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C/C CHANNELING CIRCLE

JUNE 23, 2026

(Austin channeling)

Q'uo: I am Q'uo. We greet this circle in the love and in the light of the One Infinite Creator. We are honored and grateful to be invited to join you in this sacred circle of seeking. We are called to this group, not just through your explicit request for us to join you in your seeking, but also by the desire within your hearts that resonates with the desire in our hearts, that is the desire to love and to serve, and ultimately to discover the One Infinite Creator, and allow the Creator's love and light to flow through you in service to others.

We join you on this day not wishing to be authorities or offer explicit direction in how to seek the Creator, but rather to share our own perspectives, to report upon our own journey upon this path that we walk with you in hopes that our travels might inform your own, might inspire you, or offer you catalyst, so that you may integrate and consider and ultimately discover the uniqueness of your own journey of seeking and find the path that leads to your own heart which can only be known and discovered by you.

As we join you as brothers and sisters, we would ask our typical favor, and that is that any who discovers our words, that you weigh these words against your own discernment to evaluate them for how they may serve you, for how they resonate within your being,

and for how you may use them upon your own path—not just by accepting them as the unquestioned truth, but rather by feeling how they move you, and how they inspire you, and how you may use them.

And if there are any thoughts or words that you feel may be a stumbling block or may disrupt your own discovery of your heart, we ask that you set them aside without further consideration. In doing so, you will allow us to speak more freely without concern that we are influencing you in ways that we do not wish to.

We appreciate you granting us this favor, and again appreciate this circle's fidelity to the tuning and to the invitation in allowing us to join you and at this time we would ask if there is a query to which we may respond within this circle? We are Q'uo.

E: Thank you. Yeah, lately I've been experiencing feelings of anger, resentment, and impatience toward men and masculine energy, and as I sit with these feelings, I notice they seem connected to concerns with fairness and justice and an unequal distribution of responsibility. In other words, I see a lot of suffering in the world caused by wounded men, and then a disproportionate responsibility falling on women who are also wounded to help heal it, and I find this unfair, yet I'm confused and unclear about the spiritual nature of fairness itself when I find

myself ruminating about fairness and justice. It comes from a place of love, but it doesn't feel very loving or gracious. So, could you speak generally to the relationship between fairness and love, please? And thank you.

Q'uo: I am Q'uo, and I'm aware of the query, my sister. We appreciate the complicated and deep way that this query has been framed and considered for our own reflection, for in our perception of the social dynamics upon your planet, and within your various cultures upon your planet, we do perceive some great distortions and some very deep wounds among both those that you would identify as masculine or feminine, or men and women; or even those who may not seem to hew to either of these classifiers yet in many ways contain and express in more complicated ways the deep energies that we identify as masculine and feminine.

From our perception and our ability to read the energetic dynamics upon your planet and observe its history, the division of these both biological and energetic differences of masculinity and femininity have been some of the greatest division points of identifying and amplifying separation and feelings of superiority and inferiority, of domination and control, and of unfairness, as you have framed it within the query. Indeed, we would say that this is among the deepest aspects of healing that your planet and your peoples have to contend with as you approach the dawning of the fourth density as the harvest of your planet continues to grow and the transition to a new planet continues to take place. The wounds of both men and women have been allowed to be expressed more and more. There is more awareness and more consciousness put towards examining these wounds and the different imbalances, as they have expressed themselves within your cultures.

We would reflect that the feelings that you have personally expressed—difficulty and anger in observing the dynamics, the need for healing, and the impetus of who offers that healing and what healing may be offered—are a result of the increasing fourth density energies. [There are] deep, deep distortions, that have resulted in many traumas and many individual and collective wounds. To have the light of fourth density shined upon so that they may be perceived and may express themselves causes these wounds to manifest, become known, and again

be felt with the pain, difficulty, fear, and anger that not only generated them but also perpetuate them for as long as they remain unaddressed and unhealed.

We appreciate further the framing that you have put within this question of the dynamics of healing these distortions and wounds, and the responsibility that one may have of healing not just oneself, but of offering healing to others. This is an incredibly important aspect and dynamic of this question, for it is our understanding and opinion that a healer who wishes to offer healing to others must find some minimal amount of balance and healing within the self, so that they may then offer such healing in an undistorted and open way for any other-self, that they may seek to heal or that they may seek to serve. Indeed, healing is the ultimate service, and any act of service that provides catalyst for an other-self to come to know themselves in a deeper way, whether it is understood as *healing* or any other type of expression is still, in many ways, healing.

In order to seek this healing within the self, it is important to allow these feelings that you have expressed and identified within yourself to have the rightful place within one's life and within oneself, for these feelings and these emotions are indeed divine, and they come to you as divine messengers from your deepest mind. They filter through to your consciousness from the wounds that exist within you, some that you recognize and some that you can identify, but some that are buried within your past, and even further wounds that exist not for you as an individual, but for you as a planet.

You may identify with one gender or the other, or may not identify with either. However, the wounds that have been experienced by your populations exist in a very deep and meaningful way within your collective mind, within your racial minds, and your planetary minds. The fact that this type of distortion and difficulty has been one of the most consistently expressed upon your planet, and the imbalances between these genders have been so consistent across many cultures, speaks to the depth of this misperception, the depth of this distortion, and the energized separation that has been used to cause these wounds that has been used as an excuse to further perpetuate discrimination or oppression, or to further energize anger and hatred, or judgment.

We encourage any seeker to understand the tangle of these distortions, to frame their struggles as you have within this question, to acknowledge the hurt and the pain that may express itself as anger or any other uncomfortable or difficult emotion, and to bring those emotions into your heart through a daily practice of meditation to allow these emotions space to exist, to look upon them with eyes that do not judge, with eyes that allow them to exist without the need to have them go away, without the desire to fix them, but rather with eyes that just allow them to be what they are, to exist within the love and the light of the One Infinite Creator, as does every aspect of your creation.

If you are able to cultivate this type of perception within your heart through meditation so that even those difficult things within yourself are able to be looked at with love, and looked at without judgment, and allowed to exist without causing the reaction—the lashing out and the furthering of such distortions—then this will be the key to not just healing yourself, but understanding the role that one may play in this greater dynamic, where it seems as though some may be asked to take on a greater burden of healing, where it seems that some may be asked to forego their own healing, for the sake of healing others.

These tangles within your society are so difficult that it is quite an impossible task for any one individual to intellectually grapple with this tangle. Not any one person may fully understand and fully perceive exactly where these wounds come from, how they were caused, and how they continue to perpetuate.

The most important aspect of healing of the self and of other is to seek the love and the perfection of every moment—whatever the emotion, or feeling, or difficulty arises within the self and within the moment presented to the self—to continue to seek to see the perfection within that moment to understand that this moment is a gift from the One Infinite Creator to the manifest self so that the One Infinite Creator can experience and know Itself in a deeper way. This knowing of the self and knowing of the One Infinite Creator is brought about by listening and feeling that strong desire within the heart to bring love into that moment, to find healing within that moment, even if those things are not apparent, and even if they are not immediate, but to

hold onto that desire within the self to not just heal the self but to heal others.

We would say that this type of perception and practice and approach is a prerequisite to addressing the deeper aspect of your query: the perception you have expressed where there is an unfairness presented and to the need for healing upon your planet. We would ask that any individual or entity wishing to walk within this territory and work with these energies focus primarily upon the self and cultivating this perception that allows one to behold such difficult territory with the eyes of the Creator, for it is only with that consciousness that the healing and the true perception of what may actually help and inspire others to pursue their own healing may be generated.

To speak more to that central aspect of your question of the feelings of unfairness and of the difficulty that you have personally realized, a feeling of being asked an unequal amount of service and offering to this dynamic, we would first express that it is our perception that this idea of fairness and equality carries itself much baggage within your culture. It is true, as we perceive it, that the creation of the One Infinite Creator does operate through a flow of energy that can become skewed or imbalanced in certain ways.

We have spoken of the dynamic of karma, and how certain actions may carry with them an inertia that creates momentum and perpetuates various cycles and patterns; and we have noted that it is the express act and acceptance of forgiveness that allows this energy to be released and the weight of the inertia to diminish so that these patterns and these cycles may then slow and even cease, and the balance of the flow of energy may be brought back to a more aligned configuration with unity and with the One Infinite Creator.

But to allow for this forgiveness to happen, one must first fully perceive and accept and allow the wounding to be perceived, and this is why we ask that the prerequisite of cultivating a perception of love be the first undertaking of any seeker hoping to grapple with these questions; and once this has been achieved, and the territory is then embarked upon to attempt to understand how to navigate the heaviness of these energies within your culture, you may then come upon situations within your life that you have invited through your very desire to find

understanding and healing in these areas. Situations will manifest for you that present challenges that ask for this perception of love to be exercised to stretch this difficulty of finding love within the moment to the extent that you are able, and in many cases to stretch it seemingly beyond your capabilities.

The most important aspect in trying to navigate these energies and to walk this terrain is whenever one feels this heaviness and the charge of emotion when grappling with this dynamic, that this be noted and brought back into the self, if not in that moment, then during one's regular practice of meditation. And then as you are navigating this territory where inequality and harm and wounds live and express themselves regularly, we ask that you practice and cultivate what we would identify as the *wisdom of boundaries*—the knowledge of self that allows one to know what one's so-called limits may be, where one is challenged past the point of being able to bring that energy within the self, to know when something may challenge oneself so deeply that it throws oneself out of that perception of love and challenge it so much that the self then crumbles, you may say, and is not able to continue walking that territory.

For in order to address the need for healing within the self, within this greater dynamic, one must be able to avoid allowing such heavy and difficult questions to burden them to the point where they can no longer walk upon stable feet, where they can no longer traverse a rocky ground that has many surprises and many difficult terrains.

We would approach a conclusion to our address of this question by asking anybody who is contemplating such questions to contemplate the release of the expectations of what one may offer to others and what others may need to do themselves, for it is true that—in the specific dynamic referenced within the query where both the masculine and the feminine collectives upon your planet have wounds, and that the dynamic of the feminine being that which, as your society perceives it, is more matronly, offers more comfort, is that which offers the healing and the expression of love and compassion and care—one may encourage this energy within the other aspect of the masculine. Just because entities may identify more with one energy or the other, this does not mean that they do not contain all, for all is one, and every male contains

within them the full potential of the feminine, and each female contains within them the full potential of the masculine, and these energies are always available to both genders and both identities, you may say.

The ability for the masculine to realize this is essential for such healing, for it is true that, as we perceive it, particularly within your so-called Western cultures, it is not typical, or it is not custom for the masculine energies to turn inward and address the wounds, as you have identified them, to express the pain that is found within them in a clear and honest way. These wounds do get expressed in confused and painful ways that further perpetuate the imbalances and further create distortions that cause harm and trauma, but to encourage the masculine energies upon your planet, and those who identify with such energies, to seek within themselves the feminine, to seek within themselves the care and compassion of both self and other, is a key to unlocking and to relieving much of the pressure and the inertia that continues to create these dynamics to unfold these patterns to continue within your cultures.

We would end by reiterating, as we began, that your responsibility as your own mind/body/spirit complex, the seemingly individual self, is to first discover and love and heal the self, for one may not offer any healing to any other that one is not able to offer to the self. Indeed, the healing of an other is the healing of the self. You cannot do one without the other, and it must start with examining those wounds within the self and relieving oneself of the responsibility of healing others, for it is only in the healing of the self that you can serve as the catalyst that offers the potential of healing the others.

They may ask and expect and even demand that you offer this to them, but whatever distortions are embedded within this relationship, these demands and these requests from them, they are unable to infringe upon your own beingness. So long as you continue to seek the balanced state of love and compassion within yourself, they will not be able to penetrate into that inner sanctum within yourself that you cultivate with love and compassion, acceptance and non-judgment, whatever demands they lay upon you, whatever needs they say must be addressed by you.

You can allow those things to exist as their own distortions, as their own baggage, you may say, and you may radiate and express the love and the light of the One Infinite Creator, as it is known to you, and they may not feel satisfied with this radiation of your love, however you express it, but you may rest knowing that you have done your best; and you continue to walk the path of desiring to serve within your own power, within your own ability; and knowing that you will continue to seek this love within every moment, even if the other that you are attempting to serve does not recognize or see this love.

By exercising the wisdom that we have spoken about earlier, you can remain unaffected, you can remain stable upon this difficult terrain until eventually your beingness itself is able to radiate in such a way that those who encounter it will not be able to deny the reflection that it creates within them, the realization within their own beings, that they do not need you for their healing, that their healing is not your responsibility, that they are the only masters of their own healing journey, and it is through your own radiation that you may aid in this realization within your other selves.

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

E: Not at this time. Thank you.

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

(Gary channeling)

Q'uo: We are the principle known to you as Q'uo, and we wrap each in this circle with the love and the light of the One Creator that is so ready and apparent and an intrinsic part of our lived, aware experience as we transmit our thoughts through this instrument that we may be of support to your spiritual journeys by offering food for thought as you seek the Creator.

We are Q'uo and would ask if there is a question at this time?

V: Yes, Q'uo, thank you. I would like to ask about the metaphysical role of mosquitoes, bugs, spiders, and other insects or small creatures that interact with humans through biting or otherwise causing bodily discomfort. From the human perspective, such contact can feel to me like an infringement,

especially when the bite is unwanted, and when I actively use repellents, or we use barriers, or other means to avoid being bitten, but at the same time, from the Law of One perspective, I understand that the Creator can be encountered in all beings, including those that bring disease, pain, irritation, or discomfort.

Why would then one try to avoid it, or even associate them with fear to even further shield from them? And this creates tension within me. One part of me wishes to accept the Creator in these creatures and in the bodily catalyst they offer. Another part of me has a strong instinctive desire to avoid being bitten, and when I feel a mosquito is biting me, my natural reaction is often to slap my body, which brings some kind of violent energy towards myself and potentially also for the bug.

So, could you speak to the metaphysical function of such beings and interactions? How I can balance compassion for the Creator in those creatures with the natural desire to protect the body from pain or irritation or disease? And finally, why might the Creator design or allow such seemingly intrusive and uncomfortable forms of experience?

Q'uo: We are Q'uo, and we greet you, our brother, with thanksgiving for your question, and take note and interest with surprise that you and your partner were concerned about the question asking, for we find a great deal of care and thought invested into this question that you ask.

This particular scenario is a classic one for the third-density being who is, shall we say, in baby steps beginning to become aware of the Creator in all things, even if only through learned philosophy and teaching.

For the unawakened, non-seeking third-density entity, such a creature as a mosquito is much simpler to define, as is any aspect of biological life in the creation of the Father—it can be seen as a nuisance, as something to be eliminated, eradicated, controlled, and so forth, without further thought. But questions of ethics and metaphysics come into play for the seeker of unity in the recognition, as you have noted, our friend, that each aspect of creation is not an accident. Each entity and point of the Creator's manifestation has intrinsic purpose in the larger whole. Each is, in its way, teacher to each.

And for the student of the positive polarity, the question centers in love: “How do I—as a third-density being, as the Creator Itself, as an entity upon a journey of being and becoming—learn to love and accept that which greets me?”

One runs into a conundrum in this regard when there are two wills or agendas or objectives that seem opposed to one another, that being, in this case, the mosquito entity which is fed from nutrients and the intake of blood from other biological beings, and the third-density entity which does not wish to donate its blood, shall we say, to this little buzzing creature and then suffer not only the itching and discomfort that may bring, especially in quantity, but also, as you note, in regions of the world, the severe and at times fatal diseases that such creatures may bring to the self.

So where is the balance or the boundary between loving and accepting [on one hand] and rejecting the service of a second-density entity such as this one [on the other hand]? In general, our brother, we may say that boundaries and rejection of service are not incompatible with the positive path. Indeed in a manifold creation wherein there are as many needs and actions and agendas as there are entities, those agendas may not harmonize. They may be in opposition to one another. And the loving entity cannot accommodate all other wills, cannot meet the specific and transient or momentary or enduring needs of all beings without severely compromising or bringing to a halt its own evolutionary journey.

It is right and appropriate to the reject service which is not perceived to be useful to the self, including, however this may manifest for the self, protecting the self from disease-carrying insects, that the self, the third-density self that is, may complete its learning and mission and service with a healthy and vital physical vehicle to the best of its abilities and go forth seeking the Creator in service.

This act of drawing boundaries or implementing modes of protection is a communication for that entity which would seek to breach said boundary or communication as well. By that, we mean learning moves both ways between any two creatures of any density who have found occasion to intersect upon their journeys.

What does that protection look like? Is it, as some within your world would have it, a domination of

the natural world? An attempt to control its processes completely for the benefit of the human society? To curtail that which is not desired, to eradicate that which is perceived to be harmful or even just unpleasant? To cover the fields in chemicals, to clear landscapes and implement other forms of control, or protection, or deterrence that disturb and even destroy ecosystems and other creatures with it?

This is one path to exploring this relationship where two wills seem unable to meet and harmonize. The entity of the positive polarity, however, seeks the heart of empathy and sensitivity to the subjective experience of all creatures, including those very tiny or even microscopic beings in respect for their unique journeys as expressions of the One Creator.

Thus, for entities of a positive nature, there is perhaps a more careful, respectful way to achieve these balances that offers the protection or the deterrence without wholesale destruction, without terrorizing populations of other beings, and without wholly rewriting the balances and rules and energies of the local landscape. And there are those among your peoples who find and seek such means that allow them to fulfill the appropriate need to protect the self from intrusion and even disease in a way which reduces harm to other creatures.

It is possible, even with continued spiritual development, that the spiritual vibration that one effortlessly emanates from their beingness may serve in such a capacity.

But when, through whatever action or non-action is taken, an intrusion occurs, say in the case of the bite, the body and portions of the brain and nervous system have their automatic reflexes. This is part of the design of the vehicle you inhabit. And these reflexes or actions occur, as you know, without forethought, without the space and time to contemplate the highest and best course of action. These things will happen, our friends, and they, like all moments of the life, are grist for the mill. One—we correct this instrument—we encourage the self to be gentle with themselves, for it is nigh impossible to move through the experience of planet Earth in a way which is harmless to all other forms of consciousness and sentience.

This is not to say that the third entity, third—we correct this instrument—third-density entity

become numb to and indifferent of the suffering and the pain and experience of other beings. As we have described, the positive entity may live in such a way that seeks to reduce harm, even as those known to you as Buddhist and other groupings enact, one may take up vows of non-harm as well.

But it may be helpful to contemplate that, particularly in your realm, biological life collides with biological life, and that collision may result in physical harm or even death of one or more of the parties. This is part of the ever-moving, ever-shifting and churning tumult and patterns of the third-density experience of birth and life and death, of health and disease, of growing and decaying that precipitates the catalyst that propels entities towards seeking the light—whether through the, at the lower levels, biological evolution, or the upper levels that seeks to transmute that catalyst of the Logos into higher and higher energy expression [in order] to activate, unblock, and balance the higher chakras in the balance of love and wisdom, and eventually to open the gateway.

If an entity finds that they have reacted reflexively and unconsciously and caused harm or death, then give respect for that body and being, whose transient life was recently extinguished, with grace in the heart, and acceptance for the illusion within which you travel, but with appreciation for the limitless light which transcends both the outer forms of creaturehood and life within a chemical body.

As to the portion of your question regarding purpose, we cannot speak to the purpose of each and every manifest creature or form within your world, but we can affirm that the One Infinite Creator is a seeker and lover of variety and wishes to manifest Itself and play Its game, shall we say, of light and shadow upon the most expansive and grand micro and macro stages.

It is experiencing Itself in every possible costume and color and mode of being, and especially *relationship* between the many actors, or rather roles, upon the stage that It plays, including the predator and the prey, the carnivore and the herbivore, and the parasite and the self-sufficient being. Each offers a gift to the whole. And in the outward manifestation, each being offers a part in a balanced and ever-shifting balancing ecosystem, which, as we have said, may include that class of being that parasitically or

predatorially seeks to live off the life force of other beings.

This again need not mean for the positive entity that they throw their body as food for the carnivorous or a parasitic being, but it can mean a deep recognition, whatever the outer protection or deterrent that is implemented, of the wholeness of life, of the sacred quality of all beings, with respect for who and what they are, and the roles that they serve.

We are Q'uo and are unsure if we have spoken to the fullness of your question, our brother. Is there more that we can speak to, or a follow-up you may have?

V: No. Thank you, Q'uo. This ponders the question that I had in mind very thoroughly. Thank you.

Q'uo: And we thank you, our brother. At this time, we would transfer our contact to the one known as Trisha. We are those known to you as 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 pleasure that we sit amongst the circle of seekers bound by tight bonds and journeying together, navigating their way through this illusion. We are so impressed and inspired by the kindness and tenderness and grace, the support and the warmth experienced, and the sharings of this circle prior to our visit, and we are simply touched to see the smiles upon your faces in the shared experience.

And it is with that gratitude that we hold dear that we would ask if there is a query to which we may speak?

V: Yes, thank you. Q'uo, how can the mind/body/spirit complex balance and heal catalyst involving fear for its physical life, such as being pursued, threatened, or moved into harmful action toward an other-self in order to preserve its own life? To make an example, let's say, while driving behind a logging truck, the mind can imagine the wood falling and causing injury or death. Though unlikely, this image might arise from prior conditioning stories, films, etc. and fear arise before conscious choice could be made. This also happens in dreams, for example, when the choice that I am making is based on fear rather than love and further energizing violent outcomes.

So, how does free will function when such fear has already arisen, arisen within the complex? and how I can later contemplate or meditate upon this catalyst to balance it rather than suppress it or judging it?

Q'uo: We are those of Q'uo, and we are grateful for this question, my brother. We find that this query is an interesting one, for we understand that it is a part of the human three—we correct this instrument—third-density experience on this planet that you have these sensations of fear, these forecasts of outcomes unknown to your present moment that can feel as if they arise without control or without invitation. And we can understand that, when deeply grounded in this third-density experience heavily entrenched in this illusion, it can be hard to accept any outcome. It can be hard to allow what may happen to happen.

We are those of Q'uo, and we would take a moment to move the second-density creature.¹

[pause]

We understand that being so bound in your bodies in your physical forms that experience sensations such as pain, discomfort, pleasure, and with minds that can be creative in their storytelling, that it is challenging to just simply be; and that certain thoughts may feel reflexive or instinctual rather than self-created, perhaps out of one's free will. But we would impart upon you, my friend, the suggestion that even these moments of fear are within your free will choice. Yes, there is a part of you that is instinctual, that has a bit of that second-density drive for survival, that struggles to perhaps see its self in its One Creatorship, its true identity.

However, my friend, each moment has a choice that can be made, even subconsciously or unconsciously. And fear, as you know, is a distortion of love. It is a sensation that comes out of a sense of non-acceptance. And so when you feel that fear arise within you, we would suggest you may look at it as an opportunity for deeper contemplation, for moments of grace and patience.

Again, we know that you feel a calling, or ownership to the identity that you see yourself as. And so self-preservation becomes, even if it may seem outside of your knowledge or purview, a part of your design. But in those moments after you experience that fear,

it may be helpful to recognize that that fear comes from this feeling of separation from your true one self.

Whenever you can meditate upon that fear and see that whatever may hurt or maim or end this incarnation as you see it is but a moment in a long period of what you call time, that exists only in that moment, and that you yourself are beyond the bounds of time and space, you may find more space within yourself to have acceptance, to have understanding and forgiveness, to see every moment as pregnant with opportunity, rather than being so bound to this form, bound to this interaction with your environment, or with other-self.

We know that fear is incredibly present on your planet for many reasons, and in many instances. Finding beauty outside of fear may be of help. Recognize that your fear is that lesson, a great gift, and that there's much beauty, even in that fear. What an opportunity you have been gifted to experience fear, because it reminds you of all that you love.

My friend, it is a natural part of your design. It is a part of your choice to have these knee-jerk moments where self-preservation is at the forefront of your mind and is the highest priority in your decision making, for it informs you of so much more than the present moment, so much more than what you see of yourself. In some ways, it is an incredibly concentrated yet distorted moment of love. You recognize all that you care about, you recognize all that you desire, for you feel that in that moment you may lose that, and that is understandable, but when you can have patience for that, and forgiveness for that moment, and take it with you, recognizing that it is okay, that this is but a moment, and that, as the artist sang in the tuning song prior [to this channeling] that you too will fly beyond this moment that you are here.²

Then you can see the greater picture that you can find within you more love and more wonder, and curiosity about that which inspires these distortions of love, these moments of fear. And when you experience these moments after you take them into meditation and find loving acceptance for them, perhaps ask yourself, "Why did I have fear in that

¹ Trisha and Gary's cat Ori wished to contribute to the proceedings.

² The tuning song selected for the channeling was "Rebirth" by Yaima.

moment?” And you may find yourself answering, “All is well, all is perfect, all is right.” For that is all that it can be. If this is the moment of pain or discomfort, or if this is the end of my incarnation, as challenging as that may be, that it is exactly as it is, it is perfect, and it was a blessing.

We know that this was perhaps a bit of a disjointed answer due to the co-participation of the second-density entity, and we apologize. We would ask if we could speak further to this question, or if there’s a follow-up, my brother?

V: Was perfect. If you have something more to elaborate on the question, feel free to do so.

Q’uo: We are those Q’uo, and we feel as though we have one more piece that we could speak to, and that is the idea of attachment, that much of your feelings that surround fear often come from a sense of attachment.

We know there is no part of the creation that is forever the same, outside of it being the Creator, but that it is fluid and growing and blossoming and changing and adapting every second, as you may see it. So when one can recognize that creation has this fluid dynamic, this perpetual vastness, this perfect infinity to it, then the desire to be in control of one’s incarnational experience to the very atom of its expression may be released.

We know that that is not an easy state to attain. We know that attachment comes with many beautiful things, bonds with other entities, relationships with moments in time, as you may see them, you may call them memories, or familiarity with spaces, so attachment is also productive in your experience for learning to know more about yourself. But when one can also find the ability to allow more breathing room in the fabric of your experience that allows things to come and go much like waves, then the fear of the next crash or the next receding of that wave becomes a little less harsh, becomes a little more acceptable, and eventually simply becomes what is a natural part of your experience.

And in that, there is much more freedom for gratitude, much more heightened ability to be aware in the moment, and to feel blessed that it happened, that it is happening, and that it will happen.

We are those of Q’uo, and again, we apologize, my brother, for this instrument feels as though she did not speak to the fullness that is available in your

query, and we would ask one last time if there is anything else that we may speak to.

V: I think it’s sufficient, Q’uo. Thank you very much.

Q’uo: We are those of Q’uo, and we thank you, my brother. And it is with a full heart that we would leave this instrument and transfer the contact to the one known as Austin. We are those of Q’uo.

(Austin channeling)

Q’uo: I am Q’uo, and I am once again with this instrument. It has been a great joy, my friends, to join you and to speak to the queries presented within this circle. We greatly admire the framing of these queries, and we are appreciative of the variety of questions and the types of considerations that a circle such as this grapples with as you attempt to traverse the veiled third-density environment of your planet.

We note that with the questions posed, each presents a certain potential, a seeking of how you may live your life better, how you may contend with the difficulties upon your planet, with the hard questions that present themselves to seekers who follow the path of service to others. We would encourage those who ask these questions to also contemplate that they come from a place of having already traversed much ground, of having arrived at a place firmly within the self that desires love above all, that desires to seek the One Infinite Creator, and to offer the self to your other-selves so that they may also join you in this journey.

We admire and can take no more joy in having been invited to join you on this journey, and to share our own thoughts from our own perspectives, and how we ourselves perceive and attempt to grapple with such queries.

We, with great gratitude, take leave of this instrument and of this circle, and leave you as we join you in the love and in the light of the One Infinite Creator. Adonai, my friends. Adonai vasu borragus.