perceiving as object, is an illusion, but it is a divine illusion.

This was the desire of the One Infinite Creator, that you would experience limitation. And indeed the question, as you have posed it, points to a very important aspect of that limitation, and that is how you, as mind/body/spirit complexes, experience that finiteness. And the most poignant and important aspect of this experience is through, what you call and what we have called, the body complex. It is that vehicle which houses and helps your consciousness to have a vehicle within the illusion of space/time. It is that which allows you to experience the illusion of separation, and this is why we believe you have perceived within this query a seeming difficulty of understanding the body as infinite. For it is your most immediate experience of this separation.

However, we would point out briefly that we would encourage you to ponder the nature of the infinity of your mind and of your spirit. For these, too, have important illusory separate aspects. For when you are experiencing your own mind, you are experiencing just a small portion of the One Infinite Creator. You, as an individuated portion of that Creator, have a particular experience. There are particular aspects of the mind that are available to you, and there are particular aspects that are not available to you.

You cannot know the thought of every other-self that comes across your path. You cannot know the thought of a mind/body/spirit complex on the other side of creation without infinite will, which you have not realized yet within your third-density illusion. And even the spirit complex, that aspect of yourself that helps to represent the perfection of the One Infinite Creator, has an individuated portion. Though it is that shuttle which allows the One Infinite Creator and intelligent infinity to rain down upon yourself to connect with you, it is your individuated will that reaches up through the spirit complex and allows that One Infinite Creator into your being.

And so we would encourage the continued pondering of the finiteness of these aspects. For indeed they are all illusory. However, we return to the notion that it is indeed your body that seems to be the most finite, and this was indeed by design of your sub-Logos and many sub-Logoi in the proximity of your own. It seems that your

consciousness is somehow trapped within this body, and these senses that this body delivers to your consciousness seem quite limited. You can only see that which is before you. You can only feel that which touches your skin. You can only hear that which is in your proximity.

However, we would ask you to consider that you, as your body, are not limited to just those molecules and cells that are contained within what your paradigm has deemed your own individual body. You have spent much time this weekend within a great environment of nature, a beautiful land that serves you and receives your service of love. We encourage you to reflect upon the times throughout this weekend and throughout your life that you have witnessed this nature and felt at one with it. When you have seen the sun rising, heard the birds calling, felt the breeze upon your skin, and in that moment all felt as perfection. Indeed, this is, in a sense, your body experiencing infinity. Indeed, this is your body expanding to infinity. The limitations placed upon your perception of the body dissolve, and you become one with the environment around you.

This can be true for many experiences, as stated in the query. You may look upon a star that is on the other side of your galaxy and feel its perfection. And in that sight and in that feeling, your body becomes one with that star. It is indeed not separate from you. For both you and that star are the One Infinite Creator. You both contain within you the holographic Infinite Creator.

We encourage deep contemplation of this. For it is indeed in this seeming paradox that your experience can seem so limited but can, in certain situations, seem to break down and allow you to experience something far beyond the limitation of your body that will lead you to understanding the infinite aspect of your body. It will help you to realize the One Infinite Creator that exists within you and how all can be a part of you and your body. It is your body that allows you to perceive these things.

It is your body that allows you to move about the space/time of the One Infinite Creator and interact with your other-selves and find unity with your other-selves. And indeed it is with this body that evolution of the spirit is even possible. For within the divine illusion set up by the Creator, one must experience separation. One must believe and experience, in some sense, the separation that is

illusory, and buy it completely, you may say, experience it completely, so that the moment of breakthrough, the dissolution of this illusion is more poignant.

The realization of the Creator becomes much more beautiful, much more divine when one has experienced the illusion of separation and believed it in their heart but then let go of that belief, and the infinity of the One Infinite Creator enters into your heart.

We would also encourage continued contemplation upon the relationship between your body and your mind and your spirit. For your mind and your spirit may be more seemingly infinite, may seem to allow you to better grasp and better connect with intelligent infinity. But without the body, this connection becomes quite pale. The ability to truly experience the one infinite creation is not available without a body, which allows the creation to be fed to the mind and the spirit. Indeed, the body is the interface of your mind/body/spirit complex with the one infinite creation. And we would even further encourage the contemplation that the separation of these three aspects of your being, the body complex, the mind complex, and the spirit complex, is itself illusory.

Prior to the veiling of your consciousness [before the veil was conceived and implemented by the sub-Logoi], this was understood and experienced by the beings at that time as one singular thing with three aspects, but the experience available to you is that these can be worked with and experienced and considered as three separate aspects of yourself. But this is indeed illusory. If your mind and your spirit are infinite, then your body can also, or must also, be infinite. For it is one with your mind and with your spirit.

At this time, we would take leave of this instrument and transfer the contact to the one known as Trisha. We are Q'uo.

(Trisha channeling)

Q'uo: We are those of Q'uo, and we are now with this instrument. It is with great joy and much gratitude that we sit within this circle of fellow seekers, brothers and sisters along the same path, who we walk alongside each and every one of your moments, of your days.

We have been a part of your journeys, seen or unseen, felt or unfelt, and we have felt much, much inspiration for your seeking, your discoveries, for the brotherhood and sisterhood that you are fostering in these spaces; and, at this time, to see the joy on your faces as you make connections, as you share insight, as you realize that you and your other-self are but extensions of the same Creator co-dancing in this experience. It is an immense, immense joy to see that, to witness it, to feel it. For we, too, were once upon that same walk. We, too, were having these realizations, making these connections, and finding space for those of our friends higher and further along in their journeys to teach us, to help guide us, and to walk alongside us.

We feel the love in this circle, and we know that it is but a fraction of the love of gathered souls across this planet and this universe. For the whole creation is made of that love, and it is simply beautiful to witness it in such a concentrated and spontaneous and playful way as those in this circle create in this experience.

And it is with much humility and excitement that we sit, and we would ask if there is a question with which we may speak at this time?

G: Yes, Q'uo. From what we have learned about the Law of One, it would appear that every one of the 8-billion-plus third-density entities incarnated on this planetary sphere are their own hero in their own hero's journey, their own main character in their movie or TV show. It's mind-boggling to think of every one of the 8-billion-plus souls incarnated here as having a custom-made incarnational experience designed and manifested just for them, and that somehow all of our individually tailored incarnations are harmoniously melded together for a collective experience. Any thoughts or reflections you care to share on this in general, and as it pertains to graduation or harvest?

Q'uo : We are those of Q'uo, and we are aware and appreciative of this query, my brother. Indeed, it is quite, as you say, mind-boggling that there could be so many souls on this planet at this time that are seemingly having immensely unique experiences that somehow fit like pieces of a puzzle or that overlap and intertwine in ways that seem mysterious yet beautiful and perfect.

But, my friend, that is the reality, as you may call it. The Creator, in the Creator's wish to experience

Itself, set up quite the master plan, quite the impressive experiment. Each of you on this planet, each of the 8-billion-plus souls has a unique journey. The lessons may be the same between fellow seekers. The experiences may seem similar. The step along the path may seem familiar, and perhaps even the environment is recognizable. However, each step, each environment, each lesson has to it a degree of uniqueness, an infinitely precise and perfect crystal of the creation, an unexplored avenue. For each moment and each decision and each action and each feeling were so uniquely designed, were so perfectly aligned to create the catalyst of experience.

We are those of Q'uo and would pause to allow this instrument to become slightly more comfortable.

[Pause]

My friends, the path that you walk upon, that which you may be awakened to and seeking, and that which those upon your planet may be experiencing in a sleep-like state, is perfectly entwined and melded, as the question-asker stated. Consider it like a tapestry. Each of you bearing a thread, and not simply a thread of the identity of the question-asker, but also threads of the souls that span incarnations past and present and future, as you may see it, in your so-called time. Those individuated threads may overlap, may tie knots with another, may bump into, may fray; however, they remain unique and solid and solitary in their expression. They may change colors. They may move from one side of the tapestry to another. They may take a new course, but they all end and move in the same direction, which is towards the One. And in that way, there is much balance to be found. There is much perfection to be found.

My friends, we are getting the idea from this instrument about the movie called *The Truman Show*—this idea that you are the main character in a play, that the set is designed and the plans are all in place to get you to move and act in some way.¹ And in some senses this is a great experiment, there is a stage that is set. But the universe and the Creator are a much loving presence. They are much more supportive and simply want to witness and not

interfere, simply want to support and see growth on an organic level.

My friends, it is so amazing that you embark upon this journey. That we all have embarked upon this journey, and what a privilege it is to learn, to experience, for the Creator to have these unique experiences that are purely our own that again may have flavors of similarity but are ever so faceted in ways that we and you cannot understand in this incarnation, in this density, in many lifetimes.

Yes, there are many opportunities for a seeker, or one who is not actively, knowingly seeking, to make decisions that alter their path. Perhaps you have witnessed that in your own life, in your own incarnation. *“If I had made a different decision, my life would be different. I might not have met this person, or I might have met this person. I might not have landed that job. I might be in a different country. I might not be here at this time. I might live another 20 years because of this decision.”* All of these are perfectly, intentionally designed to provide lessons, to provide opportunities for you to consider, to awaken you further, to deepen your seeking. And not only that, to open your heart to see self and other-self as Creator. And in so doing, the tapestry furthers along its way. Those knots become more beautiful inter-weavings like a loom of experience, like a loom of life, intersecting and becoming one with other threads.

It is truly a gift that you walk among 8 billion other-selves, simply at this time, as you may see it, but also in the past. For this tapestry goes back far further than your mind can comprehend. And yet it is as it is. It simply exists. You simply are this main character that is the Creator. Each decision being made by the Creator. Each consequence being felt. It is purely divine.

We state all this not to give a sense of what we might see as perhaps enlightened status, if you will. For you will fumble. You will have opportunities of painful catalyst. You will have chances and experiences that create discomfort. You will find yourself in tangles, and that is okay. That is part of the divinity. It still moves forward. You still find your path, even if it

¹ *The Truman Show* is a movie that follows Truman Burbank (played by Jim Carrey), an ordinary man who slowly discovers that his entire life has been staged as a 24/7 reality television show. Unbeknownst to him, everyone around him—including his family and friends—is an actor, and the town he lives in is

an enormous, meticulously controlled set. As small inconsistencies accumulate, Truman begins to question his reality and ultimately seeks to break free from the artificial world built around him.

may not seem as much or seem as though. Even when it is dark and there is no light before you, trust that that light will come to you if you simply have faith that the twine of the tapestry is before you, that it moves towards the One.

In that sense you are main characters in an immense, infinite play, infinite movie, infinite opera. So see yourselves as co-creators in this experience. Find ways to foster an open heart and unconditional love for your co-main characters. Find appreciation for the environment, for the stage which you dance upon. And when you do so, when you feel that genuine love and appreciation, that sense of being held and cherished and supported, that desire to be of service in that way to others on this stage, it will begin to feel more like that perfected destiny that you hold within you that is your truth, and the identity of your singular self in this 8-billion-plus world will melt away. And you see yourself as not only the identity of self but the identity of other-self, of your planet, of your cosmos, of your universe, and of Creator.

You are all divine. You are all co-creators, not only co-creators but Creators. We appreciate your hero's journey that you've taken up, and we hope that as you walk that journey, as you encounter hardships, as you witness joyful moments, that you always have within you your ability to practice your will and your faith knowing that all will be well; that this [moment] is simply a word in a long, never-ending novel pregnant with opportunity, full of meaning, and always leading to the next step.

My friends, we thank you for this opportunity to sit among you, to be a punctuation, to be an adjective or a verb in this moment in this great, long novel. The Creator rejoices for this continued exploration.

We are those of Q'uo, and we shall take leave of this instrument, at this time, and transfer the contact to the one known as Gary.

(Gary channeling)

Q'uo: We are the principle known to you as Q'uo, and as we stream our humble thoughts through this instrument, we sense your environment with joy. Typically we are dancing with this group and this wavelength in places of four walls and interior spaces. And while we may differentiate between spaces, we [nevertheless] open our hearts and embrace any space in manifestation, seeing its true,

divine, and sacred nature. But to be with you in a space where the wind of the first density brushes the skin and when so many of your ears register the bird song which gives glory to the One, and the warmth of the sun and the rock and earth beneath your feet and the trees which receive and radiate the joy you generate this weekend... we rejoice in this space that is known to you as Terrapin, and we would offer our thoughts to an additional question in the hopes not necessarily that we will provide the answer in which you seek but rather that we will offer the food for thought that stimulates your own rediscovery of the light and the love within.

We are those of Q'uo. Is there a query at this time to which we may speak?

K: While honoring the law of confusion, the Confederation often speaks of the One Infinite Creator, knowing Itself through the experience of its portions. Yet, the Creator is also described as infinite and complete. Could you please speak about how seekers may understand this apparent paradox between an infinite creator and the appearance of new experience within creation?

When entities gain awareness and experience, is the Creator encountering something genuinely new or rediscovering that which has always existed within its infinity? And does the presence of mystery within the Creator allow this process of self-knowledge to remain forever open-ended?

Thank you, Q'uo and instruments, for your service.

Q'uo: We are those of Q'uo, and we thank you for vibrating this query, our sister. And we would be gladdened to speak to the thrust of this question, with the caveats that we are quite limited in our ability to satisfy the resolution of paradox, or even the framing of paradox such that it may become more palatable to the thinking mind, for several reasons, including that the veiled condition of your present conscious experience is one which does not lend itself to the resolving of paradoxes. In its ultimate sense, reality may be experienced to and by the self-realized entity within the confines of the third-density experience but not in such a way that resolves all these riddles to the thinking mind.

Secondly, and relatedly, the awareness that balances this seeming paradox between infinite completeness and infinite novelty is wholly beyond concept.

Concepts may seek to grasp, to translate, to reach, but this truth lies far beyond the mind complex.

Thirdly, and finally, we of the Confederation at our various stages of the evolutionary journey yet seek to plumb this very same mystery to which the question points as we deepen our own awareness of the Creator and as the mystery recedes ever beyond each step we take upon our journey, each aspect of the Creator that is revealed to us with light and love, each aspect of our very own beings that is of the manifest and the forever unmanifest.

Insofar as we may speak to this question, we would indicate that both things are true, our friends. The Creator is forever complete within and of Itself. To use a somewhat temporal term, prior to the advent of the very first motion, the very first distortion or tweak or modification or disturbance of this undifferentiated, boundless infinity, the Creator was, and is, and forever will be complete without manifestation. Yet the Creator does manifest and build worlds and universes beyond counting and beyond measure with variety, which no mind can fully grasp or inventory. And in that manifestation is a game of novelty and newness and surprise.

The Primal Logos, that Creative Principle manifestation of the Creator, that fundamental base level, shall we say, of consciousness which designs and builds and architects this game, taps into the full potential of that completeness of infinity. That endless, bottomless, boundless, forever potential of completeness. And through the power of that energy and its will and its focus—fueled, shall we say, by this desire that the *Creator will know Itself through manifestation*—hides that completeness, parses out that completeness, builds worlds of space and time, and other constructs of creation, other stages upon which many, many entities will dance.

[In this way,] that completeness can be rediscovered to the perception and to the heart; that the entities of creation can experience a seeming portion of that completeness with an awareness that, through continued experience and progression, they may find and experience more and more of that completeness, that Allness, that wholeness.

In the ultimate sense of unity and oneness, this is all [the entire universe] the Creator making decisions

from the paradoxical perspective of the separate entity. These decisions, their exact outcomes, and the exact choices that the separation-bound entity may make are unknown to the One. *Will the entity be attracted to the positive polarity? Will instead they be attracted to the negative polarity? What will happen when this entity meets that entity?*

It is all a game of surprise to the One. The final outcome, shall we say, is not in question, and is inevitable, but in a very limited way it is unknown to which page the reader will turn the *choose-your-own-adventure book*, as it is known to you. [It is] through the surprises of entities—invested with the sacred, authoring, and shaping power of free will—making decisions that the Creator learns more of Itself, paradoxical though it is for a being who is already complete regardless of what does or does not happen within the illusion.

Why is it that, as you may see it, a being with no particular need, no deficiency, nothing seemingly unknown to Itself, why would this all manifest, as we spoke through the previous instrument, [as an] opera, or movie, or great adventure, or vast expanse of the creation such that it could experience Itself?

This *why* is a question that drives us onward from our evolutionary position as well. It is born out of and returns only to mystery, but it is thanks to this manifest creation that the Creator can experience Itself in the countless forms already known to you. That the Creator may be the ones known as J. or V. or K. or M., or as is known to you, the Jonathan complex, or the United States, or the Pacific Ocean, or the Himalayas, or the butterfly, or the beetle, or the microbe, or the solar flare, or the two galaxies that seem to your physicists to collide and dance and be with one another in the balance of eternity in the movement of space and time.²

These forms which we have named, which are grains of sand upon an infinite beach, are simultaneously within the allness and infinity of the Creator, but also are new, each and every one, and offer to this background awareness of eternity and infinity [the opportunity] to gaze upon in wonder, and awe, and total unblinking love for each and every form, whatever its manifestation, whatever its, in your realm, ethical behavior or misbehavior.

² Various Homecoming attendees were named. Also, three attendees all shared the same first name of Jonathan, which

turned into a lighthearted joke about the Jonathan social memory complex.

These novel forms are not only for the All to look upon, but that the Creator, *from the position and perspective of these forms*, may look back upon Itself and see Itself. And through the vehicle of existence itself, communicate the Creator's beingness through an infinite field of flowers of colors and shapes and entities and sources of light and love that this creation may, whether upon an unconscious or conscious level, give glory to the One—be it playing the role of the flower or the stone or the home or the clock upon the wall or the entity in the hospital or the ephemeral cloud within the sky or the mountain which rises incrementally upward, and so on.

By distorting and seemingly limiting the light and stepping down that light, the Logoic being, and Its sub-Logoi and the sub-subs, and onward, are able to limit the experience such that only the problem, as you may see it, is before the attention; and its innate and inherent solution or resolution or movement forward is not visible, such that the entity may separate birth and death positioned at seemingly opposite ends upon an illusory time spectrum; that the entity may identify as one gender or another, as youthful or elderly, as subject to one aspect of a dualistic model of experience and not the other.

And in this individualization and focus and limitation, that which is not known, that is, the unknown, calls to the self; and the choices made upon this journey, of being called by and seeking the unknown, of seeking the truth, of seeking to experience the heart of love, offer the One the opportunity of novelty.

For even in your own seemingly limited tracks of the range of opportunity or choices before you within the confines of your bodies and your careers and your space/time conditions, even in these limited tracks, you have been aware many, many times of the forks in the road, of the ways that you may choose left, center, or right, or travel backwards, or to sit upon the road and rest, or turn yourself in circles in confusion, or meander, or find the straight and narrow, or accelerate the journey, and so forth.

Each one, in its own way, from its unique vantage point, reflects and gives glory to the One, never to be quite repeated again in creation. And there is, as we still discover, the glory, the power, the peace, and the unendingness of the One Infinite Being in both its seemingly unmanifest and manifest nature. It learns. It plays. Yet it already, as you may see, knows,

and is, All—existing outside of time and space, of evolution and change, and of seeking and becoming.

Indeed, this experiment in novelty is built and manifested and set into motion because it, as we understand and may communicate it in our limited way, cannot, of Itself, move or change or become or seek or lose or gain or dance or have conflict or encounter exotic realms. [The One] must instead invent this marvelous, miraculous experience, which you, our brothers and sisters, are in the thick of, and that is the dance of the creation of manifestation.

So much of your suffering, our friends, is a fundamental blockage of and resistance to the utter rightness and beauty and underlying divine nature of all things, all circumstances, and especially yourselves. As you learn to love and forgive yourselves for being *as you are*, as you learn to love and forgive other-selves for being *as they are*, whatever their behaviors, you learn to open your hearts and your minds to this unending peace and rightness. You release the resistance to eternity that keeps you seemingly locked within suffering and limitation by, shall we say, plugging back into your true nature, your infinite beingness.

You may love and embrace your limitations. You may see it less as something to escape or resist or get beyond, and glory in the fact that you can be born and you can die. That you can experience illness and loss and disease and confusion even. That you can be in a state of *not* knowing.

You may, our friends, celebrate your separate existence and the opportunities that it offers [in order] to give worship and praise and thanksgiving to the Infinite One, with the gifts of that separation, with the gifts of who you are, as you were born, where you were born, with your [particular] capacities. And give not just a *behavior* of praise and thanksgiving to the One, but give your very selves to the One as the prayer, as the expression of gratitude that you are made as you are; that you have the opportunity to make choice, to move, to explore, to become, to relearn the I Am'ness and beingness that is forever the Creator.

But in and through the guise of limitation, by this giving of the self to infinity, this surrendering of the self, this rendering of—we correct this instrument—by rendering the self transparent to that One, then the beingness, which of Itself is choiceless and unmoving and unchanging, can shine into and

through your separate forms in the ceaseless joy of dancing in the realm of form, without which It would not have this gift.

Each of you, our friends, is a gem beyond measure to the eyes and the heart, so to speak, of the Creator. You, our friends, have not the slightest idea what you, by your very existence, give to the One. You operate in a realm of shadow which seems to obscure this light of understanding from your vision. And you feel alone, despairing, lost, and confused, but even that, our friends, is a gift to the One. That the One may experience it Itself as confused. That It may forget Itself through this grand play, and thus have the unique and glorious opportunity of rediscovering Itself.

You are not individuals. You are not separate. Each of you is nothing other-than God, the Creator, having forgotten Itself in your particular form that—without rush, without urgency, and without a time schedule—awaits that moment when you learn to enter the eternal present moment. Not to vanish, necessarily, but to marry form with formless awareness, to merge your limitations into the ocean as the returning drop, which was all along none other-than the ocean but believed itself to have been momentarily separate. And through this consummation, the One may work through you and *as you* in a simultaneously dualistic frame of experiencing the many and experiencing the self as the All, the One, in total and utter community.

We are honored, our friends, to speak to you upon these mysteries. We are grateful for where you are in your service to planet Earth at this time, and we await that moment when we will once again be more together in a more proximate sense that we may rejoice with you for the love that you stayed true to through faith, as the incendiary and burning incandescent fires of this world burned away your illusions with pain and suffering and deprivation that you may purify your hearts and be a vessel for love and light to the creation as a whole and to those of your planet.

We thank you, our friends. We will take our leave of this instrument and 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 thank you for your open

hearts have brought us all together in a little social memory complex this weekend. We are amazed at the stories that each of you have to share with each other. For you are each a unique portion of the One Creator. By sharing your portion to another with your nature of the Creator, you create a gem, each of you a facet of that gem, with the love and the light of the Creator shining through leading you on your path, finding your pre-incarnated choices of service to others.

At this time, we shall take our leave of this group and this instrument. We leave each of you in the love and the light of One Infinite Creator. Adonai vasu borragus.