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COMING HOME TO A NEW EARTH MEDITATION

AUGUST 23, 2026

(Trisha channeling)

We are those of Q'uo, and we are with this instrument and this group. It is with much appreciation and honor that we join this circle, that we sit alongside, that we learn/teach and teach/learn. We feel so blessed to be able to witness this weekend of connection. From afar, we have watched and have seen the beautiful connections that have been fostered, that have been planted, that have been watered, that have been sown, that have been harvested. There is much beauty and perfection here, and we feel so inspired to see the heart opening that has been occurring. For the planets and the cosmos surely benefit from this type of connection, from this type of love.

Before we begin our session, we would ask one small favor of those in attendance and those who may read the words thereafter, and that request is that whatever information comes through these instruments from us, that if it does not resonate with you, that you simply set it aside. If you will grant us that request, we may feel more free to speak through these instruments.

And now, with much anticipation, we would ask if there is a question to which we may speak? We are those of Q'uo.

E: Sometimes catalyst, whether physical body catalyst, personal relationship catalyst with other-selves, or world societal catalyst, seems so painful, almost impossible to understand, and overwhelming. And the first step to processing that catalyst must be acceptance. Can you give us any guidance on what steps we can take, or how best to approach beginning to accept that which we perceive as unacceptable? Thank you, Q'uo.

Q'uo: We are those of Q'uo, and we are aware and appreciative of this query, my sister. For as we understand it, life on this planet in your current density is a complicated one that provides much challenge, much triumph, and many periods throughout your incarnation in which you feel downtrodden, unable to continue, or when you may feel uninspired. My friends, this is perfection; this is what you have chosen to use as your learning method. We do not wish to invalidate that experience, for we know it is often uncomfortable, that it is often quite confusing, and that there is much despair, especially when one looks out upon the planet and sees the pain, sees the strife, sees the warfare, the hunger, the poverty, the injustice.

From a cosmic standpoint, we can understand that pain and confusion, but we can also see the greater perspective that you are dancing along, that you are navigating your own path and finding ways to the

open heart. And it is true, my sister, that acceptance is a key part of that process.

We understand how [when] seeing such injustice or issues, you may say, on your planet can be hard to find that accepting and opening the heart to that which causes pain, to that which causes anger, seems out of reach or incomprehensible, but we promise that all who are on this planet have the ability to do so. It merely takes the focusing of the faith and the will to find acceptance in these times.

We first ask that one practice that “f” word, faith. That one take time to notice what comes up within one, outside of the pain and discomfort. When one witnesses what is happening around your planet, or within yourself, what story are you telling yourself? What story are you digesting? And then look within. What is that story telling me about me? If it is an issue with a relationship, what is this other-self telling myself about myself? If it is some experience outside of self, again, what is this experience telling me about me?

All experience is yours, all joy and all pain. You are at once the villain and the victim. You are everything. When you can look upon that which causes strife, and see it as the Creator, and have faith that it is perfectly imperfect in the moment, and put energy into your faith, including through daily affirmations, then one can start to feel that faith strengthen. Repeating mantras such as “All is well” or “All is as it should be” in your daily practice, be it meditation, be it mirror gazing, or even in the simple moments of washing the dishes, or going about your other daily tasks, it will slowly but surely become part of your, how you may say, wired thinking, reprogramming that which has instilled fear, distrust, confusion, to new wiring that finds beauty, opportunity, and grace for all.

We also ask that you practice grace, that you see [the difficult moment] for what it is—a fraction of a fraction of a second in what you may see as time. That outside of this illusion, time does not exist. That outside of this cosmic play, that there is only now. And when you can see it as this finite yet infinite moment, you may find yourself feeling untethered to that [difficult] reality, finding more space to find love, to see it for what it provides you—catalyst for growth, for understanding, for opening the heart. See these moments for their opportunity, and see them as gifts. What a beautiful

gift you have been given to find yourself on this planet at this time, to be a steward of the open heart, to be a shepherd to those who are in need.

And as you find yourself walking that path, though that path will almost certainly be challenging, will almost certainly have missteps, you will find that the clouds will part, that the sun will rise, and that the warmth of acceptance will bathe you.

When you can understand and genuinely feel that all is well—that nothing is cosmically wrong, and that this was a path you’ve chosen, these were lessons you decided to learn—you may see that acceptance is easier to tap into.

Going through this instrument’s memory, we see that a story was read: *The Little Soul and the Sun*.¹ And the story being an expression of how all selves start as pure, innocent, as you may see them, beings who have chosen, at times, to dim their lights, to be in service to someone, that they may teach them to more purely shine their own. And then the cycle reverses, that you may pay that shine forward to an other-self, and help them accept, help them forgive. It is this positive feedback loop that you engage in whenever you walk the path of service to others. You find that the outcome increases exponentially. That when you walk with an open heart and an open hand, you find that those who walk alongside you grow. That the numbers increase. That the colors of your experience become more vibrant. And that the walk becomes a little more sure-footed.

That is not to say that you won’t encounter rainy days. But when you find pure acceptance, you’ll also find easier access to faith. For you know that once you have accepted, you see the rainbow on the other side. You will experience this, my friends. Even a simple acceptance of a small moment, or of an other-self, further opens the heart, further opens the eyes, so that you know, you see, you feel closer to unity, and that the pathway to acceptance is easier to navigate because it becomes more part of your being. You recognize that the patterns that you have engaged in that do not allow for acceptance no longer suit you; that they no longer make sense for the ease of beingness, the true flow of love through

¹ Neale Donald Walsch’s book *The Little Soul and the Sun* was read by K. as the focus of her open space offering at the gathering

you from the Creator that is more deeply felt through acceptance.

We understand that there is also space for judgment, for you are still bound to your third-density bodies. You still see yourself as separate from others. We know that that can be a roadblock to acceptance. For through this separation behind the veil, you see yourselves as in at times a survival mode. That there is something to covet, or cherish, or protect.

My friends, your heart does not need protection. It needs expression. That is how it fully thrives. How light and love can more vibrantly exude from within you and outward.

Trust that your heart is pure. Trust that your heart knows what unity is; and as you trust that, feel the release of that which binds you to your identity, to that which tells you that you need to fear, or be uncomfortable. My friends, this does not preclude actions that keep you momentarily safe, you may say. We understand the drive for a home, access to food and water, keeping those who have hurt you from you, and those are valid. But it is the expression of genuine love towards those things, in balance with the wisdom to protect yourself, which is a greater expression of this topic of acceptance.

But knowing always the undercurrent is moving you forward. It cannot be stopped. It simply moves in other directions, perhaps down a stream with some extra rocks and bends. Perhaps down a stream that is faster flowing. There is a confluence at the end, where you realize oneness. Accept the path you are on, love it, forgive it, understand it. Meditate upon it, and see it for the bounty that it is. View your other-self as this wonderful gift. View every opportunity as pregnant. Feel it within you, and know its perfection. And give yourself grace and patience, knowing that you are trying your best, and knowing that the universe sees you trying your best. My friends, acceptance is perhaps the hardest lesson here.

It is a great step forward, but one that is won through much strength training, you may say, much practice. Meditation, a simple expression of love when perhaps it wasn't necessarily expected or warranted, walking with a smile on your face, waving to those that you know and may not know, seeing the beauty of nature, finding that inner sanctum, whatever it may look like, where you may

sit with the Creator and understand that all is ultimately well, will be of the greatest service to you. Your intuition will guide you. Trust it. Court it. Make friends with it. And soon, acceptance will be but a memory. For you will be on another journey, further along, walking alongside us, and that which once separated you and told you that you needed to have fear will be long behind you, and you'll bask again in the Sun of the One Infinite Creator, and the universe will rejoice in that moment.

Again, we are those of Q'uo, and we have appreciated speaking on this topic of acceptance, and we wish you well as you continue to find that which serves you in that purpose.

And we would ask if there is another query to which we may speak?

M: Yes, Q'uo, this question comes from one seeker here, although it applies to all seekers here. I have been confronted lately with situations in which someone wants more from me than I am willing to give, such that when I say no or otherwise hold my boundaries, they are in pain. I don't want to cause them pain, and I'm doing my best to be of service while also taking care of myself and maintaining authenticity. I am experiencing some confusion about how best to navigate this and be of service in this type of situation. I don't think it would be of service to disregard my own authentic boundaries and give what they ask for.

Can you please speak to this and help me understand how to best be of service in this type of situation?

Q'uo: We are those of Q'uo, and we are aware of and appreciate this query, my brother. We find this an interesting second query to the first. For within your bounded illusion, there are moments where you feel you need to create boundaries, and that is valid. Your hearts are so pure to want to be of service, to want to help another, and there are those on your planet, who, perhaps in confusion, perhaps with ignorance, or perhaps in hopes of being in service to you, overstep or misstep, and then there is an imbalance. There is friction, and there are unmet needs, or unmet expectations. That the relationship feels not quite centered or grounded.

We can understand how there is confusion there, how there's much pain, for we know that deep within, your drive is in service to others. But my

friends, there is much service to self that is inherently service to others. The tending to of the self, the moments of self-care, of grace, and of knowing the self.

Therefore, we understand that boundaries are important in this density, though they may be implemented with the purity of love, authentic love, and acceptance that we spoke of in the previous query.

To understand how to set boundaries while exercising love, one may meditate upon the other-self who is overstepping what you see as a boundary, or infringing upon you in ways that you wish to set up a boundary. See them for their full self, not the self that they are now, but the version of their self that is the Creator. Imagine them as the Creator. Feel them as the Creator. And understand that, as they came upon this planet, they allowed baggage, costume, identity, to hinder their light, [in order] to help the Creator know Itself more fully, that you have may have these experiences which teach you more about yourself.

If there are moments within a relationship where there is an infringement, you can create a boundary, for you cannot fully serve others if you are overextending yourself. How can you pour from your glass and drink from that glass if you are continually pouring and giving it away if there are those who are taking beyond your means? We do not say that with judgment. We say that understanding how this dynamic works. See that other-self as the wounded child. See them as someone who is thirsty. But also understand that you too are thirsty. And with love, and full acceptance of who they are, flaws and all, you can say, "I love you. But this is my boundary. I love you, but I cannot be of service to you in this specific way that you ask." And paradoxically, my friend, in doing so, you are providing a service to them. You are providing them the catalyst that they may need, that they may use to learn about themselves.

Perhaps your boundary is a springboard in which they can further realize that which they need, and that which they can self-source. Perhaps it is a moment where they can reflect, where they can find their trauma, and where they can see how they may heal themselves.

We know that relationships are ultimately some of the greatest catalysts you can have on this planet, and so when you have these moments where you are establishing a boundary, please understand that that is what you are here to do in this life. You are here to find the balance between love and wisdom. Ultimately, you are here to open your heart. But opening your heart can come with some wisdom so that you do not become a martyr to this service.

And in that balance, you may discover a fuller version of yourself, an empowered version of yourself, a self that you now know more clearly, that you love more deeply; and when you love yourself and accept yourself more deeply, you can, from afar, love and accept that other-self more deeply. And over time, you may find that that boundary can slip away. But it is okay if it doesn't. There will be many opportunities to learn that lesson, and that is not to say that you aren't striving to graduate to earn the grade. But even boundary setting, when done with a loving intention, without judgment, can "score you those points."

So as you sit and you ponder these dynamics, as you evaluate whether you should continue in service to that other-self by standing in the moment, or by exercising distance, remember that you cannot make a misstep. Ultimately, you may fumble, but again, your walk is still forward. Your path may divert, but it does not go backwards. So long as you trust your heart, that you open your heart, and that you allow the love and light of the Creator through you, you will be guided. See the signs. Ask for support from us, from the universe, from the Creator, from other-selves. You will not be left alone.

You will find that support, and that other-self will find support as well. For no soul here is truly alone. No soul here is truly lost. You are simply navigating what is a very confusing, confusing landscape—one that sees you as separate from one another. Know that, as the song sang, you are here just for a moment, and then you fly.² Take advantage of this moment, and utilize it for that which serves the ultimate good, and serving the ultimate good can be respecting your selfhood.

My friends, please do call upon us in moments when you feel unsure. Call upon your higher self. Trust that all will be well. There is no being or higher

² "Rebirth" by Yaima was the group's tuning song.

power in this universe that will damn you or shame you. This is a loving creation that sees you as an innocent child, and that simply wants to hold your hand and shine the way towards unity and oneness again, towards peace, towards comfort, towards that bliss; and when you call upon us, know that we are there. For we are always in your hearts. You cannot escape that love. It is part of your DNA, physically, mentally, emotionally, and spiritually. You are the Creator. You are always creating creation.

We are those of Q'uo, and we are again so thankful and appreciative to speak to this balance of love and wisdom that you are attempting to make sense of, and at this time we would transfer our contact to the one known as Gary. We are those of Q'uo.

(Gary channeling)

Q'uo: We are the principle known to you as Q'uo, and we are here, our friends. We are here with this circle. We are here with each of you, and though largely unperceived, we watch, and we walk this journey with you, always at the ready to lend a shoulder, to grasp the hand, to offer consolation and insight and support where needed; and to keep you upright, walking upon the path with reminders of your own power and your destiny in the undergirding sense that whatever fear, or monster, or impossible situation, or loss, or limitation you may encounter, you may, through love and acceptance, move through that moment, and walk with the One as you walk your path. For there is no end to you, to your journey, and to the possibilities of healing and transformation.

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

S: Yes, Q'uo. What can we do to alleviate the climate issues currently besetting our planet: fires, excessive heat, drought, floods, etc.?

Q'uo: We are those of Q'uo and receive and honor this query. And we understand the love that motivates such a query—the love for species, and plants, and ecosystems, and sky, and earth, and the rhythms of your mother planet, your home. And we understand [the motivation] also for those who listen to the increasing volume of these planetary symptoms of a difficult harvest—of all the anxiety and the fear and even panic that arises as you witness what you may term a lack of respect for your world, a commodification, an exploitation, a degradation—

and the desire to counteract these happenings and cataclysms; and to heal, to live in a better world, to live on a thriving and vital and singing planet.

That which you experience as the aforementioned symptoms and manifestations of that which is known to you as the climate change is, we would remind you, also a fruit, and consequence, shall we say, of the transition of your planetary body into a fourth-density environment.

That is, you may see these as signs of a troubled birth, when a population has not, as a whole, grasped the needle, as those of Ra have said, and pointed it in one direction,³ that direction being that of planetary and societal healing, and the welcoming of the new light in rejoicing.

There is resistance. There is fragmentation. And there, underneath your feet, you may say, is a long history of warfare, of bloodshed, suffering mounting upon suffering, the cries and the agony of many, of individuals and societies, of pleas and prayers, and this menacing energy, these cycles of bellicosity that have ravaged your peoples and provided much unused and recycled catalyst has, as you know, been absorbed into your planetary body, the way that your own bodily vibrations would absorb years of disharmony within yourself, and thus the temperature rises, and the symptoms manifest. For like the fever which heats the body to purge, so too the earth heats. Though not a one-to-one analogy, shall we say, it offers some insight into this condition you find yourself in.

³ As Ra said in [#13.23](#):

The fourth density is, as we have said, as regularized in its approach as the striking of a clock upon the hour. The space/time of your solar system has enabled this planetary sphere to spiral into space/time of a different vibrational configuration. This causes the planetary sphere to be able to be molded by these new distortions. However, the thought-forms of your people during this transition period are such that the mind/body/spirit complexes of both individual and societies are **scattered throughout the spectrum instead of becoming able to grasp the needle, shall we say, and point the compass in one direction.**

Thus, the entry into the vibration of love, sometimes called by your people the vibration of understanding, is not effective with the present societal complex. Thus, the harvest shall be such that many will repeat the third-density cycle.

The energies of your wanderers, your teachers, and your adepts at this time are all bent upon increasing the harvest. However, there are few to harvest.

This is not to suggest that these conditions are foretold and inevitable, and one must thus ride the ride. Rather, while there is a certain inevitability to these planetary shocks and changes, it, as with all catalysts, but increasingly so, is a call to healing, to spiritual evolution, to linking hearts and community.

The paradigm of your peoples—which has over the long run produced these forest fires, and earthquakes, and catastrophic weather patterns—may be changed. The Story of Separation, which was the matrix and basis and context within which widespread animosity and division has been nurtured, may grow up and evolve. Your society and planetary population may mature and leave behind the Age of Separation in order to, through a transitional period, enter the Age of Unity, of interconnectedness, of interbeingness; a unity of purpose and love and community and collaboration and non-domination and non-negative hierarchical structures, of listening, of empathy.

How does something as immense, from your perspective, as a whole paradigm, as a whole system change? But with *you*, our friends. Where is your power? That is, what is within your power to change? May you, through sheer force of will and faith, wrestle this paradigm into a new configuration? Or may you practice change in the only domain that is yours to change, and that is, yourself? Where within you is the analogous wildfire, desertification, dying of coral reefs, disappearing of rainforests, earthquakes, tornadoes, species extinction, and so forth?

Your mind is a geography and landscape as vast and varied as your world, and how you relate to and respect and honor yourself, your body, and your mind and spirit determines the health and vibrancy and balance of your own ecosystems. How is it that you treat your body? How is it that you listen to your body? How many times or ways is your mind engaging in negative thought patterns that blame or castigate or cast aspersions, or place shame upon yourself? What are the conflicts and wars within yourself? What are the ways that you have yet to integrate the threads, shall we say, and fragments within yourself? The broken pieces, in the illusory sense. How have you purified your hearts, our friends, to tune your focus and your frequency to

participate in love, to receive love, to hear and be a servant of the call of love?

As you change your mind/body/spirit complex through the practice of forgiveness, love, acceptance, knowing yourself, so too do you contribute to the change of this paradigm, this world-eating machine.

We wish not to imply that there is some threshold which must first be achieved before you may share with your local and global communities and shine, for it is a progressive journey, and always will you be imperfect upon that journey, with, as you would see it, mistakes or missteps to make, and lessons to learn.

But as you embody this intention of healing more deeply and truly, you may manifest this into the collective first and foremost effortlessly through beingness itself. For there is no *doing* that you may render for your world to, as the question asks, alleviate these symptoms that is greater than the light of your non-doing beingness itself, your very existence that is present in eternity, in this moment, as the foundation. That [being] needs no doing, but is that which informs the doing and guides the doing; a doing which may rest in the peace that all is well without particular attachment to outcome. A doing which may give its best and utmost in service to others and in service to, perhaps, a cause of planetary healing, and total trust in the perfection of the Creator's plan and dream in which you participate.

And in the changing of this inner paradigm and the outer paradigm, you, as an individual and those of your peoples, may change their relationship to your planet, as we have said, from one which moves away from exploitation and commodification, built upon this myth of separation, to one which intentionally and consciously honors the ground beneath your feet, and the living, breathing systems which support you and all life upon the planet, including the fire, and air, and water, and earth.

You may form a collaborative stewardship with your earth such that you know that this ground upon which you walk, be it soil, or rock, or sand, or wherever your feet may take you, including within the human-made structure, is holy ground, is a miracle to experience; and you may give this gratitude, and you may connect your heart to the heart of the planet and to all hearts around the

world, doing this light work with an intention, with a quest to heal your world.

First and foremost, upon a metaphysical level, do you practice sending love to your planet? We assure you, this planet feels every act in every vibration of love, and resonates and reverberates with that love. But you may also *direct* and *send* that love intentionally and consciously to your planetary mother with reverence and free offering that the places of darkness, the places of the hatred and so forth may be transmuted and healed, returning to that great energy from which those distorted energies came, that being Love.

We see within this instrument's mind other outer practices which may support this healing and this change, including that of the regenerative agriculture, the restorative justice, the alternative healing modalities, including the energy work, the plant medicine work. And those practices which may not make your, as you would say, mainstream news, but which are arising around the margins like little sprouts of new plant life on the forest floor, beginning their upward growth and waiting for the greater light of planetary attention to offer your peoples vehicles and modalities and means to come together hand in hand in greater respect for each other and your world.

For it is not just this spherical body of first and second density, which needs [most] healed, it is your peoples. And those actions which help to uplift those upon your planet, to heal broken hearts, to heal a drug addiction, and the pathologies of the mind, and the punitive justice system, and to heal and transform the economic incentives that perpetuate this world-destroying machine, and so on, are available.

And through your own creativity, our friends, you may find myriad ways to offer to this world new practices, perhaps undreamed of. Or ways from within institutions to begin moving those needles, to begin transforming them. Maybe through dismantlement, maybe through evolution, but always through love, through a revolution of love.

Love itself is the orchestra conductor. Through its free will, tapping into the infinity and unity of the One Creator, Love's intelligence, once opened and tuned to, will bring the disparate notes of individuals across your world, in every culture and in every land,

into a symphony, into a musical score, into a collaboration, where each note finds its place in proportion, such that your peoples and your world ring out in melody, heard by the cosmos, heard by your neighbors and all beings upon all planes who would sing with you.

We are those of Q'uo, and at this time would ask if there is another question?

J: Thank you, Q'uo. On [December 29, 2007](#), you are recorded as saying, and I quote:

For you heard the cry of earth, and you hope to hold the light at this time in a dark world, so that gradually, as you allow the light of the Creator to shine through you, you could infect others with this joy and effortless flow of life and love that is coming through each of you at all times. And yet, so seldom is it acknowledged, blessed, and given a boost as it goes through your energy system and out into the world.

This seems to mean that all incarnated entities have the love/light and light/love of the One Infinite Creator flowing through them at all times, but that very, very few consciously give their blessing to that energy as it passes through them, and that there is beautiful magic that happens when one does this.

Any thoughts or reflections you care to share on this?

Q'uo: We are those of Q'uo, and thank you for this query. We would offer some thoughts, as before, not from a position of infallibility or knowing any particular answer, but one of offering our humble thoughts for your own consideration and use or non-use upon your journey.

Indeed, our brother, there is no entity who was ever, or will ever, or could ever be separate from the One and from love and light. It is within the entity's capacity, however, to block, and distort, and misapprehend this love and light. But for those with relatively open and balanced, in, at minimum, the first triad combined with the green ray, love/light is flowing naturally through the entity, whether or not consciously perceived, and it may indeed... or, we would edit that word, and say, it is often the case that the entity is not recognizing this love/light that is flowing through, that is present within the center of each cell within the body, each place within the mind complex, and streaming through from intelligent infinity through the spirit channel.

The more that the entity activates their heart and widens the scope of love to a universality, to learning to give without expectation of return, to learning to hold life in love with less and less, and ultimately no condition, the more that the higher centers are activated and this love is brought upward; the more that the entity *radiates* this love and light and light and love without effort, by virtue of their beingness, as we spoke previously. And this emanation is one's most fundamental and profound service.

But as the question supposes, that love/light may be harnessed and directed, as you said, given a boost, amplified and intensified, fundamentally through intention, through honoring that the self is, from your perspective, a child of the Creator, made in and as and for the Creator.

We pause to deepen this instrument's state momentarily.

[pause]

The entity is, as we were saying, from your perspective, a child of the Creator and is the Creator, as the instrument heard the one known as Ram Dass say, the entity is "God in drag," and has within it far more potential than nearly all entities realize, and by simply, as the one known as J. practices routinely, offering blessing—however that may look for the self, whether vocalized, whether expressed through the bringing of the hands together in prayer, or some other bodily or mental gesture—[the entity] may acknowledge this love and light and give honor to it. [The entity] may bring the attention to see this love and light, to pull the attention from whatever momentary distraction may have hold of it.

To turn the attention to this central stream of love and light is to empower this love and light within the self. And the vocalization of the blessing or the gesture is an outward, shall we say, means for this love and light to express, to sanctify, to bless, to heal, to clarify, to support.

Numerous are the expressions and the uses of this love/light or prana energy. It may, in limited way, be akin to...

[dinner bell rings]

[pause]

This instrument was with the dinner bell, and has reminded us of the need to wrap this up. As the light, which is all present, may be brought to focus

through the magnifying glass, such that it may ignite the fire, or the river may be irrigated or channeled, such that it may nourish the land and bring abundance, or the breath, which is happening naturally, may be brought into song, so too can the love and light within the self, through the act of blessing or ritual or gesture, be directed.

We are those of Q'uo, and thank this circle, and our friends within the circle—that is to say, each and every one of you—in the love and the light of the One Creator, and at this time transfer our contact to the one known as Trisha. We are those of Q'uo.

(Trish channeling)

Q'uo: We are those of Q'uo, and we are again with this instrument. My friends, we understand as you are about to embark upon your practice of breaking bread that there is perhaps sadness for the ending of this group connection, or conversely, excitement for that which has been fostered. And we would humbly suggest to those who may be feeling those emotions a reminder that this connection can be felt at any time. You can connect to this connection. You can live in this connection at any moment. All that you must do is remember your truth, who you are, as the One Infinite Creator, experiencing Itself, and you will be reminded of this connection. And we will be there too, as co-seekers, as fellow-selves, experiencing this beautiful experience of getting to know the Creator through the Creator.

And as you sit among your other-selves, and as the message previously channeled by the instrument prior, we humbly suggest blessing that which has been your bounty—the joys, the pains, the friendships, the losses, this beautiful planet, and all that it encompasses beyond this creation. Do not damn that which hurts. Accept it, bless it, and know that true love, that unconditional acceptance within.

We are those of Q'uo, and we have enjoyed this moment of what you call time. The creation bounds with the loving vibrations generated by this circle of seeking, and we wish you well as we walk hand in hand alongside you. And we wish you blessings, and leave you in the peace, in the love, and the light of the One Infinite Creator. We are those of Q'uo. Adonai vasu borragus.