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Law Of One Contemplative Retreat Meditation
August 16, 2026

(Trisha channeling)

Q'uo: We are those of Q'uo, and we are now with this instrument and this circle. It is with much joy that we arrive in this space and time with you, together, among you, you fellow seekers of truth, to witness your growth and your shared connection. It is an immense joy, an inspiration to us, to be able to view this, to see the ways that you lean into one another; the way that you grow from each other's experiences; that you learn from one another and teach one another.

This, we feel, is an important part of the seeker's journey: finding, discovering, teaching and learning, opening the heart, and inviting others in without judgment or pretense. We see this as a most beautiful gathering of hearts intertwined, of sights all seeking on the same direction of unity and oneness.

My friends, know that the love and the light generated in this circle is felt not only here but far beyond, far beyond your imagination. It redounds out into the universe in ways unseen and seen. So know, please, that the energy that you are collaborating and generating and fostering here is important, intentional, and cherished deeply.

Before we begin to act as messengers of the One Infinite Creator's message, we would ask a simple request, and that is that you do not take our word as the one infinite truth. That you apply only what you find resonant, and that you simply leave behind that which does not. If you will grant us that, we will feel more free to speak through these instruments and deliver that which we hope will be helpful to those in this circle.

And with that said, we would ask if there is a query to which we would speak?

W: Yes, can you define and correlate the concepts of boundaries, protection, and sovereignty, as they relate, interrelate to the issues of emotional, psychic, and astral interference greeting, both from other selves and non-physical entities? And can you offer healthy ways and disciplines for an awakening heart/mind to remain safe and connected to themselves and their mental/spiritual well-being throughout their journey toward unity?

Q'uo: We are those of Q'uo, and we are aware and appreciate the query, my sister. As you dance in this third-density illusion, it may seem that you are separate entities, that you have separate experiences, that there is uniqueness to each and every one of you. And in that way, you may see yourself as atoms bouncing off one another to create this matter, to create this dense tapestry of experience. And so we understand how there may be moments where one feels infringed upon, one feels as though their

presence or physical/emotional/mental/spiritual space has been encroached upon, has been affected.

Using the term "greeting" is quite powerful in that respect. For, from our experience where we see all as one, that which can be felt as a push of the boundary is simply an expression of the Creator greeting another expression of the Creator. To view oneself outside of boundaries, to see oneself as yet another portion of Creator experiencing Creator, one may feel empowered to understand that the only infringement is that which separates. To see infringement as something that is an injury or an assault is separating the self from all of creation.

Now we say that fully understanding that there are moments in this third-density illusion where there are harmful experiences, painful experiences, catalysts between self and other-self, be it on this plane or outside of this plane, that feels harmful, that feels like an invasion, that can cause trauma, and we would not invalidate that experience. For that experience is fruitful in terms of seeking acceptance and forgiveness for self, for other-self, for finding healing for that trauma, for growing, learning, and understanding the self and the Creator more fully, and to finding ways to patch that hurt part of one's soul so that the open heart may be opened even further.

In the larger sense of creation, where there is no veil, where there is no separate *I*, separate *you*, there are no boundaries to push. There is no protection needed. For all is Creator. All are the atoms, seemingly, a part of one another. For there is no bumping. And so, in those moments where you feel infringed upon, where you feel as though protection is needed, we would say to you that that experience is valid in this illusion. However, we would say to empower oneself is to see oneself as imbued with the perfection of the Creator, and that the experience is inherently imbued with the perfection and love and light of the creation.

When you feel as though something, someone has invaded your well-being, has negatively impacted you in a way that causes imbalance, we would stress to you that focusing on love and light, acknowledging this as an experience potent for learning about the resilience of oneself, of inhaling that which is the fullness of creation and exhaling acceptance may be powerful, may be useful to finding forgiveness and acceptance and understanding for this confusing place.

We cannot speak to how this may change beyond your plane of existence, but the core result, the core knowing of this experience that transcends all densities of this experience is that you are empowered, perfect, and intentional. That you are strong. That all is well, and when you can more fully sit in that realization, in that truth, my friends, nothing, nothing can bring you down, can chip away at your perfection, can dirty the mirror that is the window to your soul. Nothing can sully your reputation or cheapen you in your value.

We stress that that is true, regardless of whether you realize this truth. We simply state that standing in it, planting your feet firmly in that knowing, even if *faking it until you make it* at first will help one establish an empowered position where one is not a victim to circumstance. But rather, one is walking a path confidently, ready to face that which may be a challenge, ready to accept that which may feel like an infringement, with open heart, open arms, and a curiosity to understand what is there to mine from this lesson. What gem is there to uncover about my reality, which speaks and informs the Creator of the larger creation.

We know that this is not an easy task, and we hope that our words do not make this task sound as though it is not hard fought. My friends, you have all the power within you, and you have all the support of all of creation behind you. When you desire to feel that support in your moments of challenge, know that you can always call upon us, your friends of Q'uo. We are there to support you. For this universe is inherently a supportive one.

We would end this response by stating that your experience in this incarnation is a short one, as you see time. There will be many opportunities to test your resiliency, to learn more about yourself, to develop and hone your compassion, your open-heartedness. You'll have many moments where you feel as though things could have gone differently, as though you have not felt safe, as though you've felt imprisoned or caught up in some kind of negative catalyst or some outward influence that feels outside of you. Perhaps the most simple and yet challenging way of viewing this is seeing this incarnation as a bit of a roller coaster. It is short. It is at times challenging and frightening. It is at times thrilling.

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Take advantage of each second with open eyes. See each hill and valley with excitement, with wonder, with acceptance that you cannot stop this ride forward, and there will be an end point. Know that each moment is perfect.

Accept those within your heart that challenge you, and you will more fully understand creation. Find that genuine, pure point in yourself that feels yourself imbued within other-self. Be that physical self, be that astral self, be that spiritual influence. You are a part of that greater being. Feel that reflection within yourself and find forgiveness and acceptance, and, my friends, nothing will disempower you again.

We are those of Q'uo, and again we appreciate this opportunity to speak on this topic. And we would ask if there is another query to which we may speak?

S: Yes, can you speak to the spiritual nature of family relationships, specifically parents and children? How do we best analyze this unique relationship for spiritual revelation?

Q'uo: We are those of Q'uo, and we are aware and appreciative of this query, my sister. The relationship between the household, biological or non-biological family, parent and child can be one of the most pregnant with possibility dynamics. It is a great opportunity for self to be a reflection of other-self in close quarters in everyday contact.

It is a strange and sometimes confusing space to exist. For it is one where one entity may see the other grow and deteriorate, while the other sees the other grow and strengthen. It is especially unique in that there is this life-giving quality, this investment of sexual and intentional loving energy to create beingness from seemingly nowhere.

That is a most powerful force, that life can generate life through love. And we know that sometimes the biological process of life creation may not inherently involve love in terms of a conscious decision, but, my friends, before you came to this incarnation, there was a loving and intentional agreement made between parent and child that this situation, that this experience would be fostered to generate catalyst to learn more about Creator, to experience more of that unique tapestry of life, as you call it.

We understand that there are those on this planet who incarnated in certain familial situations that were incredibly challenging, traumatic even, abusive, violent. Those are incredibly valid, and those were paths chosen by many of you, who wish to be challenged in a way that sparked ultimate compassion and understanding. That is one of the most challenging lessons one may take on, and that speaks to your strength. That speaks to your desire to more fully crystallize and hone the ability to love unconditionally, to open the heart more fully, even at the expense of well-being.

At times, that can result in the martyr's path, and at times, it can generate a most beautiful blossoming both for child and for parent, for abused and abuser. Because again, an agreement was made, however seemingly outside of reality it may seem in this incarnation.

And we understand that there are those on the other side who incarnated in a most loving, accepting, beautiful family, where parent and child get along like best friends, like soulmates, and in those situations as well, there is much catalyst. The initial part of the incarnation may seem like smooth sailing, but the greater catalyst comes later in life. Perhaps when child must tend to parent as they age and deteriorate and must say goodbye as they transition. Or perhaps in situations where the child transitions before the parent, and the parent must then undergo a great sense and a great journey of loss and grief, of understanding how this could happen.

All of these potentials are made more complex, the catalyst more concentrated due to the fact that there is shared DNA. Due to the fact that the agreements were made many lifetimes ago. Due to the fact that your shared space, your shared name, at times, only hastens and accentuates the love, the anger, the pain, the healing.

Those of you who walk this incarnation with a broken heart or pain or baggage due to the parent-child relationship, we ask that you lovingly tend to that hurt child. That you approach that inner child with the same grace that a most loving and accepting parent would. That you treat that inner child in the way that you wish you had been treated, with full love and acceptance, with patience and grace, with understanding, and of course, always with affirmations of perfection.

Those of you who are parents who have experienced pain in the relationship with the child, we simply ask that you continue to strive to be open-hearted and

accepting, to witness the child where they are, to see them in their imperfect perfection, and to learn to love them unconditionally regardless of that pain, regardless of disappointment or of unmet expectations. And if they continue to walk away from the love that you give, that you not weaken that love for an instant. Though they may not feel that love from afar, consciously, at a soul level, you are tending to them. You are acting upon that agreement that you made.

Those of you who are about to embark upon the path of parenthood, we would humbly suggest meditating upon that which you feel is most important in parenthood: be that the open heart, the full acceptance, the unconditional love, the ability to tend when there is hurt, but also the freedom for that which springs from you to explore, to learn, the gentle guidance, the tending to of curiosity and fostering of wonder, and the full gratitude for this expression of the Creator that you, as an extension of the Creator, created.

My friends, it is a most beautiful expression of the Creator, and for those of you who may not have the opportunity to experience this from the position of the parent, we would humbly suggest that there are many opportunities for you to exercise that role in other ways: the tending of plants, of animals, of the home, of friends, of families and your careers, and most importantly, of self. The full and generous tending to of the soul, of fostering that which speaks to you, that aids you to be the most complete version of yourself as you see yourself, though you are already complete.

As you navigate these dances in your spiritual households, know that parenthood is not only biological. There are chosen families. There are those who come into your life who are even more important to your learning than those who may have been designed as your parents or agreed upon as your parents. The same goes for you, parents, that there may be friends along your path who are not your children, but who are bigger parts of your journey.

And so, to say that the relationship between parent and child or brother, sister, husband, wife, and so on, has a hierarchy would be untrue. For once you leave this veiled experience, these roles fall away, and you are simply one with all. You are not mother. You are not father. You are not child, brother, sister, husband, wife, partner, friend. You are just you. You are all. Invite each experience and relationship with the loving care of an open heart, regardless of what that role looks like, regardless of how you identify that role, and you may find the nurturing, cherished experience of the stereotypical parent or the child. Simply see all of creation as perfect, as worthy, with patience, and you too shall feel that in return.

My friends, we are so appreciative to be able to talk through these dynamics with you from our position, where we are simply a few steps ahead. We share our insight humbly, for we know that experience can be multifaceted. We can only speak from ours, and so we hope that we have been able to assist in some way.

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

(Gary channeling)

Q'uo: We are those known to you as the principle of Q'uo, and we see this circle. We hear this circle. We feel this circle and blend our vibrations with and in gratitude for your vibrations, for the love that you seek to embody within your vibrations, for the truth of light that beckons you onward, for your desire to share yourselves in service with others in the desire to support and uplift and empower and make for a better planetary experience for all beings. We thank these instruments for their challenging process, and we acknowledge their nervousness in channeling outside of their, at minimum, usual triad with the one known as Austin.[1]

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

S: Yes, Q'uo. I have a question on behalf of the group. As always, thank you for being with us. Some of us have never experienced deep and true silence. We were hoping could you help us, even for only a few seconds, to experience the Creator through deep silence?

Q'uo: We are those of Q'uo, and we hear and receive this question from you, our internally noisy friends. We understand the seeming, at times, chaos

[1]Due to his father's passing soon before the events, Austin was unable to join the Contemplative Retreat and the Coming Home gathering the following weekend.

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that you work with internally, the constant stream of thought and image and sensation and cognitive processes that you skate along in the dance of an illusory world of separation—which conceptually, but quite effectively, seems to separate you from the truth of unity, which is your true nature, which is who you *really* are right now.

We understand the difficulty when that thought stream is roaring and speeding forward rapidly, each thought with its siren song of separation, each thought clamoring to hold and to capture your attention, that your attention looks not back to source but is preoccupied with the various stories of roles and costume, achievements and losses, injuries incurred and desires of a separate being, living among other separate beings seeking its separate aims.

We understand that the braking mechanism to this momentum may seem to be out of reach, or, if discovered for a moment, may escape the inner eyes as the next thought arises and the next and the next such that there is forgetfulness.

We understand this calling for silence. For this silence is where we abide and find our beingness in the eternity of now. And limited though our capacities are from our dimensional variance, we would be happy, our brothers and sisters, to stand alongside you upon the path and send, shall we say, a steadying vibration to your focus and your presence if you would be with us now in a moment of silence.

[pause for silence]

We feel your full beingness, whatever your manner of expression. Whether you are clouded with thought, or whether you have disciplined the attention such that you may rest in stillness and silence relatively empty of thought. We see your fullness, but we embrace you particularly in the silence, our friends. For that is where our hearts meet yours.

We cannot, shall we say, inhabit your soul, be, or occupy your mind/body/spirit complex and stop the thoughts for you or rather divest your awareness from identification with thought. But we can assist your own efforts, and we do every time we are called. We seek to strengthen your efforts. We seek to stabilize your seeking. We, shall we say, model silence for you from silence to your silence. That silence, that stillness is within you always.

The journey is to release the entrancement, the hypnosis of the mental stream of the identification with a body and an individual "I" that you may perceive this undergirding silence; that you may allow that silence to speak to you; that you may subject this busy, outward-going, resisting, separate entity to that realm where there is no content, no doing, no way to be a separate entity; that the opaque, caked-on layers of separation built of lack of forgiveness, lack of acceptance, resentment, hatred, jealousy, envy, and so forth [may fall away to reveal the truth of what *is*].

These things, perfect though they are in their time, layer over this crystalline, gem-like, window-like, transparent vessel that you are. Silence and stillness, and the love and forgiveness that flows from this source, is as a fire which burns away the dross of the separate self that separates the wheat from the chaff, revealing to the self that which is illusory and that which is true.

For beings such as you seem to be, our friends, so thoroughly caught in this game, it is so fundamentally important to hit *pause*, to step away from not only the outer commitments, entanglements, and momentum but to learn, through gentle but consistent discipline, to pull back the awareness from the thoughts themselves that circulate ceaselessly in your mind.

You and many of your planet are so accustomed to a stream of thought that has no gap, except in those rare moments when beauty or truth or love strikes you so powerfully that the mind is arrested, thought is suspended, and you are fully present. Trauma may have this effect as well and may crack open the hard shell of the self that *presence* may be tasted and new light may enter the system, though with great healing and repair necessary to follow.

Few are the gaps in your thought stream, but we assure you, our friends, that awareness is before and infinitely greater than any thought form. Thoughts are phenomena [that arise] within boundless, eternal awareness. And even for the third-density entity, such as you are, with your biological wiring, such as it is, through disciplined work it is possible to be with silence and stillness in such a way that you may

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rest in the present moment in *awareness without thought*. Only simple, naked awareness.

This is not to make thought an enemy or to suggest that the third-density entity ought to strive to banish these transient fragments of the Creator. Rather, it is simply to encourage the third-density entity to discover true self beyond name and form, beyond thought. And that comes by way of the paradoxical effort and effortlessness, that exercise of the will in faith, and the learning to surrender the personal will to the Creator, to the One, to rest in what is with love and acceptance, trusting that Author, capital A, to write the script, shall we say, to *see to* the many things. In this resting, that infinite heart that it may *be* through you; it may speak through you; light may pass through your system, through your voice, your eyes; it may embrace all others and shine into their own self-created darknesses of separation.

Spend time in silence, our friends. This is one of the most powerful and effective tools that you have for that change that you seek. The change of releasing what you are not in order that what is may reveal itself to you.

We are those of Q'uo, and would ask if there is another query to which we may respond?

N: Yes, Q'uo. I've sometimes felt confused with the concept of love in the Law of One between the true primal nature of the Creator, which has been described as beautiful and terrible, creative and destructive, and the love we are told to share with self and other-self, which is usually understood as unconditional love as well as compassion, generosity, kindness, and fellowship, etc. Can you explain and perhaps offer what is a healthy and helpful evolution of this concept?

Q'uo: We are those of Q'uo, and as with the previous questions, we appreciate the invested thought and care. And we would be happy to speak to this query with our repeated and usual caveat that we cannot offer answers to the spiritual seeker per se. What we may offer are thoughts that the spiritual seeker may use for their own reflection and analysis.

And to this specific query, to speak to the nature of the primal distortions to entities of the third density using your symbolic language of vibrated sound is quite a limited means of communication, but we are happy to help shine light into the love as it is experienced by the center of the energy system, the green ray, our heart chakra; and that Love, which has been named also as the Second Primal Distortion of infinity.

We would start with that, shall we say, cosmic Love, allowing that to inform our examination of the love experienced by the green ray. That Love of the Second Primal Distortion may be seen as infinity's (to use spatial terms that may translate into some modicum of meaning to you) entrance into manifestation of the infinite beingness, the infinite restingness, the infinite *isness* without quality of any kind, without shape or form, without birth or death, space or time, without relativity or subject or object or anything that can be named. That which is mystery. And that mystery becomes aware. That awareness births a focus: our consciousness [that], from your perspective, [appears to be] a nothingness in that it is empty of any content that can be seen, named, or identified. [From this] comes the somethingness, the scope, the spark, the manifestation that is this notion, this experience, this primordial mystery of awareness which directs itself into the Primal Logos.

"Entity" would not quite capture or speak to what is the nature of Logos. For it is Creator at the beginning, very close, to use your terms, very, very close to unity. And in this Love is the architect, the planner, that which envisions that which is to come; that which, to use that which will be relatable to you, [uses Its] imagination to plan, design Its creation, the worlds, the universes, the laws, the ways; the way in which this system will run that the Creator may experience that which It cannot experience otherwise: manifestation through infinite expression. That this expression may relate to other expression. That this expression may have opportunity to move, to grow, to seek, to make choice, and so on. This is of a scope that encompasses all things. It is a steady power of awareness, unblinking.

We give this instrument the image of infinite energy flowing from infinity into manifestation, and though the concept does it injustice, infinite quantity, infinite quality, a flow. And within this creative principle, the Logos, the universe, and universes, and all things real and imagined are born in this plan with, from your perspective, an inability to reject, to judge, but [hold all in] total embrace as the mirror embraces its image.

And outflows from this consciousness of the Creator Its creation-building, the pathways and the structures and the systems and the potentials through Light, as it comes into being, into manifestation. And as this Logos recreates Itself—for It is the Creator, It is *all*—It recreates Itself fractally in subordinate, shall we say, Logoic beings, that the next level and the next and the next may continue this same creative process; this same Creator-becoming-aware and manifesting, playing, experiencing, remembering, forgetting. And each subsequent level of this Logos may refine the experiment, may distort further the Creator, may create new and heretofore unimagined realms invested with its creative powers.

The third-density entity is one such sub-Logoic being, a direct line of continuation of this cosmic genesis. A process, shall we say, that happened not in a distant past long ago but is happening right now and happened right now and will happen right now. You are *in* this Primal Logos. It is not a being separate from you. It is, insofar as you identify as an individual *I*, the ground of your own being. It is the ground of your own awareness. It is your consciousness, ultimately, in the deepest sense. It is the consciousness of the Creator. The container within which all unfolds against a backdrop of the infinite that also is at—we correct this instrument and strike from the record the word also—that is at the *center* of you, the center of all things, paradoxically, the center of all manifestation.

However this illusion of vast space and stretches of time may appear to you, you are within this Logos. It is your being. And as you lift that energy through the key and the springboard of the heart center, you bring yourselves to this seeming gate, within which is your seeming enclosed system of mind/body/spirit complex; and that gate is open for you as you knock upon the other side. And in the opening of this gate, you taste and experience your own Logoic nature, your own co-Creator Selfhood, your own co-creative powers and abilities—resting on a balanced work, which, in your illusory lapse of time, precedes the opening of the gateway: the work of knowing and accepting the self, the work of knowing and accepting others, the work of clearing the centers, balancing them, and so on.

And you, in discovery of your own Logoic nature, commune with the Primal Logos and commune with all Logoic beings and the One Being as you learn to release your separation and dismantle that veil.

Now, this instrument informs us of the length and the heat in this room, and we will try to make our way to the exit of this verbose response and speak to the green-ray energy center and say that you may see this, among other ways, as the entity caught in the story of separation beginning to recognize the Logoic nature of all things, the Creator in all things, the first transcendence of the, in your popular culture, matrix of separation. All the values that, unexposed to love, live within the first triad of energy centers: the survival, the personal identity, the social identity, and all the many, many games that can be played at those levels alone.

As the upward spiraling energy is given way to move through the first triad, [and as] love reaches the heart center, the separate entity has learned to begin its transcendence of that system, not through rejection in judgment of that system, but through loving-acceptance that begins to see through the opacity of a story of separation to the one and only truth of One Being playing this game—One Being in every circumstance, every moment, every possibility, every valley and every mountain—that being the Creator.

This is the green ray's beginning response to see the divine beauty and truth that receives, that receives all facets which greet its awareness with embrace, with—as the entity grows and crystallizes this center—love without conditions, without limits. A love which can expand to encompass the entire universe and everything in it, including all the details of your own individual journeys. A love which does not blink at pain but which receives it, accepts it, allows it. A love which is compassionate and seeks the alleviation of suffering of other beings, recognizing self in other-self, recognizing the One Self underneath and shining through each seeming individual self, etc.

This love of the green ray includes those qualities which you named, question-asker: the fellowship, the community, and so forth. This love binds that-which-seemed-to-be-separate together in shared story, shared identity, shared mission and purpose. This love is the salvation of your world. Its absence and abuse and rejection are at the root of the dysfunction and mental, shall we say, illness of your

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world, and the disharmony and the suffering layered upon suffering, layered upon suffering.

If thus love's lack is at the root, then the restoration, the redemption, the healing is through the activation of this center and the free giving of this love to one another, to your political systems, to your economic and social systems, to your interpersonal relationships, and so forth.

This Love is your healer, and with that heart open, that infinite surgeon may work through you. For Love is of an intelligence incomprehensibly greater than incarnate intelligence. You are inside of Love. You are held by Love; and Love uses you, shall we say, It works through you. This Love is the Creator's Love, felt by you as a separate being. And this Love, if you follow it, if you allow it, if you are with it and see where it leads you, like your breadcrumbs in the fairy tale, shall we say, this Love will lead you back to the Creator which Loves you and which you love, but may not yet know it consciously.

This Creator that you seek, this Creator that is the destination, from your perspective, that is your hope and your dreams in the misplaced searching for satisfaction in status or possessions or so forth; this Love is your communication channel to the Creator. It is within you. It *is* you, and that which obscures this Love falls away the more that you may allow and embrace and become this Love, feeling yourself worthy of this Love. For you are worthy. You cannot not be. It is a story that you tell yourselves that you are unworthy of divine, perfect love.

You have already been accepted, our friends. Can you accept yourselves?

At this time and with gratitude for this circle's patience, 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 again with this instrument. Before we take our leave of this group, we wish to impart some final words. We realize that coming to a circle much like this is equivalent to a hidden island far away, where the trials and tribulations of everyday life, responsibility of work or home, health, and relationship may seem out of sight and out of mind, and there may be some apprehension about rejoining that which is your everyday life. We can understand. We can empathize. You get a taste of what reality is and can be in situations where one another are relating authentically and with an open heart, and it can be surprising to walk back into an environment where those around you do not seemingly relate in the same way.

But, my friends, take a mental photograph, add a page to your spiritual scrapbook, if you will, of this weekend, of this group, of the dynamic and relationship you have with the other seekers in this circle and know that you can always access the loving energy, the shared connection, the companionship of your walk simply by requesting and meditating upon this experience.

Know that you walk away from this with a piece of each and every one of you within you, for you are simply the singular You. You are but pieces of the greater I Am, and so you are, in reality, never far. You can always call upon this experience and the love shared, and know that it exists within you because it is you. You can't exist without it. You didn't exist without it before it. You simply rediscovered it.

And in those moments of challenge that may lay ahead, we would suggest that you simply ground yourself in this truth. That you firmly plant your feet in the knowing that the love here is natural, is native to your experience. It is simply hidden behind costume, behind props, behind distractions. If you take the machete of silence or introspection and cut away at that which keeps you from accessing that memory, you will find yourself back in your oasis, which is the true center of your being.

We wish to thank you all again for opening your hearts and your circle to us. We are immensely appreciative, grateful, and inspired by your questions, by your care, by your seeking, and by your perfection. Know that we learn alongside you, and that we walk alongside you. And it is a great honor to share this evening with you. At this time, we shall take leave of this group with peace and love of the One Infinite Creator. We are those of Q'uo. Adonai vasu borragus.

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