

L/L RESEARCH



HOMECOMING 2015
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THE PARTICIPANT-DRIVEN SYMPOSIUM



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PRESENTATIONS & DESCRIPTIONS

| | | |
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| Lynn F | <i>Ocula Arcanum: A Poetic Exploration of the Archetypes</i> | Exploring the archetypes through poetry. |
| James L | <i>The Creative Impulse</i> | I would like to play some guitar and discuss with everyone the creative impulse in the human heart, its expression in the world, and its relationship to love. Should be fun and hopefully entertaining! :) |
| Morris H | <i>Living an Inspired Life</i> | Being inspired more of your life is as simple as a CHOICE. |
| Steve T | <i>Dealing with Harsh Catalyst</i> | Through unexpected and difficult events, life is perpetually knocking us off our center, and putting into question who we are. If faith is a principal resource for dealing with these kind of events, what does this actually mean? |
| Eddie E | <i>Expanding Our Horizons</i> | My discussion will concern a number of things, including the transmission and transmutation of energy, harmonious living, the necessity of using the heart as a sensory organ, quieting the egoic mind, and preparing ourselves to meet the severe challenges ahead. |
| David K | <i>Evidence of a Changing Planet</i> | Our sky friends say Earth is currently in transition. Since I'm a "science guy" I'm often thinking, "Show me the evidence." I've gathered examples of what appears as evidence to me and will share these so that you can decide for yourself if Earth is changing in the direction you would like it to go. |
| Ken W | <i>Road Trip Shenanigans and a Short Film</i> | I took a three month solo road trip out west in 2010 doing random acts of kindness and stopping at every national park I could. This is how the universe responded. I also wanted to share a small 6 min short film which for which I directed, filmed l, and composed music. We'll watch through the credits. They are short :) |
| Larry F | <i>Meet & Greet? Or Not?</i> | My project and hope to meet ETs. |
| Gary B | <i>L/L Research: The Quixotic Quest</i> | A biographical look at how this quixotic quest came to be, what it's become, and where its future journeys may lead. |
| Wayne H Stephani P | <i>On Yoga and Unicorns</i> | The Unicorn is a symbol and manifestation of union in, and out of, darkness. Out of Yoga, she will spring upon and within us. |
| Ocean D | <i>A Wanderer's Soul Report</i> | Are you a Wanderer? Have you ever been curious about where you come from and how you are progressing in your mission of Service to Others? Ocean presents their soul report, generated by Gary Carlson at www.ichheckyoursoul.com , and discusses what it means to them in seeking to understand the joys and challenges of their current incarnation. |
| Beatriz G | <i>The Miracle of Self-Healing</i> | A talk about self-healing that will introduce participants to a powerful healing exercise. |

| | | |
|----------|---|--|
| Garry F | <i>Adapting To An Unfamiliar World: A Wanderer Trying To Find His Place</i> | How Spirituality has informed my self-understandings. |
| Lana A | <i>Seeking the Creator</i> | Being centered on the Creator, being centered on finding joy, balance, love, light, and gratitude for all things that come—this is my work in consciousness. |
| Austin B | <i>The Law of One in Pop Culture</i> | I'll lead the group in a light-hearted examination of facets of the <i>Law of One</i> that shine through various aspects of pop culture, sometimes in unexpected places. |
| Jim M | <i>A Heart Meditation and Q&A</i> | A blending of a mantra and silent meditation for the purpose of opening the heart and perhaps beyond. Followed by a period of Q&A. |

LYNN FISHEL

Ocula Arcanum: A Poetic Exploration of the Archetypes

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Magician

Woken, in the dark of night,
trembling on a steel blade's edge,
with black abyss roaring,
casting the scent of salt in the air,
did I behold the creature
of my infinite becoming,
calling out as a specter,
in that impossible moment of
balance, of all that could,
flitting through a thousand angles,
transparent and bright as day.
The piquance of potential
was alight on my tongue,
my muscles trembling,
my future echoed in thunder,
as fire welled up within me,
and hunger, the creature,
singing in my throbbing veins,
bayed out to the stars,
to rise from the ashes of man.

Priestess

I found her garden when
my mind was numbed on starlight,
a giddy taste in my mouth
left over from the day's last colors.
Whispers leapt from twisting briars,
and the dark of my soul responded,
swelling as the moon bloomed full,
revealing her curves like glass,
her crimson lips parting,
with the laughter of pomegranates.
I reached for the gossamer veils
entwining her lurid form,
burning with hunger,
felled by the whispers of ancients
as my fingers brushed porcelain,
and the sky bled primeval,
an earthquake shaking in my veins.
Her touch, Armageddon, sweetness,
her eyes a promise striking
with dreadful ecstasy
the root of my soul.

Empress

Where she had touched me,
my blood turned to fire,
my soul into wine, exploding.
Strength climbed through my bones,
the moon became diamonds,
my gaze a sovereign jewel.
She held out her hand, behold;
the world a flashing beacon
reflecting in her endless eyes.
A sliver chalice at my lips,
a smile ringed with stars,
offering in patient persistence
as I trembled in need,
my satiated thirst replaced
with an ocean of oncoming dreams.
Within her tenuous glow
the globe was mine to imagine.
All you've ever needed, she whispered,
all you'd ever care to need.
I tilted my head back and drank.

Emperor

Splendor rose neath my footfalls,
the ravenous vines of Nod
twisting a path before my boots;
steps both cunning and careful.
Climbing from my heart's trail,
night's palace breached the skies.
Filled and fulfilled I paused,
my face bathed in the moon's kiss.
In obsidian reflection
his image reached before me,
offering the blade cast in scarlet,
his eyes dark with power,
his skin pale as starlight,
the wisdom of his presence
enfolding me in ashen wings.
Your burden, his voice echoed,
my cells alive with pleasure,
and the intricate weight,
engraved with heaven's murmurs,
was as familiar as the soil of my birth.

Hierophant

Within my kingdom I beheld
a blood-fueled great machine,
the firing of synapses
sparking in time with its gears.
I slipped myself within its cogs,
sliding through shining webs,
to stand upon its heated core,
hands outstretched to greet
the dragons of the land beyond.
Children of crimson and snow
climbed the flashing valleys
to kneel upon the precipice
where wires became roots fertile.
From my vertebrae rose cords,
entwining far above my crown,
the rivers fed with my heartbeat,
my feet in the stream of life.
As I stood my scepter sparked,
a fire within the shadows,
my gaze resolutely forward.

Lovers

In the heart of my dreaming,
two serpents came before me.
White as pearls and black as pitch,
whispered did they, fervently,
of the corners of time, split
like an apple dropping its seeds.
The ground below hewed itself,
and from hell rose a sigh-
take my soul in your teeth,
resurrect the beast complete.
Above in amber glimmer,
a sweet and softer whisper-
drown within me; rise,
free to see through larger eyes.
The space between them
boiled like oil in crystal,
and I bared my wrists
to fangs that rent asunder
as they coiled between my eyes,
a different sort of thunder.

Chariot

Transfigured I stepped forward,
wading rivers black and fast,
and swam the breadth of time,
rising to the shore to plant
garnet seeds in fertile soil.
Neath the moon I watched them rise,
hungry in the world of life,
heart beating with the notes
of forgotten stolen songs.
Drawn forward now I flew,
on the backs of shining angels,
and leapt 'mongst demons' horns,
fanned well by wings of flame,
as mountains moved aloft
at the speaking of my name.
The sun's vermilion veil,
ever-rising, whispering,
of mysteries and hidden scenes,
did beckon me behind her skirts,
and entered I to sights unseen.

Justice

In wandering I watched them rise-
spires of smoke that scraped the clouds,
trees of dreams and flowered eyes.
From thicket's depths a primal growl,
a body lithe as summer's night.
A scent of one unbound and wild,
drawn by notes unknown to man,
yet trembling upon her lips
the key to Solomon's renown.
No qualm within her naked breast
she leapt the space with neurons' grace
to dizzy me with sweat and lust,
and raced did we beneath the stars,
with all forgotten save the dark,
the beast and I entangled sharp
between the mysteries of god
that bubble down to touch and sound.
Collapsing in geometry,
and howling with hedonic hounds,
drinking heartbeats from the ground.

Sage

The soil beneath me, dark and damp,
dissolved to empty purity
as eyes unfeeling drew me on
to stand alone midst white expanse,
the lightless brightness frailly lit
by dancing flames of endless black
that leapt between my heart and soul.
I rested in his torpid palm,
the voiceless master of my dreams,
naked, thrilled in helplessness,
my machinations spinning wild
to meet the gaze of wisdom cold.
Equations flew like happy sparks,
potential cages forming stairs,
his breath a secret in the air,
and sucking from my very bones
the marrow of a will alone,
between his frightening teeth arose
a form more perfect than my own,
conjoined to me within his cloak.

Fortune

Cast off along the freezing air
to drift midst space unending,
chaos' orb nestled within
the warmth of my supple tongue,
did space draw up around me
to inundate sage's eyes,
the cosmos filing down my throat
like blood from a wound.
Weightless I bobbed, blind,
tumbling through subtle snarls,
my fingers catching 'long a web
of crackling strands, a sturdy hand
arranging rays of liquid gold
within my fingers, stiff and cold.
With sight unveiled I grasped
at the sutures of a warrior taut,
with ember's architecture
a smolder in his gleaming eyes,
to guard a treasure pale and soft
within a future fraught with lies.

Strength

It was in awe that I beheld
the graceful baring of her neck,
her dance a movement of the stars
entrained with my heart's beating-
swooping down along each breath
collecting silence as an art.
Interlocked we swept through time,
her pulse in golden step with mine
and with each pirouette
cities blossomed in her wake.
I softly turned her pristine form
along a river made of light,
her steps as light as feather down.
All I am is yours to take.
Her hands spun shining galaxies
within the singing of each cell,
and all the mighty hosts of hell
were marching to her tune,
her heart a humble metronome,
her voice the calling of the lune.

Hanged Man

He descended in serpents,
thorns and lilies twisting
through the confines of his hair,
and bade me kneel upon the earth,
and lo did I then kiss the dirt,
the poison of his knowing touch
sustaining me within his snare,
my sire of crimson honeyed lips
(whose roots were coiling in my throat)
plucking daisies from my heart,
the joy of harvest in his eyes.
Euphoria uprising
as I opened to the sacrifice,
my sight became a sea of glass,
to read the atoms of his name,
and nothing did my heart despise
beneath the moulding grip
of the potter's ruthless song,
for I had walked the other side
and knew the letters all along.

Death

My steps aglow with light of dusk
he led me to a barren place,
and pulled away his face to show
a shroud whose edges trailed the void,
its depths pulsating rich with eyes,
and from his throat a ruthless song
exposed the dirt beneath my skin.
His withered hands caressed my sins,
invading heart and bone and blood,
to freeze the air within my lungs
and wrench the worms from my domain.
My flesh peeled backward 'neath his grip,
and that which rose in beauty cold
drew tears down from the moon above,
standing with the world to gain.
Beneath my feet a hungry maw
did swallow up the violent purge,
my blood now at one with the Earth,
and in the gleam of silver scythe
I caught the moment of my birth.

Alchemy

I ran with burning star in chest
to kingdom's highest mountaintop,
to face the dawn with fearless gaze,
the elements within my grip
to be remade as hell-forged blade
now blessed by heaven's fingertips.
From sinews knit with spider's silk
arose obsidian my wings,
and from the edge of fear I leapt
to swim the oceans of the skies,
and quick my feet and light my eyes
did shatter hardship 'neath the wake,
the blood of challenge mine to take,
the grace of will my sovereign bride.
My hunger free from fat and bones
the jaws of space did welcome me
to break the laws of gravity
and wriggle past the endless edge
to spaces known within my heart,
a shadowed valley wont to dredge.

Devil

This is my world, he called,
his voice the laughter of carrion,
the charred air raining ash,
his eyes like barbs in the dark.
In depravity I felt my skin
crawl with endless ants within,
drowning in the molecules
of unadulterated sin.
Upon a mountain of the dead
he wrenched my heart in heartless claws,
a leash composed of all my flaws
to bend me to my knees before
the one who knew me all too well,
my reach his power, depths of hell,
and still I climbed with weakness rich
a'crawling through my trembling veins,
embracing softly the profane,
with maggots pouring from my arms,
my lips upon his devilry,
to still the daggers of his harm.

Lightning

Arcing from the sky's abyss
to trail my spine like molten fire,
the glass of my delusions
now sand in empty, blackest eyes,
did so the fearsome dragon rise,
inverted flight from heaven's spire,
and from my mouth erupted hot
the romance with mortality,
my soul a flicker now between
the thing I saw, and yet to be.
Peering in destruction's wake,
to kingdoms melted in the sand,
as mirrors of another make
delivered silvered, holy pain,
my sight left shimmering, surreal,
yet from the haze a vision clear
did gild my agony in rubies;
whispered fathoms in my ear.
Fallen knight with spirit singed,
light undying in his tears.

Star

Regalia dissolved to ash,
and left with naked skin to soak
the chill of night's unbroken sash
beneath the light of speckled sky,
with no command to lead save that
cold humbleness of silent time,
my reborn gaze cast ever up
to beacon faint yet wholly mine,
the path before my feet subsumed,
the where consumed by trusting why.
Around my knees the ocean rose
to ferry onward, oar-less hope,
the fishes singing with my smile,
a compass pulled by heart-strings
with new hunger growing all the while.
I drifted down, my muscles slack,
drawn with the endless flow of tides,
submitting to the vision still
with all the world now tossed aside
the space within my soul to fill.

Moon

A plane of savage strangeness
and cloaked in endless mist,
where shadows mock at every turn
now glimmered from the black abyss
to cloak my spirit, diamond's fire-
a giddy laugh of falling short,
illusions dancing on the breeze
and snaring travelers for sport.
So carefully I took my aim,
with starlight liquid in my palm,
the devils roaring in my ears,
led on by geometric psalm
to spaces fluid between my fears,
a predator within my heart
to take the lashes as they fell,
adjustments made in blood and oil
maneuvering the halls of hell.
The howls of wolves now carved my course,
the lightest feet to steer my path
as I pressed on without remorse.

Sun

At Void's deep heart, the flame arising,
jet and violet, dark as night
yet brighter than dawn's fullest light
it sang to me between my eyes,
a sword to cut through webs unknown,
a truth which cannot be despised-
the temple held on backs of steeds,
aloft from gullies filled with lies.
Within my chest in heat it bloomed
in essence, swallowing my being,
the shredded scraps of battles lost
now fused in fullness, offering,
an overflowing spirit's touch;
illuminated Daemon King,
the manifested god-to-be.
Reborn from riches of the earth,
arisen out of Death's own shade,
made nothing now to be remade,
with all the powers of my past
redoubled in a price well-paid.

Judgment

To step upon that path, my child...
the path inked among the stars,
whispered in the flames...
to walk the destiny you have forged,
to drive the chariot of your being...
To know the face in the mirror,
to see where the rainbow ends...
To do this is to become notes
upon a page of eternity.
You glide forward like music,
unstoppable, inevitable,
for to fall from your own strings
is a dread not happily conceived.
To walk your chosen path, child,
is to walk as god,
at the mercy of your own Truth,
your power shaping the world.
The word will not look the same.
Through those eyes, all will be changed.
It is your last first step with that name.

The World

This is where the journey ends.
With Nix's bosom shining full
the acolyte once meek ascends
to stand beyond the raging lull.
Her hair is crowned with glitter stars,
her eyes two suns of burning flame,
her sweet voice shatters cages' bars;
upon her tongue a blessed name.
At her bequest the sands do move,
and with her touch the mountains shake,
yet nothing has she left to prove,
and nothing has she left to take.
She walks the fields with god-like grace,
and all who look upon her see
the paths of thorns and fire she's traced
and what they, too, could come to be.
Her eyes turn now to higher worlds,
to things the gods don't comprehend,
and as divine her will unfurls,
she steps aloft to start again.

The Fool

I am the leaf on the wind.
With each new day I billow
and tumble, and wonder.
The whispers follow me.
The visions flicker,
as the brook and the trees
and the stars and the seeds
all cry out, come to me.
I am ever-hungry,
nibbling at the seasons,
lapping at the changing tides.
I have no home to call my own,
but joyful, I am free!
The burdens of tomorrow
have found no pull on me,
smiling in plain sight.
Perhaps one day my airy toes
will touch the earth as singing She
should beckon me to follow her...
Today I fly for me.

EDDIE EARLES

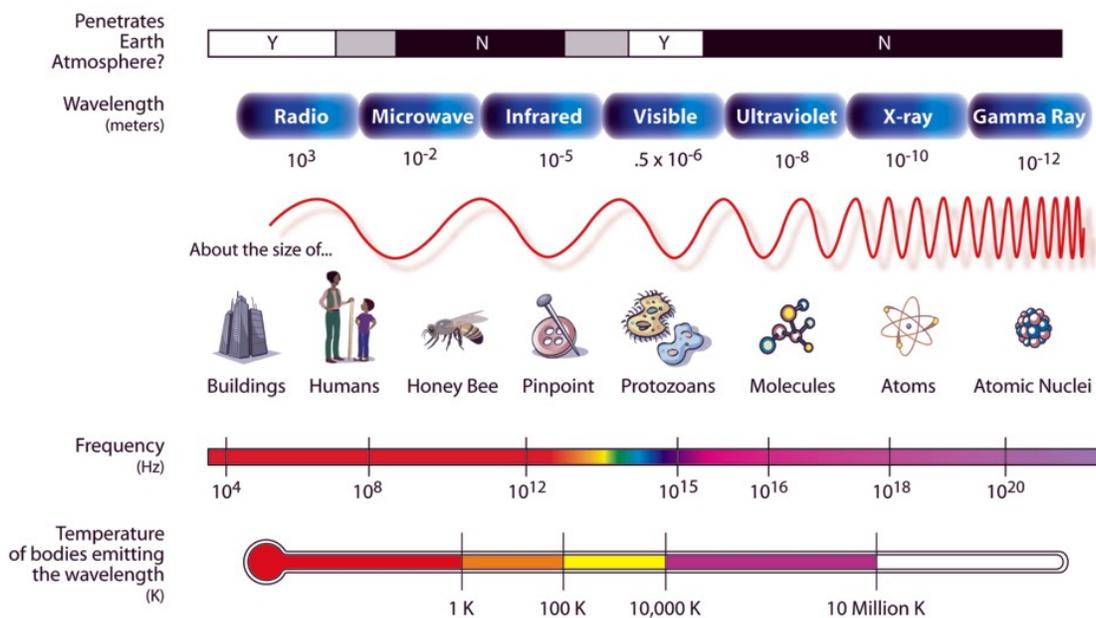
Expanding Our Horizons

Hearts, Silence, and Other Things

We are transitioning to the next age. We know from the teachings of Ra, that the Harvest will be small. The bulk of humanity will pass from incarnation over the next couple of centuries. Within our lifetimes we will witness calamities. Some of these will clearly be anthropogenic. Others will appear, superficially, to be geophysical or astrophysical in nature; yet they too are tied to human behavior, spawned or at least accelerated by our disharmony.

Some of you will recall my presentation in 2011. I spoke of our role as transmuters of energy. Let us expand upon that discussion.

THE ELECTROMAGNETIC SPECTRUM



(Illustration from Wikimedia Commons)

Currently western science embraces only a few energetic possibilities. There is a physical energy, that required to move or deform matter; and there is radiant energy (for the moment we will leave aside quantum forces which might be described as energies). We represent the range of radiant energy by a spectrum along a line. In this illustration, we see the accepted version of the energetic spectrum, ranging from radio waves, which are long, to gamma rays, which are very short and energetic. Notice that all possibilities admitted here are expressed as vectors; *cycles per second*, and are illustrated as wave forms, meaning that they would

require two or three dimensions of space for propagation, plus one dimension of time. Not shown here are scalar waves, which propagate in one dimension of space plus one dimension of time. Scalars are largely, at this time, the province of black-project scientists; but they do serve to illustrate that there are energetic expressions unknown to most of humanity.

Recall, from your high school geometry, that a point is dimensionless; a line has one dimension; a plane has two; a cube or sphere, three; a tesseract, four; and so on. We in the modern western world are so conditioned to think in Cartesian-Euclidian terms, that we assume that length, width, and depth are intrinsic qualities. THEY ARE NOT. They are simply devices used by modern western man to interpret and organize perception. That organizational scheme can also serve as a perceptual limitation.

Let us however stick to Cartesian logic a bit longer. Look again at that line illustrating the spectrum.

Physics has not kept up with metaphysics. Imagine that the left endpoint of that line is an *origin* (in other words, *vector 0,0*). We can picture this origin point as the undisturbed nothing/everything from which matter and energy arise: the holographic pool of *Intelligent Infinity*.

Now imagine that from that point, lines radiate out in all directions, not just along the single dimension of one line; and that along each line, a different energetic spectrum is illustrated. Our high-and-mighty academicians tell us that only one of these lines illustrates what is real, what is possible, because their atrophied senses perceive only that one. My friends, the potential for expression of energy is as vast as the potential for manifestation of matter! Does Ra not speak of *Intelligent Energy*, and *Intelligent Infinity*? These two interact to produce far more than what is admitted in the Wikimedia graphic.

How does this occur? The Infinite Creator animates the Logos; the Logos sends energy out to sub-Logoi (our Sun, for example); the sub-Logos acts as a step-down transformer, and redirects energy in useful (and perceivable) form to sub-sub-Logoi, which then act as both step-down transformers and as transducers, emitting energy in progressively more useful forms. These forms include both the currently recognized electromagnetic radiations, and those not currently formally admitted or perceived, the unrecognized spectra.

Just because the academy fails to perceive these latter energies, that does not compel us to fail. There was a time when man sensed more; for example, during the age the ancient Egyptians referred to as *Zep Tepi*. Our society formally recognizes 5 senses; as has often been noted, the ancient Egyptians recognized 360! And they viewed the *heart* as the seat of perception. Indeed, it was seen as the most important of the body's organs.

During this time of transition, the intensity of incipient energies--both accepted and unaccepted--is increasing. "Unaccepted" is a pregnant descriptor; for it is humanity's

unwillingness to accept these increased energies, and process them properly, that leads, to a great degree, to the increase in chaos, violence, and anomalous weather patterns that now beset us.

Those of you who attended the 2011 Homecoming might recall my discussions of how we absorb and process these energies. They pass into us through our feet, and work through our chakras; and if we have processed them correctly and responsibly, they emerge from us through our crown chakras, in forms that nourish the earth and its constituents; and with these energies go knowledge and experience that are gathered and relished by beings above our pay grade.

In writing such an essay, in pondering such ideas, one may receive confirmation of treading the correct path, by recognizing synchronicities. An assortment of these came cascading down on me while I was incubating this presentation in my mind. Among other things, quite by accident, I stumbled upon a presentation by Dr. Michael Clarage, a physicist at Harvard, that he presented to the Electric Universe Conference 2015 in Albuquerque. It was entitled, "Earth's Changing Electrical Energies". On the 24th of August Gary sent out an e-mail apprising you of the video. This exciting presentation is worth studying in its entirety, but I wish to focus on one small segment of it.

In the middle of the presentation, Dr. Clarage speaks about how electrical energies, generated because of the potential between deep space, or solar space, and the earth, enter and leave the earth on a daily basis. At 12:20 in the presentation, he says, *"In a very simple way, energy comes streaming down to all of us at the start of every day; and then at the other end, when the day is over, all the results from the day are pulled back out, and sent back to the solar system. Each day the activity from plants and animals, all the killings and the birthings and the growths and the decays, all that is somehow taken back up from the Earth. Each day all human activity, all that you have sought for and found, achieved and failed, at the end of the day it is pulled off and sent back to whence it came, to fulfill uses that we cannot comprehend."*

Before viewing this video, I was uncertain if anyone else in modern times understood this energetic cycling; but, lo and behold, one physicist understands it, or at least a part of it, and has even released a video discussing it. I hope all of you were able to preview that excellent video before assembling here. (Note, though, that he confines his remarks to the "known" spectrum of energy.)

My arguments in my 2011 presentation included one stating that the Megaliths of Atlantic Europe were built to facilitate transmission of this human-processed energy by people who carried a traumatic memory of the sinking of Atlantis, and the flooding, which had resulted from human disharmony of the Atlantean age.



(Image of Avebury Henge from Wikimedia Commons)

Sadly, though, we must recognize that few humans nowadays live up to their responsibilities to accept and process these energies properly, even as this influx of energies increases. Collectively, we wallow in disharmony, and have reached that same dangerous stage that the Atlanteans did during the latter part of their age; and there are, I suspect, even fewer Sons of the Law of One on hand to help now, than there were then. How will you awakened ones cope?

Let us leave, for a while, the topic of energy, and turn to the heart.

Another gift that found its way to me this summer, was a book by Stephen Harrod Buhner, entitled, **The Secret Teachings of Plants**, subtitled **The Intelligence of the Heart in the Direct Perception of Nature**.

Despite the order of the title and subtitle, the book is much more about the functioning and capabilities of the human heart, than it is about plants; and a magnificent work it is. As I began writing this essay, I thought, at first, that I would attempt to summarize the book's several arguments, and place the synopsis in this essay. Short effort toward that end quickly convinced me that the task was impossible, given the time and space allowed for presentation. The work is dense, almost as much so as the Ra material; many sentences require repeated reading for digestion to occur. And, while Buhner directs his discussions principally toward using the perceptual capacity of the heart to converse with plants, and to heal ill humans, his information is much more broadly applicable, and germane to our work as bearers of light. Instead of summarizing the book, I will simply offer quotes--some lengthy--and plead with you to read this excellent work as soon as you are able.

From Chapter 4, pages 82-83:

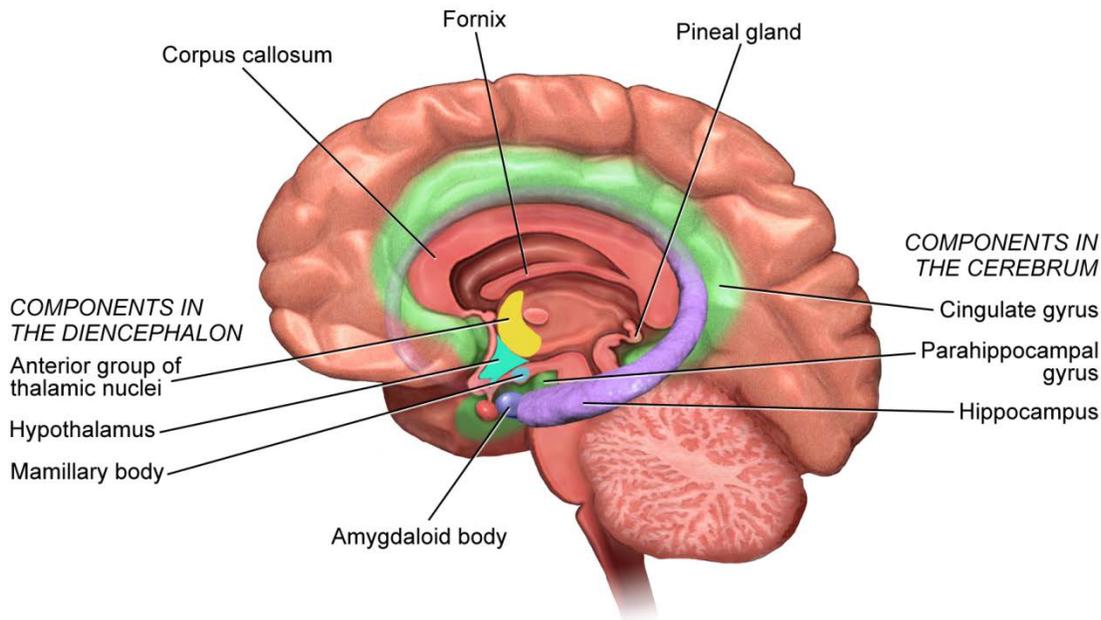
“Between 60 and 65 percent of the cells in the heart are neural cells. They are the same kind as those in the brain and they function in exactly the same way. In fact, certain crucial sub cortical

centers of the brain contain the same number of neurons as the heart. The heart possesses its own nervous system and, in essence, is a specialized brain that processes specific types of information...

Neural connections to the brain from the heart cannot be turned off; information is always flowing between the two. The heart is, in fact, directly wired into the central nervous system and brain, interconnected with the amygdala, thalamus, hippocampus, and cortex. These four brain centers are primarily concerned with :

- 1. Emotional memories and processing;*
- 2. Sensory experience;*
- 3. Memory, spatial relationships, and the extraction of meaning from sensory inputs from the environment; and*
- 4. Problem solving, reasoning, and learning.*

The Limbic System



(Image from Wikimedia Commons)

...The heart also has its own memory. People who receive transplanted hearts often take on behaviors common to the person to whom the heart originally belonged... The more intense the emotional experience, the more likely it will be stored by the heart as memory.”

In chapter 5, *The Emotional Heart*, Buhner illustrates how the body's electrical system consists of a series of nonlinear electrical oscillators, with the heart being the strongest of them. He notes that when any one of these oscillators becomes dominant, the other components of the system will entrain, and become resonant with the dominant organ. In practical terms, this is usually either the heart, or the brain. When the heart is the dominant oscillating organ,

“...The three branches of the autonomic nervous system--sympathetic, parasympathetic, and enteric (the GI tract)--also begin to synchronize with this more coherent heart rhythm. Overall physiological functioning begins to be dominated by the parasympathetic, rather than the sympathetic (fight or flight). Sympathetic tone decreases; the body relaxes. There is a functional reorganization of autonomic balance. The respiratory system, at this point, begins to phase-lock to heart rhythms. Eventually, the heart, brain, and GI tract all couple together and demonstrate frequency-locking...”

Buhner then goes on to present examples of how this heart-entrainment results in an increase in the body's production of beneficial hormones, and a decrease in the production of detrimental ones, such as cortisol. A little later in the chapter, he discusses how hippocampus activity in the brain increases when the heart dominates and the brain entrains to it. Cortisol production decreases, the hippocampus is stimulated, and the brain gets information from the heart about external stimuli. He also gives examples of the physiological and emotional dysfunctions that may occur during the opposite situation, when the heart is entrained by the brain:

“During major depression and panic disorder, as in many pathological heart conditions, the heart's electromagnetic spectrum begins to show a narrower range, and beating patterns again become very regular. This narrowing and increase in regularity also show direct impacts in the sympathetic and parasympathetic nervous systems. Sympathetic nervous system activity and tone tend to increase, the parasympathetic to decrease. These are all signs of increasing heart disease, as a disordered heart cannot produce the extreme variability and flexibility that is normal in the healthy heart. Because emotional experience comes, in part, from the electromagnetic field of the heart, a disordered, narrow, noncomplex electromagnetic field will produce emotional experiences, like depression and panic attacks, that are themselves disordered, narrow, and restricted in scope.”

I hope all of you grasp the implications of those statements, for those struggling to cope with the incoming 4D energies.

Still later, in a section concerning heart connection with the external world, the author discusses how all living organisms exude and exchange electromagnetic energies, and how all such organisms necessarily affect each other.

From pages 108-109: *“...When people or other living organisms touch, a subtle but highly complex exchange of information occurs via their electromagnetic fields. Refined measurements*

reveal that there is an energy exchange between people, carried through the electromagnetic field of the heart, that while strongest with touch and up to 18 inches away, can still be measured (with instruments) when they are five feet apart.”

“When people touch or are in close proximity, a transference of their heart’s electromagnetic energy occurs, and the two fields begin to entrain or resonate with each other. The result is a combined wave created by a combination of the original waves. This combined wave has the same frequency as the original waves but an increased amplitude. Both its power and depth are increased.

The signal of transfer is sometimes, but not always, detected as flowing in both directions; this depends to a great extent on the context of the transfer and the orientation of the sender. When a person projects a heart-coherent field filled with caring, love and attention, living organisms respond to the information in the field by becoming more responsive, open, affectionate, animated, and closely connected.”

One last series of paragraphs, from pages 118-119:

“Once we were convinced that there was no intelligence, no living soulful force, in Nature, once we were convinced that the heart was nothing more than a pump, we began to lose touch with our innate capacity for engaging in aesthesis [the ability of the heart to perceive meaning from the world], for feeling the touch of the living world upon us, interpreting what that touch means, and sending out from ourselves a response in turn.

Scientists have engaged in a particular form of imperialism. They have stolen from all of us the historical recognition of the heart as an organ of perception and substituted instead a mechanical heart and the belief that the brain is the only organ capable of thought. This colonization of the soul has had profound consequences.”

“...Though the brain is important, it is merely an organic computer, useful for processing data and acting as a clearing station for central nervous system functioning. Unlike the heart, with its connected empathic perceptions the brain has no inherent moral nature. The continual training of children in a system of perception that is amoral leads to behaviors in adults that have no moral basis.”

At this point, I’d like to refer to my 2009 presentation, where I detailed an account of how some people from the future, and a Pleiadian, contacted me to tell me (among other things) that we should teach children to meditate. Please refer to the Homecoming archives if you weren’t there, or don’t remember it. It has taken me a full six years to understand the implications of that pleading request.

In Hindu and Buddhist theology, there is the concept of *Dukkha*. This word is often translated as “suffering”, but, as Neil Kramer points out, a better translation, perhaps, would be “unsatisfactoriness”. *Dukkha* is necessary; it is what impels us toward spiritual advancement. It is *Dukkha* that leads to what Ra calls “catalyst”. But the ego, which was created originally to help us cope with *Dukkha*, refuses to release its iron grip on it. Unchecked, it will focus on *Dukkha* to the point that life seems to be a self-reinforcing spiral of torture.

As the influx of 4D transitional energies increases, the pressure of *Dukkha* will mount. Those unprepared, or unaccepting, will experience ever greater frustration and confusion; some will be driven mad, or compelled to violent outbursts. How are we to respond?

We must unlearn old conditioning, and re-learn to sense with the heart. Not only will we develop greater facility at communicating with plants and healing others, but we will hear the whisperings of those entities who love us, and wish to help us: angels, spirit guides, Pleiadians, ancestors, and so many more.

There are exercises, disciplines, that we may employ, to calm or distract our chattering egoic mind, and empower the heart.

The first of these seems simple, but requires rigorous, unyielding discipline. I learned this technique from a Castaneda book. I practiced it for years in my twenties. It does work, but like many body training techniques such as weightlifting, it requires regular application; and, like weight training, if you stop, you’ll need to work twice as hard to get back to where you were.

Walk. Curl your fingers slightly, and, as you walk, do not focus your eyes on anything in particular, but keep them pointed just above the horizon. Have no thoughts. If the mind chatters, just let those thoughts drop away. *Where* you practice this is important. You should be as far away from others as possible, unless those others are also practicing the same technique. It is difficult in the city. If you live in an urban area, this alone is sufficient reason to move away to a much more rural location.

When you walk is important, too. You should walk around sunrise and sunset. This is because we are closer to spirit realms then, and is the reason that so many animals are crepuscular.

If you live where the climate is mild, and biting insects are no problem, walk barefoot.

Episode 109 of the Sons of the Law of One Podcast (from August 2015) contains selected recordings of the channeling of an entity calling himself *Miranon*. He addresses this issue, and discusses how our health is improved by walking at these times. Energy enters through our feet, passes into the base of the spine, works through our chakras, and exits our crown

chakras. This burnishes and polishes the etheric body. All physically expressed ailments start as energetic dysfunctions, and walking this way brings the maximum amount of energy into the etheric body and helps it to adjust and heal itself. So, this type of walking is good for mind, heart, and all other aspects of the bodies. I highly recommend listening to this Podcast.

If you practice with sufficient rigor, it will eventually lead to your being able to quieten the mind at will. Be advised that it will take months, years, perhaps the remainder of your life. Do not be discouraged if you do not make rapid progress at stopping the internal dialogue. Every step you take on these walks improves your health.

Another beneficial discipline, is to practice entraining your heart with that of another. Do you regulars remember how, at my presentation in 2011, I mentioned that we synchronized our hearts when we danced at Avebury? Remember, also, that the best, the least impeded route into our hearts, is directly through the back, in between the shoulder blades. That's why our guardian angels tend to stay behind us, at our backs.

You may take advantage of this fact, by meditating while sitting back-to-back with another person. You should sit on the ground, on a towel or thin mat if necessary. One of you should face true north. Your goal should be for your heartbeats to synchronize, but you can't force it, or even think about it consciously. Just sit quietly and listen to your own heart. If you practice this enough, eventually your heartbeats will synchronize, and this will open a portal to other experiences, more opportunities for growth and service.

You may do this with anyone, but most people will find this easier with a member of the opposite sex, because yin and yang energies are complimentary, and naturally seek each other out.

Don't be discouraged if nothing happens quickly. No minute spent doing this is ever wasted.

There are other things you should do. One is to ask yourself, many times during the day and night, "Am I awake, or am I asleep and dreaming?" Done in conjunction with the other practices I have discussed, this will aid you in entering into lucid dreaming. You may also find that, at a certain point, your answer changes; and you may be surprised by your new answer.

This question also provides an excellent mantra for those of you who require one to meditate.

When, and if, in time, you find that you enter into lucid dreaming, this brings about another opportunity. When lucid, we are tempted to do many things, but what you should do is: *nothing!* Sit quietly, turn off the internal dialogue, and meditate, just as you would during

waking moments. This requires great discipline and self control, but you should do it at every opportunity; for when this becomes habit, yet another chance presents itself:
meditating together in dream-time.

Yes, friends, this is possible, and once it was common practice among humans, back before the age of disharmony. It is now largely forgotten, except among a few isolated indigenous peoples, but it is still a discipline of Lamaistic Buddhism, and it should be our practice as well; for if and when we accomplish this, it is then that our hearts, as sensors, will open magnificently, and see far and widely through time and space. This moment is, as I have told others before, *when the magic happens.*

GARY BEAN

L/L Research: The Quixotic Quest

I saw on the national news tonight that British physicist Dr. Stephen Hawking is teaming up with Russian billionaire Yuri Millner to put \$100 million into project "Breakthrough Listen" in an effort to examine far more reaches of our local universe than have ever been searched before for signs of intelligent life. This is a much more vigorous effort than was the 1960 effort of S.E.T.I., the Search for Extraterrestrial Intelligence. Both efforts, however, depend upon machinery and gadgets for making such contact.

From 1981 through 1984 L/L Research also used an "instrument" to make contact with an extraterrestrial civilization known in Earth's history as those of Ra, a planetary population of 32 million souls from within our own solar system who were able to blend their vibratory beingness with that of our little group of three.

Though our instrument was human, the tuning of this instrument needed to be more precise than any mechanical device could ever approach. Her heart had to be full and open to giving and receiving the vibrations of love. Her mental dedication to being of service to others had to be totally clear and focused as the foundation for any action. And her soul had to be fearless and full of joy. \$100 million could not buy these prerequisites. They were the fruits of a life of service from the age of 2 until she passed into larger life at the age of 71. And the information that she brought through her channel was as intelligent, timeless, and timely as any physicist could ever hope for.

– Jim McCarty, *The Camelot Journal*, July 20, 2015

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PART I: THE PAST

The Mantell Crash

We'll begin this presentation by rewinding the clock to some highlights of 1947:

- Still an age of segregation: Jackie Robinson is the first black player accepted into the Major Leagues. The first black reporter is first allowed into congress.
- Miracle on 34th Street is released in theaters. Anne Frank's diary is published.
- Cold war officially begins by an act of congress through the Truman Doctrine to give financial aid to Turkey and Greece to stem the spread of communism.
- Marshall Plan for rebuilding Europe is implemented.
- National Security Act creates CIA, DoD, Joint Chiefs of Staff, Natl Sec Council
- Doomsday clock introduced
- Foundation of the WTO is laid by a tariff agreement
- McCarthyism is underway, beginning investigations into communism in Hollywood
- India and Pakistan become independent nations, Gandhi instrumental.
- First recorded use of the word "computer" in its modern sense
- Flight faster than the speed of sound: Chuck Yeager
- **June:** Kenneth Arnold makes the first widely reported UFO sighting near Mt Rainer
- **July:** Roswell. Downed ET craft allegedly recovered.
- And most importantly to my wife, Elton John is born.

Just seven days into the following year on January 7, 1948, Captain Thomas Mantell of the Kentucky Air National Guard, a decorated WWII pilot who was awarded for his part in the Battle of Normandy, was in the air flying a P-51 Mustang with his squadron. He received an order from Godman Field at Ft Knox to investigate an unidentified flying object that was appearing on their radar and being reported in the region elsewhere.

The other three pilots in his squadron—only one of whom had oxygen, which was in low supply—called off their pursuit as the altitude increased. Mantell did not. At 25,000 feet he blacked out from a lack of oxygen, sending his plane spiraling to the ground where he crashed near the KY/TN state line.

The Air Force's "Project Blue Book" (their attempt to investigate the early UFO phenomenon) later said that Mantell had seen a top-secret "skyhook", a device created by the Navy and General Mills (yes, the same people who make Cinnamon Toast Crunch) to do atmospheric research. Whatever it was that Captain Mantell had chased, it caused a change in consciousness in the United States. Per the Wikipedia page:

...among the most publicized early UFO reports, the Mantell Crash was one of three "classic" UFO cases in 1948 that would help to define the UFO phenomenon in the public mind, and would help convince some Air Force intelligence specialists that UFOs were a "real", physical phenomenon.

[It] marked a sharp shift in both public and governmental perceptions of UFOs. Previously, the news media often treated UFO reports with a whimsical or glib attitude reserved for silly season news.

Don's Research

Someone else who reacted to the Mantell crash was a 17-year old (soon to turn eighteen) named Donald Tully Elkins.

We have found that... space is unimaginably vast, so that even within the celestial backyard of our nearest star neighbor, it would take us 80,000 years to traverse the distance thereto. This is figuring a velocity of 7 miles per second, the reported escape velocity of our fastest launched space vehicle to date, Pioneer 10. So far as our understanding has brought us: space travel is a reality, but the thought of doing it, in person, is still absurd, especially if you begin to consider travel out of our planetary system. This is where our science is now: within the boundaries of our technology and daily routine we have a serviceable and solid philosophy of reality. But at the frontiers of physical space and time, we have a vast uncertainty. We are not equal to it yet. Its challenges lie there, waiting patiently for us to seek them out. – Don Elkins with Carla L. Rueckert, *Secrets of the UFO*

In his recorded talk to Jefferson Community College during the Ra Contact on April 1, 1981, Don said:

I've been at this business for a long time. I got interested in UFOs in 1948. Maybe some of you remember Tom Mantell, who was killed flying an F-51 because a UFO was sighted flying near Fort Knox. I was a student pilot in the Elkins-Mantell Flying School¹ at Bowman Field when he got killed. So I was greatly interested in UFOs starting in 1948. I didn't really get to devote much time to research in that area, and related areas, until 1955. In 1955 I really went to it and I've been researching the subject ever since. – Don Elkins, *Spiritual Significance of the UFOs*

We don't know Don's exact thoughts when learning of Captain Mantell's crash—as he seems not to have recorded his thoughts, and was famously reserved about his feelings. But suffice it to say, the seed of interested in UFOs was firmly planted, though it would not have the conditions to burst through the soil for another seven years.

During those seven years he would enlist in the Army, become the youngest Master Sergeant in its history, be stationed in Germany during the Korean War, and return home to earn two masters degrees in engineering, and go onto become an engineering, and later also a physics, professor. He was, by multiple accounts, a genius.

Finally 1955 arrived and he had the time to devote to his deep-rooted passion: solving the great puzzle of existence through research into the unknown. Don Elkins was on the case like a bloodhound with a scent, a very open-minded bloodhound.

I've been at this pursuit of UFO understanding for over 25 years now. I've tried to maintain a totally open-minded approach to the study, considering no piece of evidence too small or too ridiculous to consider. The theory which has gradually emerged from this approach may seem a bit wild or absurd.... One thing to remember: almost everything which we now accept as normal in our present

¹ The event was especially close to home for Don. Louisville's Elkins-Mantell Flying School was formed by the same captain who had recently crashed, and a distant relative of Don's.

technology would have been considered a wild and absurd impossibility a scant 100 years ago. We do not know how many millennia ahead of our present understanding the UFOs might be. – *Secrets of the UFO*

Something else also happened around the time period in 1955 when his research took off. Before the character Spock was conceived for Star Trek, Don had gone Vulcan. Elkins had concluded that the best and sanest path through life on this planet was to eschew emotion and become an observer, bound only by logic and rational thought. His chief means of relating to the world and the people in it was indifference. Not a cold-hearted indifference that would ignore a cry for help, but rather an indifference that didn't have positive or negative reactions to experience, and sought not to be moved by the catalyst of the world; indeed, not to *use* the catalyst that the world offered.

It was this thick armor that was abruptly and heart wrenchingly removed during his initiatory period beginning in 1983 that eventually contributed significantly to his decline and death.

Jim: Up until the Ra Contact, his idea of the balanced human being was one who was not swayed by any emotion up or down. He made that choice when he was 26 years old that basically this world was a crazy place and if you wanted to survive it, you need not to be swayed by it, you needed to look at it with a level mind, a level keel, and keep your emotions at a distance

It was a spiritual practice for him not to become swayed in any direction, so he didn't give compliments, he didn't give criticism. He was... in his own words he was indifferent. And later on, during the Ra Contact, we discovered that was not the best type of balancing to do, but up to that point, it was a pretty strict and successful spiritual discipline, because he was very wise. He never jumped into anything, you couldn't sway him one way or the other, he needed to gather more data and he would think about things for a long time and then he would make a move and it was almost always the right one.

So we really appreciated his nature. But during the Ra Contact, we discovered the balancing process, which is a more correct way of using catalyst. He didn't use catalyst; he just let it slide away.

Carla: His heart was protected in reinforced concrete up until the Ra Contact. Somewhere near the middle of the Ra Contact he started losing that protection. – *Reactions to the Ra Contact*, the Interview Project²

But we're getting ahead of ourselves.

Carla reports that from an early age, even before the Mantell crash, Elkins had a distinct, keen sense of the limitations of science and philosophy, and recognized the conundrum that science could explain some of the mechanics to *how* things worked but not *why*, or for what greater purpose or cause.

On a fundamental level, Don felt the world we live in was an illusion of one form or another. Some of this may stem from his Christian, Scientist upbringing which upholds the belief that illness is a result of

² Most of the following indented quotes from here on out will be from The Interview Project, identified by the section from which it was taken, or the book *Secrets of the UFO*, co-authored by Don Elkins and Carla Rueckert in 1977. The material from The Interview Project is being turned into an L/L Research publication under the title, *Tilting at Windmills: An Interview with Carla L. Rueckert and Jim McCarty*.

imbalanced thinking and can be cured through prayer and thought. But whatever its source, he intuitively understood that reality was not fully available to either the senses or science.

If he couldn't find the answer in conventional understanding, he had no choice then but to seek outside the boundaries.

Perhaps we are on the brink of an unfoldment of understanding even greater than that which rounded the flat Earth and gave depth to the sky. And the UFOs are acting this time as the insistent clue to the new reality. That they do not "compute" according to our present understanding is a welcome characteristic, for it is this quality of data which historically has heralded a new level of advancement of man's knowledge. – *Secrets of the UFO*

From excerpts like the one just listed, you get a sense of the ambitious scope of Don's search, and his confidence that he could succeed.

Gary: What would you say were Don Elkins' driving questions? What puzzle was he attempting to solve or penetrate?

Carla: There was nothing for Don but the biggest, the widest, the deepest. His mind would not be satisfied with a segment of the answer. He wanted to know the answer to the puzzle of why everything worked. He thought that UFOs might have part of it so he investigated. He thought seeing ghosts and finding out things like... —he learned how to do hypnotic regression and found out that he seemed to be able to regress people beyond this Earth experience to other experiences on and off this Earth, and so he discovered, he felt, that part of the lesson lay in... part of the puzzle pieces lay in reincarnation. – *The Beginning*

Carla felt it took a while for the big picture to cohere for Don, but it happened through investigating these different leads, from flying around the country to interview contactees and investigate UFO sightings, to observing and undergoing psychic surgery, to receiving channeled information, to examining telepathy, to participating in séances and personally conducting several hundred regressions. From this aggregated data emerged a working theory.

And so are we all burdened with reality: a reality which is sending us numerous and obvious clues of an even greater reality. True science, I submit, is not only the explainer of the familiar, but the explorer of all that there is to explore. The UFO phenomena seem so often like the functioning in physical reality of the wildest imagination of our race. Carl Jung ascribed this phenomena to just that source. Yet these UFO events are occurring, and it is a valid response to strive to understand them, using all the available material. This is what I have done; the material treated here is in my opinion the best material available for the formulation of a workable solution to the UFO mystery. The test of any theory is its value as a predictive and explicative tool. For several years now, the UFO events have been fitting comfortably into this theory. It is as though I have gotten enough pieces put into my puzzle so that the remaining ones are quite easily fitted into the developing picture of the whole.

The body of the theory has been distilled from 25 years of collection of alleged contacts with UFOs. No single piece of evidence was judged when received; but only added to the mass of other data. Out of this mass has precipitated a surprising amount of correlation of data with regard to a high percentage of UFO related phenomena. – *Secrets of the UFO*

And as much as he needed to put the puzzle pieces together for his own understanding or perhaps even his own salvation, he also was driven to help illuminate the darkness for others.

He was ready at the at the drop of a dime to share what he had learned. Carla reports that he talked to a lot of people, and would talk for a long time if there was an opportunity. He didn't talk about himself, it seems—he was very tight-lipped about his own feelings, but he loved to talk about his research, and had no compunctions about representing his own truth no matter how at variance it was to the group mind.

Gary: It seems like he was someone who wasn't afraid to stand apart from the crowd.

Carla: Don was completely fearless. He had no interest whatsoever in following any crowd, none. –
The Beginning

Don's Experiment

Six years into his intensive research, in 1961, I believe, a mutual acquaintance introduces Don to a fellow who has moved from Detroit, Michigan to work at the Ford plant in Louisville. The fellow's name is Hal Price.

Hal is an interesting person. Hal was living in Detroit in the 50s and while there participated in a contactee group which received communications from alleged extraterrestrial sources. You may recognize some of these sources being channeled in Detroit. One called itself Hatton; another source called itself Latwii.

Hal brings to Louisville a brown notebook, (later and creatively dubbed, *The Brown Notebook*) with transcripts of the Detroit Group's channelings. Hal shares these with Don who makes quick work of them, assimilating the material in a matter of days.

We had a chance meeting with Hal Price in 2013. When we asked Hal what Don's reaction was to the *Brown Notebook*, Hal reported Don as saying that the channeled material collected by the Detroit group was the "glue that brought it all together".

This was it. Don had found the linchpin to give a unified perspective to the mass of his aggregated data, the principal way which would lead him through of the maze of confusion, misunderstanding, dead-ends, and illusions into the clear light of understanding. Don also *probably* had the characteristic reaction of the wanderer to what we now call the Confederation philosophy. Here was a message that spoke of the illusory nature of physical reality, the unity of all things, the centrality of love and light, and the possibilities of healing, transformation, and realization. For many wanderers, these messages are a postcard from home—something that helps make sense of the world on a profoundly deeper-than-bone level. Elkins had been seeking sources outside the illusion, and here was presented him a humble brown notebook containing precisely that.

Carla describes what especially grabbed hold of Don's attention in this material:

Carla: [In the transcripts] they explained that if you got the group together regularly, weekly at least, and you sat and meditated and you waited, sooner or later the invitation would bring some channeled material. – *The Beginning*

If you're Don Elkins and you're handed this moment of eureka, and you learn that you, too, can receive this information and query these sources, what do you do? You get up to Detroit to find out how! That's what you do.

Don subsequently (and quickly, I presume) visits the Detroit group. I haven't turned up information describing his experience in Detroit, but what is clear is that he learns the rudimentary protocols for contact and transplants them to Louisville. He gathers some of his physics and/or engineering students and:

Carla: He did not at first tell anybody that the idea was not simply to meditate but to channel. So nothing happened right at first. The significant thing that turned the group around was that Walt Rogers from the Detroit Group came down and channeled for this group, for the Louisville Group, and said "Why in the world—we've been trying to get ahold of you and we've been unable to penetrate your reluctance to speak. If you would simply open up and allow us to speak through you, we would offer you information."

After that, the twelve guys all started opening up and trying to get information and for a few months, you heard a lot of <clucks and clicks, Carla makes unusual noises>, and it was so funny. It sounded like there was a whole room full of flapping window shades. But eventually they began to produce some material and Don began to get some meager but satisfying results. – *The Beginning*

Don's pursuit of collecting information through channeling would continue up until his passing. He proceeded scientifically in gathering data without judging it, and letting a new theory of reality emerge that fit the universal, recurring aspects of the data, but he at some point had to relinquish the scientific method when attempting to investigate material of a paranormal nature:

I have chosen not to abide within the approved scientific method of verification of accepted data within the boundaries of currently accepted scientific opinion because this method has proven a tool ineffectual in dealing with this phenomena. I make the assumption that the reason for this lack is that **the system is set up to investigate the present level of reality within our technological and scientific nexus of thought.** [Bold added.] I make the further assumption that the nexus of thinking or technology which underlies the UFO manifestations may not have any close connection to our present Earthman's philosophy of reality. History is replete with examples of the events in which reality itself proved unconformable with the current scientific or philosophical thinking. I think it is happening again. We thought that the Earth was flat at one time. Less than 400 years ago, Giordano Bruno was burned at the stake for suggesting that the Earth revolved around the sun. Now, again, there really does seem to be a growing amount of evidence pointing to the existence of a totally different type of reality than is generally appreciated by our philosophy. – *Secrets of the UFO*

By any measure, his was a genuine and long-term investigative effort. It seems, though, that his principle aim was research focused on information *gathering*, and the more information he could get, the better³:

Carla: His basic feeling was that if you have a non-provable area of investigation, your best bet is thickness of information, so gather a great deal of information. – *The Beginning*

³ "The obvious weakness of this contactee information is that evidential proof of its validity is not obtainable. Its strength lies in its sheer bulk and in the similarity of messages produced by sources widely scattered around the world." *Secrets of the UFO*, Chapter One, pg. 9.

Carla: So you just have to collect it. Don always believed that the important thing was to collect the material, as much material as possible, because he said it would be the *denseness* of the material, and from the things which were repeated, that you would get the gist, the heart of the material. – *Don Meets Carla*

Don Meets Carla

In Don's engineering class at the University of Louisville is a student named Jim DeWitt. DeWitt is also a participant in Don's early experiments in meditation and channeling, and DeWitt is also a romantic partner to Carla L. Rueckert.

During lunch one day, DeWitt introduces Carla to Don. This meeting registered especially acutely in the mind of Don Elkins. Years later, Don told Carla that, right there and then, at that lunch meeting, he knew he would be with Carla. There was no doubt. No question.

Carla, however, had a seven-year detour before she would rejoin Don in the romantic sense, some of those years including a challenging marriage to DeWitt.

Very shortly after Carla's first meeting with Don in 1961, DeWitt either invited Carla to join the meditation group, or Carla proactively asked to join. Either way, Carla, having discovered the value of silence not long prior, enthusiastically embraced the idea, becoming both a regular member and the only attending female to Don's group of meditating physics and engineering students.

As mentioned, she was not long thereafter whisked away by an unhappy marriage to Dewitt where she was neither loved nor honored, but in which she nevertheless resolved to stay because, Carla being Carla, she had made a *promise* in her wedding vow, and nothing could get her to break that promise. Eventually that marriage took her up to Vancouver, Canada for a time, where she worked to pay the bills for a husband who refused to work. It wasn't until DeWitt divorced Carla—thank God for her and for the rest of us—in 1968 that she was free to rejoin Don. Or, better, Don was free to finally be with Carla. And he wasted no time. The day after the divorce was made official, Don moved in with Carla, and their journey of service and learning together began.

Almost immediately, something extraordinarily peculiar happened. Thirteen years later after the event, Ra spoke of the moment:

When the commitment was made between two of this group to work for the betterment of the planetary sphere, this commitment activated a possibility/probability vortex of some strength. The experience of generating this volume [Crucifixion of Esmerelda Sweetwater] was unusual in that it was visualized as if watching the moving picture.

Time had become available in its present-moment form. The scenario of the volume went smoothly until the ending of the volume. You could not end the volume, and the **ending was not visualized** as the entire body of the material **but was written or authored**. This is **due to** the action of **free will** in all of the creation.

However, the volume contains a view of significant events, both symbolically and specifically, which you saw under the influence of the magnetic attraction which was released when the commitment was made [between Carla and Don] and full memory of the dedication of this, what you may call, mission restored. – Ra, 68.14

So Don and Carla come together and almost immediately they both receive a vision of a story, what became L/L Research's very first publication, *The Crucifixion of Esmerelda Sweetwater*. They draw from this shared vision in different, complementing ways. With her head resting in Don's lap, Don dictates the plot of the story into a cassette recorder. Carla, seeing the same story unfold within her own mind that she hears Don dictating into the recorder, then fills in the plot with character and dialogue when Don, who has become an airline pilot by this point⁴, leaves for his flights.

As Ra indicated, the book accurately predicts subsequent events in their lives, including people whom they would later meet. Most significantly, the two main characters of the book, Josh and Esmerelda, were idealized versions of Don and Carla.

The two of them see the whole book in their shared vision *except* for one thing. For some reason unknown to them at the time, the ending does not reveal itself. They both know that one of the two main characters must die, but they don't quite know who.

Carla: Well, it didn't make any sense, it wasn't logical and we were both very logical people. Don was preternaturally healthy. His vision was 20/10. When he was in the Army he could run rings around his unit all day while he was running them on a ten-mile hike and never run out of breath. He was just so healthy, he was incredibly healthy, never been sick. He'd never been sick. He'd never had a cold.

I was very, very frail. There was no question about it, I accepted that much myself although I didn't accept anything more. I was normal. It just took a little bit of skill to stay normal. There was this way and that way I could screw up, and then I would be having a problem because of earlier sickness—kidney problems, rheumatoid problems, that kind of thing. But just seeing that I wasn't long for this world, I was just frail. So it made sense that this person most like me in the book would die, whereas Don's character would not. And we worked with that and worked with that and worked with that, and that's the way we wrote it: the space girl, or Esmeralda, dies at the end. – *Don Meets Carla*

Though they had no idea at the time that they were writing about their own future, Carla said during the course of the interview project that Don and she knew that one of the characters had to die, that much was clear. It was a "matter of choosing the person."

And for reasons just stated, they allot to Esmerelda the role of dying at the story's conclusion. Esmerelda dies through the choice of martyrdom in the book, which Carla came close to doing in the events of the Ra Contact. But that was not to be Carla's fate in our world. "This is due to the action of free will in all of creation."

And their journey together began.

Carla Learns to Channel

When Carla returned to Louisville after her fortuitous and fateful divorce from DeWitt in 1968, she resumed attending Don's meditations—they were having two per week at Hal and Joe Price's home, but

⁴ Don gave up his professorship, circa 1965, in order to be a pilot for a commercial airline. It gave him more time and money to devote to his research, along with greater ability to fly to his research locations.

around this time attendance was beginning to dwindle as students graduated and moved on. As Don had moved on from teaching, there were no remaining students to fill in the ranks.

The trend continued until, by 1974, no one remained to channel. Don's experiment, as he framed it, was at risk of dying. He turned to Carla. Carla wasn't the least interested in channeling, but she made the attempt for one reason: Don asked her to. Without her, Don said, the experiment would end, and Carla wanted nothing more than to make Don happy. His needs were her needs.

In the role of channel, Carla, as we all now know, was a natural. More than a natural, one might say that she was *born* for it. One might say she pre-incarnationally designed her life to be a clear window pane to that voice of inspiration from the other side of the dream. Whether that voice came from higher-density sources or that unending spring of inner light that Carla's disciplined mind was so effortlessly and reliably able to tap, the wellspring of her ability, once broached, flowed forward freely.

When Carla began channeling in 1974, the quality of the content increased so significantly that Don for the first time began to keep the cassette recordings of the channelings. If you access the Transcript Library on the archive website right now you'll see that they more or less begin in 1974, at the time Carla began serving as an instrument.

Carla wasn't the only channel, however. There were others. Including Don. Carla, though, was the real strength. She learned from Don the very basic protocols, which included "making the mind a total blank" and allowing material to come through. From that foundation she discovered and literally built the protocols that would become the recognizable hallmarks of L/L Research channeling, most especially the twin, paramount practices of challenging and tuning.

That was *all Carla*.

Carla: It was all me. I was pretty much on my own. Don was able to teach me the basic heart of channeling which was to let go and say what was coming through, but he had not been able to get any refinement of that, and I refined and refined trying to find out how to be a better channel and how to create a better session. So I observed what worked to make me a better channel, and incorporated those things little by little over the years, and ended up around the turn of the century some time for about three or four years practicing the channeling, the tuning and the challenging process over and over again, every day after morning offering. – *Art of Channeling*

From the 70s all the way through Carla's final channeling in 2011, she continued to fine tune those protocols to gain the safest, most stable, most secure, and highest quality transmission she could carry.

At the Shore of the Unknown

Don and Carla, two who had been "one for a timeless period" according to Ra, each reliant upon the other, together greater than the sum of their parts, manifested their shared commitment to service and metaphysical bond in the form of a legal partnership which they dubbed "The L/L Company" in 1970, and would later change to "L/L Research" in 1976.

Together, each empowered by the other, they began the construction of something new: a vessel that could leave the familiar shores and shadows of consensus reality to recover the cosmic picture and illuminate our present darkness. Don was the pilot and Carla was the sail which caught the winds of inspiration and moved the ship toward its unknown destination.

Seeing the structure of their research and its focus on gaining information through channeling as a ship is an apt metaphor.

Carla: ...shortly after that I had a very very real dream, very clear. And it starts out with me going down the river on a great big four-story houseboat with a paddle wheel—and since I lived by the Ohio River, what could be more natural than seeing that form of transportation. I'm on the top floor and the houseboat starts burning.

Don sees me from the shore, jumps in, comes over to the boat and he grabs me and saves me from the fire. Then we're sailing down the river on his boat, which is not burning, and he looks at me and he says: "Do you want to get off? Because if you stay on this boat with me, you'll never see dry land again."

And I was sure at that time in the dream that I wanted to stay with him. And that was when I woke up from the dream. – *Don Meets Carla*

Carla joined Don on that ship and never quite saw dry land again, though out there on the open waters, they did not wander haphazardly, drifting by chance from one latitude to the next. They had purpose and mission, and the rod and staff of will and faith to create a stable home outside the boundaries of consensus reality.

Carla: I knew that we were working for spiritual reasons rather than for earthly reasons. I didn't really think about how big that was, I just realized that we weren't working towards any earthly goal—no house, no children, nothing to own or have, but each other, and the work. The work was everything. - *Don Meets Carla*

They would have no idea how deeply into the unknown that ship could take them, or the joys and dangers that would await, but they were fixed to a course tied to the stars that had no exit plans, or contingencies, or alternatives.

This is not to suggest that they were passive participants—passengers upon a destiny tasked to them over which they had no control. They, and they alone, were behind the wheel on a transport of their own making, the course designed by their free will and inscribed like ancient hieroglyphics upon the hidden walls of their inner heart: symbols of mysterious meaning from a forgotten realm. Though they awaited the third member of their team before they would truly leave dry land and dare the great unknown, vulnerable and free.

A Hug

The same year that Carla and Don form The L/L Company in 1970, our third protagonist in this story, James Allen McCarty, is busy earning his undergraduate degree, at the moment oblivious to his deeper nature.

At that point Jim was on a conventional path. An all-star athlete in high school, he went onto college—as his parents expected and as he believed was his own interest—and continued his trajectory of sports, school, and worldly goals.

Jim earned his bachelors in business and economics from the University of Nebraska and at the same time, around age 21, started asking his own questions for the first time. (He describes himself as a "late bloomer.")

Jim decided he didn't want to pursue a career in the field for which he had just earned degrees, so he dove into a year of sociology, took a course on world religions, joined the campus radicals in vocally protesting social injustices and the Vietnam War, and became friends with an activist Catholic priest who introduced Jim to *The Wisdom of Insecurity*, a book by Alan Watts that describes how to begin your own spiritual journey; which Jim immediately set about doing.

Jim hadn't given up on more worldly means of service, yet. He next heads to the University of Florida where he earns his graduate degree in early childhood education, in the process working with inner city kids in Jacksonville, Florida as part of Teacher Corp—an approach to education that applied somewhat alternative methods to help the “incurables” to keep pace with the rest of the students.

As Jim had done upon earning his undergrad degrees, he assesses the situation and realizes he doesn't want to teach, and doesn't have a knack for working with kids. He's not without a compelling lead to his next step, though.

One of his reference books for his classroom work was called *The Raspberry Exercises: How to Start a School and Write Your Own Book*. In the bibliography was a reference to a fellow in Colorado named T.D. Lingo who ran the Adventure Trail Survival School. Lingo taught an intensive, retreat-like course designed to help release the dormant brain's potential, specifically unlocking the full abilities of the frontal lobes.

Leaving behind his college education, Jim makes a massive change to his life trajectory, taking his first bold steps away from the conventional path and heading to the mountains of Colorado, much to his parents' perplexity.

High in the Rockies above 10,000 feet, Jim spends two years at Lingo's school, the first as a student, the second as a teacher. While there, Jim undertakes intensive self-work, doing dream analysis and working with the preconscious state. He successfully opens the circuitry for, or removes the blocks to, activation of the front lobes of the brain, receiving information, inspiration, and initiating the first in a lifetime series of what he calls an “orgasm between the eyes”⁵. He also built his own lean-to and learned the skills he would later apply on the land in building his own cabin.

T.D. Lingo's philosophy included the dictum, “each one, teach one,” meaning that upon completing the course, students should start their own school to help teach others the method and philosophy. (Lingo was deeply concerned about what he perceived as a suicidal human culture that, if left unchecked, would do just that.)

Upon graduating from Lingo's course, Jim continues leaving the main road behind him as he plunges more deeply into the wilderness of his soul and the land, scouting Kentucky and Tennessee for a wilderness tract of land to purchase in order to start his own school and live according to his nature as he then understood it: in solitude.

This was not a hermit-like solitude that scorned or shunned society. Jim kept up friendships, worked for money, participated in a regional co-op, related to his neighbors, and otherwise interacted where necessary. He simply preferred, nay, *loved* being alone. The 136-acre piece of land in Marion County afforded him that opportunity.

⁵ Or as I call it, Netflix.

There he literally built his own log cabin using the trees he cut down on his land—Abraham Lincoln style. I mean, I don't know what kind of cabin that Lincoln built, or whether he built it himself, but if one thing is certain in this world, Abe Lincoln lived in a log cabin. And so did Jim.

Jim also, and just as importantly, had an adult see-saw there; a giant felled tree balanced on a central pivot for both seeing and sawing, making his land the Six Flags of the back-to-the-land movement.

While on the land:

Jim: I was listening to WKQQ Radio one night (it was put out from Lexington, Kentucky) and they had a couple of folks from Louisville—a Don Elkins and Carla Rueckert were talking about their channeling and their book *The Secrets of the UFO*, and I thought that was interesting. – *Meeting Jim*

It turns out that Jim participated in a local meditation group that also overlapped with the regional co-op. The meditation group was headed by individuals from Louisville who were also part of Don and Carla's group called Eftspan.

Jim spoke with members of his meditation group about hearing Don and Carla on the radio. Michael Kepper, a friend of Jim's, asks if Jim would like to meet Don and Carla.

Here's Jim on his first meeting with Don.

Jim: So through them, I came up to Louisville and met Don and Carla. I remember walking into their apartment for the first time. Don was at the door and I looked up, <cranes neck up, laughs> he was a full foot taller than I was. I remember looking into his blue eyes and thinking, wow. I could see eternity in there somehow. He had this really friendly old rumbled way about him.

After that, I started coming every week by myself. And then Eric started joining me—Eric Swan, you remember, who still lives down in Lebanon, Kentucky. So we came up every week after that. It was August, 1978, I think I first met you <to Carla> and later on, when Carla and Don decided to move to Watterson Trail where we would later have the Ra contact, I helped them move and really got to know them a lot more. – *Meeting Jim*

While in the process of helping Don and Carla move to the location that would later become the site of 105 sessions of the Ra Contact, a hug happens; a hug that sets Jim upon a journey with his soulmate that he still walks today:

Gary: ...as Don described with Carla that he had a "knowing", was there a conscious recognition or an inkling with you that this was to be a special relationship?

Jim: Oh yeah, there was no doubt and it was odd in that respect. As I was helping them move into the place on Watterson Trail, which was where we had the Ra contact, Carla and I were doing a lot of work together getting things lined up and put in place after we got them moved over and Don was flying so we had some time alone. I remember the hug in the kitchen with Carla, we hugged each other and we knew that neither of us wanted to let go, because it just felt so perfect, it felt like coming home, really.

And from that point on, it was just the same thing. We never had to work at being harmonious, it was just there, and any movement away from being harmonious was weird. I was responsible for one

or two of those and had to correct it right away because it wasn't right. So, yeah, there was an immediate recognition and a feeling of, "Yeah, I want to hang out with these folks." And it worked out.

Gary: Carla, do you have your and Don's side of that meeting?

Carla: Well, I can't really speak for Don because as usual, he was silent on the subject, except for expressing his desire to have Jim join us, but I know Jim came to the door—I had been resisting liking him because he had a very large beard, and I liked his curly long hair, but I was never fond of facial hair, and especially on a young man who could look good. I thought it was a waste of flesh (Jim laughs), so I didn't want to like him and he came to the door one time right after he'd worked real hard and he was sweating freely and I thought to myself "I love the way he smells." (laughs) That was it for me. The chemistry just overwhelmed me.

Jim: When you find somebody that likes your scent you've got a thing. – *Meeting Jim*

As Don and Carla get to know Jim, Don realizes what a true and honorable person Jim so naturally is. (Leaders tend to have a knack for character assessment.) Don, presumably seeing the benefit that Jim could contribute to their research efforts, presumably also compelled by the tuggings of preincarnational planning, opens the door that remained closed to nearly everyone else, and invites Jim to join the two of them.

Jim: It was at that time that Don invited me to join them, but I'd been taking mailings from Cosmic Awareness Communications out in Olympia, Washington, for a long time. – *Meeting Jim*

As Jim was staring to say, he doesn't accept Don's invitation at that moment. Instead he heads to Oregon, because that was what he was already on course to do, and once Jim sets his mind to do something, it's difficult to shake him. For five years or so, Jim had been receiving mailings from a channeling center operating in both Washington and Oregon named Cosmic Awareness. Jim felt his first loyalty was to them. So, not selling his land quite yet, he relocates to Oregon to live in a rusty trailer named Tootsie Roll and lend his services to their efforts.

Up till this point Jim was sure that he would die happy on his land. (Of old age, of course.⁶) But a strong need manifested to be of service through *group* work, specifically a channeling group. So he tentatively gives up his dream land.

During the two months Jim is in Oregon working with Cosmic Awareness in 1980, the same year this presenter is born, he receives an offer to make \$100,000 per year serving as the US general manager for a company selling diatomaceous earth.

This lucrative offer creates some internal confusion and prompts Jim to really consider what he is doing. He sets aside a whole weekend to meditate on the question.

Jim: I didn't have anything against money but that wasn't why I went to Oregon, so I took the weekend out to meditate and to think about what I needed to do because I was kind of confused. So 30 minutes—*30 seconds* into the meditation, (it didn't take long), there was the answer kind of like a comet across my barren sky: "Go back to Louisville. Join Don and Carla."

⁶ Though an epic battle of hand-to-hand combat with a Bigfoot would've been a great way to go, too.

So that's what I did, taking their little kitty cat that they gave me. The kids at the Windsong School made money by selling the offspring of these two cats—big old Siamese bruiser of a male and a pretty female—the cats came out with long hair, they were Himalayan. So Chocolate Bar came back with me and I litterbox trained Chocolate Bar in the truck as I was driving along. I had a litter box over on the passenger side on the floor and whenever she had to go I picked her up and stuck her over there. So I brought Chocolate Bar back to Louisville and introduced her to Don and Carla. Don looked at the cat—they already had two cats, Gandolph and Fairchild at the time – and Don looked at Chocolate Bar and took the little kitty cat in his hand and he said: “beautiful.”

Carla: That was one of his famous swearwords.

Jim: Yeah, that meant “another cat.” (*laughs*) – *Meeting Jim*

Jim sold his land, forever relinquishing that chapter in his life and his dream of living and dying alone on the land.

He moved in with Carla and Don 48 hours before Christmas Day in 1980. With another cat.

Twenty-three days later, on January 15, 1981, a voice speaks through Carla and says, “I am Ra.”

The Ra Contact

Carla: So Don asked a few questions and when I came to after the session he was pacing, which he always did when he was excited, and making the sound that he made when he was looking at something particularly good to eat. <Makes the sound> He was so excited and he says: “We’re gonna have to write a book, Alrac. This is it!” I said “Great.” (*laughs*) But he wouldn’t let me see it right away. – *The Start*

Carla: When the Ra Contact happened, everything else stopped cold, and that’s all he wanted to do. -
Don Meets Carla

Gary: How about yourself, Jim, what was your reaction to Ra?

Jim: I felt like I was on the mountain top, that all my life previous to that I’d been climbing this mountain and now I was there. It was just so obvious. The information was more than I could ever hope for. – *Reactions to the Ra Contact*

Gary: So we know Don was quite excited and Carla, you just said that you were happy to make Don happy. So was your reaction to the beginning of the Ra Contact similar to his in that this Ra provided a means to fulfill your desire to *know*, or was your reaction more, “Ra provides me a means to make Don happy”?

Carla: It was the second. Don was the one with the burning desire to get all the questions answered and make all the puzzle pieces fit. I was a lot easier going by nature than Don. I was interested in all the new information that we got—

Jim: But you couldn't read the sessions until like the 21st or 23rd session, because Don wanted to keep it as a scientific experiment, so she didn't know the quality of information coming through. All she knew was that it made Don happy.

Carla: Yeah, but even after I read it, I was impressed by it, I was grateful to have it, I saw nothing to bother my Christianity in it. So there wasn't any reason that I would have any trouble with it. It was all so logical to a person that loves philosophy. It was the only *seamless* philosophy that I'd ever read. There wasn't any reason to say, "Well, there are problems with it in the area of...", there weren't any problems; it was logical, all logical, Ra never contradicted himself. Incredible to have a system that doesn't contradict itself somewhere. – *Reactions to the Ra Contact*

In 1955 Don Elkins devoted his life to asking questions, seeking the truth, and solving the puzzle of existence. Twenty-six years later, the universe responded. Jim was 33, Carla 37, and Don 49 years old.⁷

The psychic greetings, the attempted move to Georgia, the precise preconditions and magical nature of the contact, the deleterious energy exchange, the *non-deleterious* sexual energy exchanges, the culmination of Don's life work, his descent and eventual death, the bizarre, stranger-than-fiction narrative of their lives, the synergistic combining of the trio's archetypal energies, and the singularly wondrous and awesome information that Ra shared with Don, Carla, and Jim—the Ra Contact is a presentation unto itself, and its study the work of a lifetime.

I will keep it short for this presentation and start by noting what an amazing and bizarre thing the Ra Contact was *for the three people who undertook the odyssey*. To achieve it wasn't simply a result of three people cooperating toward a common goal—say to follow a blueprint and build a house, or to start a new business—it required the full living and breathing of their highest spiritual vision. Not as a single qualification that, once achieved, guaranteed further contact with Ra. It needed achieved anew each and every day. Successful and untainted contact with Ra was inextricably linked to the group's capacity to be in harmony with one another, to love, to orient their vision to service, to guard against not only acts of separation, but *thoughts* of separation from one another.

It became an intensive, white-hot testing that ensured that each of their footsteps be mindfully placed upon the strait and narrow corridor of upward moving spiritual evolution, lest a misplaced step lead them, as a jerk of the wheel in a high-speed moving car, tumbling rapidly into potential destruction and catastrophe.

The “Brunt” of the Greeting

That destruction loomed ever in the corner. If you study the *Law of One* material, it becomes apparent how much of the conversation with Ra is dedicated to the maintenance of the contact, and the support and protection of the instrument. The sheer abundance of information on psychic greeting in *The Law of One* is indicative of just how constantly the group was under pressure and threat from the "loyal opposition."

The vast majority of that assault, or greeting, was directed at Carla. Among the tactics, the negative beings attempted to: drain her energy, interfere with the movement of her body, exacerbate her kidney issues, increase her bodily pain, weaken her body, create dizziness, loss of balance, and visual impairment, trigger a “massive allergic reaction”, send suggestions to walk into traffic, steal her soul to negative time/space through deception, enslave her, suffocate her, and otherwise, to be blunt, kill her.

⁷ And I was eleven months and eleven days old.

Gary: How did you hold up under all of that assault, Carla?

Carla: Well, as it occurred; I tried to stay in the present moment and I knew that my strong point was faith and fearlessness, and that those were renewable resources as opposed to my physical which wasn't as easy to beef up. Faith is absolutely renewable—you just go to spirit and ask. You get a big “woof” and you're fine again. There's no end to vital energy if you have faith, and I did; and if you have will, and I did; and if you don't tend to worry about the future, and I don't, ever.

So I just stayed in the present moment and dealt with things as they came up. Or went down. *(laughs)* And I had help, you know—I had physical help. Jim and Don were both right there. – *Brunt of the Greeting*

The list I provided above sounds dramatic. It is dramatic! But during the Ra Contact, and in their many reflections since, including in the course of the interview project, the group never sensationalized these events. They took the punches as they came and kept it lighthearted and merry—through disciplined use of will and faith.

Carla: How it affected me? Phooey. I was irritated. Rather than making me scared, it made me want to say “Up yours, Jack!” But who would be so crude? But that was my feeling from deep in the gut. “You're in my way *(laughs)*, please don't do this.” It didn't make me scared, it just set me down solid; it grounded me. – *Dealing with Psychic Greeting*

Jim has called Carla a *spiritual warrior*. The entirety of Carla's incarnation could be successfully invoked as evidence to support and prove that thesis. The Ra Contact made this especially apparent.

Have you ever met an adult human being who was 84 pounds? That is the size that Carla was reduced to as a result of the depletion of the Ra Contact, no matter how many calories she took in. Each session was, as Ra said, the equivalent of a full day's hard labor to Carla. When she awoke after each session, she was utterly exhausted.

If that and all the psychic greeting were not enough, the group learned of the possibility that Carla's very soul could essentially be stolen into negative time/space. While that sounds like a distant, abstract concept with little connection to actual life, or an interesting plot twist in a sci-fi novel, in reality this scenario makes an ordinary, third-density death absolutely pale in comparison. Carla risked what to the positively oriented soul is unimaginably, agonizingly unthinkable: her own heart. Heroism on that level isn't even possible for most on this planet, and few are those who would risk this sacrifice for the pure cause of love.

Jim: As I was recording Session #68 from the Ra contact this evening [for the audiobook project] I became very emotional at the end. This was the session where Don questioned Ra about Carla's nearly going into trance during a Sunday night meditation and nearly being led away by our negative polarity friend. The tears flowed powerfully because this session reminded me once again how much of a spiritual warrior Carla was in being willing to do whatever was necessary to be of service to others. She was that way all her life and this session underlined her unbreakable resolve to give of herself until all was given. – entry from “The Camelot Journal”

But would she do it again?

Gary: And for the final question about the Ra contact, before we close up today. If you two had the opportunity to do it all over again, would you?

Carla: In a heartbeat.

Jim: In a minute. – *Olio*

Jim answers that another way in another entry to the “The Camelot Journal:”

Jim: At the end of Session #105 tonight I was once again overcome by tears, but they were an odd combination of sadness and gratitude. If I could chose in my incarnation to do anything that I wanted or which had ever been done on this planet I would chose to do as I did do: to be with Don and Carla and to have the contact with those of Ra as our means of service to others. There is great satisfaction in that choice, and someday I shall die a happy man. – entry from “The Camelot Journal”

After the Ra Contact

As we all know, with Don’s death ended the cosmic phone call across inconceivable distances of time and dimension. His suicide sent Carla into a downward spiritual spiral. Heavy with the weight of self-condemnation, she had to cross a desert that stretched six to seven long years. It was a trial her mind and soul not only endured, but her body as well. Carla was in a hospital bed for many of those years, Jim serving then as he did her final four years: a round-the-clock caretaker supporting all of Carla’s needs.

And as to the work of L/L Research:

Carla: We had our marching orders from the very beginning. We knew that Don wanted to have a spiritual community and that he wanted to make this material globally available and we assumed he wanted the experiment to continue and to continue gathering data. – *Post Ra Contact to LLResearch.org*

And they did. Don had set the parameters of the mission and aimed its trajectory. Years prior, Jim and Carla had joined the trajectory and given love and power to the mission. After Don’s passing they consciously, and without a single moment’s hesitation, continued in the same direction, keeping the flame alive, never setting the torch down for a moment.

Carla and Jim continued “gathering information” in the denseness that Don desired. Channeling after channeling, public meditation after public meditation, they faithfully kept one foot in front of the other and, with uninterrupted, unwavering dedication, amassed an enormous library of information that stretches across decades. It’s especially incredible to think that not only did they continue the effort unbroken through the desert of Carla’s life when she had many moments of wanting to die, but, as remarkably, they continued without having a website through which to share their channelings until 1996, twelve years after Don passed. They felt called to the work, they felt they needed to help others, and, like Jim said, “What else were we going to do, sell cars?”

Though the trio formed an indivisible whole, functioning, as Ra said, as “a unit” with a strength of light far greater than would have been if any one of them was subtracted, Don functioned on the team as the natural leader out in the front, spearheading the effort and pushing forward into the unknown:

Carla: He was a wonderful leader. Jim and I are both leaders in terms of our genes, we have no problem leading a group so it’s not that we were leaning on him. We were two people who were

delighted to give over our will—you know, “What do we do next, George?” and questions of that sort to a boss that was going to tell us a really good thing to do next. We trusted his capacity to lead.

Jim: He was definitely the leader but we never felt, I never felt, that he was the boss—he didn’t give orders. You just wanted to be around Don. You wanted to do what he wanted to do ‘cause he was fun.

Carla: I pattern my boss-ness over his which was that I never said anything unless there was something wrong. I haven’t talked to you [Gary] much over the last ten years as to what you’re doing because you’re always, as far as I’m concerned, doing everything right. But I don’t go around giving you huge compliments all the time, I just enjoy the things that are going on. I might thank you for something but I don’t make you crazy with it. – *Spiritual Principles*

With the third of the three legs removed from their tripod, Jim and Carla had to find a way to strike a new balance on the two remaining legs, as it were, in the journey of L/L Research. The first part of that new incarnation of L/L Research was Carla stepping into Don’s role, the first time someone other than Don had taken the wheel in thirty years:

Gary: When Don was alive he served as the natural leader of your small band. With his passing, you had to take up that mantle and assume those responsibilities. How did you transition into that role?

Carla: Without any difficulty at all. I've never had any trouble leading. Jim has always been a partner that pretty much trusted my intuition and was glad to follow my lead. Jim does not have a desire to lead whatsoever. He just wants to be able to serve, as we've served together for so long. You know: take care of the yard, take care of me, and work for L/L Research. Simple as that. Jim's a simple guy. – *Carla Bio*

Though Carla would have relinquished the role in a heartbeat to be able to follow Don wherever he may lead, Don wasn’t around. Life required a new dimension from her. And in that light, I always had the impression that she loved being L/L’s leader. She did it so well, finding her own style and her own strength, already firmly established and refined by the time I made my entrance onto the stage.

Carla could be a little demanding, and could place the expectations, but she was never overbearing, she was always willing to listen, she always sought to encourage and support others. Carla had a remarkable ability to yield her own ideas and preferences in favor of another’s. She loved teamwork, and she loved finding the best way to do something, whether it was hers or another’s. Her overriding goal was to love others, and to do her best for seekers. I learned a great deal from her example.

And for over thirty years beyond Don’s passing, she steadfastly carried the torch of L/L Research with Don’s “marching orders” inscribed in the forefront of her mind. Carla L. Rueckert (Carla always wanted the “L” included) has always been the real star of L/L Research. Jim would agree.

To single her out, though, is to single one strand of rope among others, giving it all the credit for the rope’s function and strength. Multiple strands contributed to the strength of L/L Research through those times, including some friends with us in the circle today. At the core, Carla was the beating heart of L/L Research, but she was one half of a spiraling double-helix bond.

Mick and Ruck

L/L has been a story not just of an organization, or a channeling service, or a philosophy, but of the very personal and very human spiritual journey of its members, most especially Don, Carla, and Jim. Theirs has been a life intersecting with this body of philosophy in unique and sometimes extraordinary ways. Sitting at the crossroads of the processes of gathering and disseminating this information of such universal nature, their humble and particular lives have been lived on a somewhat public stage, however small that stage appears.

Not in any way whatsoever as perfect representations of this philosophy, but, as Carla would say, as bozos on the bus—frail and fallible humans stumbling their way through the darkness and bumping into things and each other along the way, attempting to give it their best.

And in that effort it wasn't Carla alone, or Jim alone, that carried the torch—it was the staying power of their partnership; what three years after Don's passing became their marriage.

Their service didn't stop with Don's death, neither did their growth. Jim and Carla *learned* to operate together and share life in ever more finely tuned harmony, their commitment to each other deepening as the years added lines to their faces, their love increasing with the passing of the seasons. Through their journey, they became the primary couple.

Jim: ...yeah we've had some great growth together. Look at this room. Imagine this is my heart. I open my room, and my heart, to Carla.

When I first joined Don and Carla, everybody had his or her own room. And we continued that until Carla had surgery. Her bedroom is upstairs on the other side of the house. My room was always right here. So when it became obvious that she was going to need some help, it just made sense to get a hospital bed and move it in here. So the whole process, since 2010, which would make it four years now, has been making room for Carla and her things. I move my things aside and got room for her in the closet, hanging her stuff up on the doors, whatever she needs for medical supplies are all around. So this is... I do everything symbolically. (*chuckles*) I think everybody does the same thing.

Opening one's heart, for me, is symbolized by opening this room to Carla. And as I've been able to open the room, I've also been able to open my heart. And what has happened is that I feel a great deal more love and absolute, total dedication to taking care of her. And each morning before I get out of bed I pray that I can take care of her to the very best of my ability. Do whatever she needs. And so I know that we're both in exactly the same place, learning things that we need, to be exactly right here—and where we need to be. There is no accident, there's no mistake. The fact that she's having to undergo a wound and a slow healing of a wound in order to bring this all about, is just the means by which it all occurs. – *Jim Bio*

Their journey is characterized not just by wholehearted and resolute will, but, as Jim's beautiful thoughts above convey, a profound faculty of faith.

Gary: When you guys look back and reflect upon your life, what do you see? What do you feel?

Carla: Absolute perfection. I'm so grateful for all of it. I feel so blessed. This has been a wild walk. (*laughter*) And not predictable, but oh, so rewarding. I couldn't possibly have had a better walk through life or known better people or had more wonderful experiences, in all kinds of environments. How 'bout you?

Jim: I feel like, that I've been blessed. A real blessing along the way. The path has always been pretty obvious for me; I haven't had to wonder a lot about what step to take next. I think that's a real blessing. I'm aware of so many people that have written in to us over the years saying that they really didn't know what to do next. You know, I think that's part of figuring out what to do next, but for me it was a process of just taking another step and keep going. Like Carla says, it does look like, in retrospect, it was perfectly planned and carried out. And a wonderful adventure. An amazing adventure. (*chuckles*)

Carla: Yeah, yeah. What he said! (*laughter*) – *Both, Carla and Jim*

Thank you for everything, Carla. We will all miss you.

PART II: THE PRESENT (SORT OF)

Many are the highlights we could explore between 1984 and the present, none of which we have time for here today. We need to quickly bring it up to the present.

The nature, purpose, role, and future of L/L Research have been on my mind rather intensively for the past couple years, especially as Carla gradually retreated from the foreground and it became apparent that L/L Research would continue without its spiritual warrior.

Will L/L Research produce and receive new material? Or will it serve as an archive? Should we pursue new avenues of research? Should we focus on teaching and sharing this philosophy? And the fundamental question: in what ways can we serve spiritual seekers?

Thusly did a greater and deeper sense of responsibility begin to descend upon the one whose hands have been increasingly steering the wheel of L/L Research over the years.

Thusly have I attempted to tackle these questions, in the process attempting to understand and articulate the story of this organization, one of the fruits being this here presentation.

And toward that end, I've conceived and developed this particular transitional period, or chapter, in the biography of L/L Research—which got underway years before Carla left her incarnation—as one of “retrofitting and upgrading.”

Retrofitting and Upgrading

What do I mean by *retrofit and upgrade*?

Retrofit: (verb) to modify equipment (in airplanes, automobiles, a factory, etc.) that is already in service using parts developed or made available *after* the time of original manufacture.

Example: *retrofitting* a house with electrical wiring that was originally built without; *retrofitting* a home with solar panels, or a ship with GPS, etc.

Upgrade: (noun) a new version, improved model; an increase or improvement in one's service, accommodations, privileges, or the like. (verb) to improve or enhance the quality or value of.

Example: *upgrading* a website by making it mobile-friendly; *upgrading* to the latest version of Windows (note: may not be an upgrade); *upgrading* a house by adding a giant water slide in the back, etc.

How have we been retrofitting and upgrading the ship that Don, Carla, and Jim built?

To begin, we recognize that building the L/L Research ship—something entirely and, probably historically, unprecedented, with no previous model or blueprint to draw from—was the hardest part of this collective effort. It was the hardest because they literally created a new path of seeking. It is not an exclusive path. It is not the only path. But whatever it is, it didn't quite exist on this planet prior to their work.

There was no vocabulary of service to others and service to self the way Ra⁸ articulated it. There were no primal three distortions, or mind/body/spirit complexes, or densities of octaves, or upward spiraling light, or intelligent infinity. This is more than a matter of jargon. It is a matter undistorting the distorted; of opening an entirely new, universal perspective on life, and with that expanded vision, opening up entirely new vistas and powerful possibilities of transformation and service.

Nothing ultimately is “new” under the sun. The non-dual heart of Ra’s message has been communicated by exponents of the perennial philosophy time and again. What *is* new is the spectacular complexity and sophistication of an *entire system* of thought built on the basis of simplicity and infinity. What is new is the stunning clarity with which it was communicated, the breathtaking scope of the vision, the philosophy’s ability to bring under its tent any possible act of free will or conceptualization of the mind, and its supreme ability to cope with paradox.

And perhaps most uniquely, Ra and fellow discarnate cohorts gave an understanding to the most agonizingly irresolvable question plaguing the human mind: evil. Why does it exist? Why do people act evil? *Are* people evil at core? What are the consequences of evil? What implications does the existence of evil have for God and faith?

These questions, and the very real challenges they present to both the reflective and the non-reflective individual alike, have the power to turn people both *to* the concept of God, and away; to create and utterly destroy faith.

And here is Ra, dispassionately sharing what surely must be the most elegant solution to the problem of polarity. What other source in humanity’s recorded history could have given a perspective that explains the *actual*⁹ genesis of polarity, its function, its purpose, and its conclusion? What source could have the full breadth available to a sixth-density social memory complex?

Something very new was indeed conceived when Don began his research in 1955, and, after considerable gestation, was birthed into reality twenty-six years later on January 15, 1981.

And from this newness, an entirely novel way of seeing the world arose, one that continues to be explored into the present as a unique culture of tradition, lexicon, perspective, and relationships both within the organization and the reading community began to develop. But more on that later.

I had been saying four score and some paragraphs ago that the original trio, beginning with Don Elkins, did the hard work of building a new ship. And with what strength and sturdiness they built that ship! Their shared labor of love constructed an extraordinarily strong and seaworthy ocean-going vessel, each plank made of focus and sacrifice; each sail secured every time the vision turned to love and the intention made to serve; each repetition of the original choice strengthening and preserving the structure year after year.

⁸ If Shakespeare is the greatest playwright, and Buddha the greatest enlightened being, and Einstein the greatest intellect, and Jesus humanity’s greatest servant, then Ra is what would happen if they had a baby. And that is an understatement.

⁹ Though Ra’s philosophy feels about as objective as it gets to me—while still leaving the field wide open for infinitely subjective experiences of spiritual evolution—the word “actual” is used knowing full well that many of Ra’s assertions cannot be verified through present means of consensus verification, and thus cannot be stamped as objective truth for any but this author.

It is upon that ship that I boarded twelve years ago, Austin coming aboard two years ago. I did not build it, I did not conceive it, and I did not set it upon its course. I was, by some dumb luck, given an invitation to join the crew; eventually and gradually given piloting duties. And as my intimacy with the ship (and its founding members and its community) deepened, I looked around and saw so much work to do. I said to the team, “We can make some improvements.” Followed by, “Starting with a slushy machine in the corner. We’re definitely going to need a slushy machine.”

So, you ask again, how have we been retrofitting and upgrading?

Probably one of the most important R/U¹⁰ projects was the invitation extended to Austin Bridges to join us aboard ship, and our subsequent good luck in receiving his acceptance.

As the *Law of One* material makes clear, it is the dynamic metaphysics of the interpersonal relationships that really make this thing sail. It is the same reason Carla always put relationships first, stopping the work to focus on disharmony if it crept into the mix, and resuming when things had become sweet again.

It is the same reason why strong harmonious relationships are the foundation of L/L Research. They are the door through which both our personal and outer work is accomplished, they are our metaphysical protection, and they are the basis for the generation of whatever light we may shine into the world. L/L Research is, as I will discuss in greater detail later, a collaborative effort.

Having seen people spin themselves out of the small community here at L/L, I knew someone of considerable grounding, balance, honesty, open-heartedness, responsibility, capability of “looking in the mirror”, ability to compassionately communicate, and long curly hair would be needed for the shared and unique work of this tiny organization. Not only would this person need to be a goddamn rock to withstand the howling winds of catalyst, and possess their own dedicated lifelong spiritual seeking; they would also need a deep and intimate understanding of the Confederation philosophy.

I put these qualifications on Craigslist classifieds, but the results were... less than spectacular. Though I *did* get a good lead for a job as secret mystery shopper.

Austin had been volunteering for L/L Research in moderating the forums, one of the toughest and most catalytically intensive, time-and-energy-draining jobs L/L Research has, though not without its rewards.¹¹ As he did the moderator work, I saw in Austin all the above-listed qualities. And as Carla was fading, and Jim was consumed with her care, I was left out in the front to manage L/L Research on my own. The work was growing and I needed help. I needed a co-pilot who, through teamwork, would help me to navigate current and future waters.

Fortunately for us, Austin accepted the invitation and, over two years later, has made with us a relationship of peas 'n carrots. Carla loved Austin, he integrated effortlessly with the team, and he and I have operated seamlessly ever since. Among his responsibilities, he has been managing the *In the Now* program, most of L/L's social media, the online store, and responding to most seeker email, as well as coordinating the prison ministry. His diplomatic skills are supreme—I will often turn to him to help me polish up a piece of communication; his emails to seekers are brimming with love and humble wisdom; and he makes a mean green bean casserole, about the only dish he knows how to make, actually.

¹⁰ Retrofit/Upgrade, Upgrade/Retrofit, depending which is emphasized. Also known as The Second Primal Distortion of this essay.

¹¹ As Garry Fung, one of L/L's most outstanding volunteers who lovingly and competently serves the thankless role of moderator on the forums, can attest.

From the beginning he and I have shared our hearts on the matter of the profound honor of serving through L/L Research, along with our dreams of potential future voyages, whatever and wherever they may be. As we are in many matters—sometimes I find my thoughts in his brain, and vice versa—we are of one mind on this matter. And the retrofitting and upgrading that was begun before Austin came on board, really took off once we had his help and expertise.

Here's some of the things we've been up to in the project to retrofit the L/L Research ship:

Online Community

Don Elkins had an enduring desire for community, specifically a community that would be built around the principles of Confederation sources. The incarnational curtains drew to a close for Don in 1984, however, long before the internet opened the door to achieving a unique form of community that wasn't limited by geography.

Don's aspiration for community survived in the heart of his companion and research associate, Carla L. Rueckert, who, along with her husband, Jim McCarty, carried forward Don's work through their organization, L/L Research.

Many years after Don's passing, Carla sensed the profound possibilities of the internet, and developed an interest in a community-centered "spiritual activist" website which she dubbed Bring4th, a double entendre suggesting bring forth your love and bring 4th Density. (Carla was a supreme wordsmith.) A second L/L Research website was needed because Ian, the creator of and webmaster for L/L's primary website, LLResearch.org, wanted an archive-only site.

Longer story short, Carla tasked Steve Engratt and me to build this community website (after a couple valiant but failed attempts made by others between 2003–2007). Steve was a volunteer web programmer who envisioned a spiritually oriented community site very congruent with our own.

He did the infinitely hard back-end work of building the site and making all of its various components "talk" to one another, while I filled in a lot of the front-end content. He's become L/L's top volunteer and our BFF, along with, years later, being the best man in my wedding.

When creating the site, there was no playbook, no guidelines, no set of instructions for answering the question, "How does one build an online community based upon the principles of the Law of One."¹²

As mentioned above, the Confederation philosophy represents a new path of seeking. We were tasked with determining how to best manifest its principles in an online community through a relatively new form of technology.

The most challenging aspect of it was how to design a set of parameters (*every* system, no exception, needs boundaries, parameters, and focus, with some—hopefully fair—level of exclusion) that would draw lines, and tell people what they could *not* do, against a backdrop of a philosophy that, in its positive interpretation and application, seeks to honor the free will of all.

Our preface to the Bring4th Forum Guidelines:

¹² Besides the ever available smart-ass answer to "how" questions: *carefully*.

The purpose of our forum is to provide you and many seekers like you a safe meeting place conducive to conversation regarding the fascinating and inexhaustible field of spiritual evolution. And not just spiritual evolution in general, but spiritual evolution as understood through the eyes of the *Law of One* material, the Confederation philosophy, and the work of L/L Research. In the digital world of the internet, these forums represent a sacred meeting place, a holy temple where people from a wide range of backgrounds, temperaments, and orientations converge to share themselves on the common ground of service to others, of love, light, unity, and joy. In order to better facilitate and safeguard this incredible and rare environment, we have established some guidelines whose spirit and letter we respectfully request you honor during your interactions in these forums.

That core issue, and many derivative issues, has proven to be a challenge for us ever since. The vast majority of people who interact on the forums need neither guidelines nor moderators because they have the maturity and self-awareness to know how to treat others respectfully, but some others do have difficulty playing in the sandbox, or just honoring the rules of the building.

Thusly we created the guidelines, the first of which is the keystone of the entire project governing the fair and appropriate use of the forums:

1) Respect. Compassion. Loving-kindness. Empathy. Trust. Goodwill. Desire to serve. Embracing each other. Opening our heart. Participants are asked to keep the thought in the forefront of their minds at all times that each on this forum IS the Creator. Please keep communication respectful at all times and in all ways. The participant may disagree to the bone with an idea without personally attacking the author of the idea. Please remember that we are all here to expand our knowledge, deepen our understanding, and support one another by reflecting our divinity to each other.¹³

The amount of energy and time the forums have required for the social issues that invariably arise has been enormous. Carla and Jim have not had to fulfill this portion of L/L Research's journey, and I am glad they were spared this catalyst. (Especially in light of the infinitely more severe testing they endured.)

Though the work can be intensive for the moderator, the forums have been a place of generally strong harmony and beautiful, beautiful connection and sharing between people who would otherwise be isolated from one another. Time and again we have marveled at the depth of the thought, the strength of love, and the common hope that emerges on the forums on a daily basis. Indeed, it is not the guidelines or the founding philosophy that make Bring4th shine—though they do play critical roles—but rather the daily contributions of its members.

The online community has taught us so much, both through positive *and* negative catalyst. It has been an evolving work-in-progress, and almost seven years into the project, we would say that it has been a relative success. Our principal goal was to facilitate the connecting of seekers, offering the possibility for each to make enduring friendships and express themselves in ways they may not be able to at home, and by and large the website seems to be meeting that mission.

New Unified Website

Another way that we are really working on retrofitting and upgrading is through the development of a new website that will unify the archive (LLResearch.org) with the community (Bring4th.org).

¹³ This author is no Bill Shakespeare—this guideline needs a rewrite.

Up until this point, the fruit of the Carla/Jim/Don complex's labor—the channeling transcripts and published books—have been sitting static on the archive website, available for the user to read and download, but not for more dynamic interaction.

The new website will allow the reader to create a **user account** that will open to them all sorts of dynamic interaction, from participating in the forums, chat rooms, and blogs, to interacting with the transcripts in new ways. They will be able to mark transcripts as “read” and “unread”, add them to “favorites” lists and “to read”. They will be able to tag the transcripts with key words so that eventually we can build a database that organizes the transcripts topically. And they will be able to sort the transcripts by different means, including which source is being channeled. (Currently they are ordered only chronologically.)

The entire **navigation** of both sites will be dramatically overhauled to be more organized, accessible, and efficient.

We will create means of **introduction** for seekers new to the material, along with articulating who and what L/L Research is with renewed clarity.

We will create means for selected editors to publish, edit, and **work directly with the content** on the website, rather than relying on a single webmaster, and we in Louisville will have greater, daily control over publishing, modifying, and updating content on the website.

Also, if you haven't noticed, say if you have been hiding in a bunker for the past five years, the world is going increasingly **mobile**. Our websites are being accessed more and more by mobile devices, so the new site is using templates and features that will render perfectly on mobile and tablet devices.

We will be able to promote and share other **Law of One study groups** around the world, translators, and others working with this material in some way.¹⁴

We'll have greater means of facilitating Bring4th's primary mission to **connect seekers together**, including organizing online group meditations and events.

And with everything consolidated, we'll integrate **our social media** more efficiently, updating the site with events and news from L/L Research.

This whole project is only possible thanks the ungodly quantity of volunteer (read: midnight oil) hours of L/L's infinite webmaster wizard, Steve Engratt.

Social Media

The people of planet Earth are increasingly connecting with one another through the portals of technology, whether that technology is at home on a desk, on the table at the coffee shop, or in their pockets.

L/L Research has been making use of Facebook, Twitter, Tumblr, and YouTube to share this work, with the focus being principally on the spiritual material and not on L/L Research itself.

¹⁴ Except for the “Council of Saturn Meetup Group”—they never answer our emails. (*So unthinking.*)

Online Store

When we first launched the online store in 2008—many many thanks to Steve Engratt—L/L Research was able to receive *just enough* funding from readers that, for the first time in its history, the organization didn't have to be funded out of its owners' pockets! *That* is surely a worthy retrofit and upgrade. It is amazing that by giving people a little extra convenience, a greater quantity of seekers donated a greater quantity of money. L/L Research is not, of course, bottom-line oriented, but we do enjoy paying the bills.

We are currently on the cusp of launching a whole new online store that is much more user-friendly and efficient, including accepting payment methods other than PayPal, tying directly into the USPS' computers to automatically calculate and update shipping cost, and allowing us to, for the first time, offer different shipping means!

In the Now

In late 2010, we asked a friend of ours, Monical Leal, to serve as the host of a weekly internet program that would field questions sent in from spiritual seekers to Carla. Monica ran with the project and it continued as another wonderful means to serve spiritual seekers. In 2013, Monica had to retire to put her focus elsewhere. By that time, Jim had already joined the show, and a couple of months later, Carla and Jim invited Austin and me to join them on the weekly program. We worked together and had a great time from November, 2013 – March, 2015.

Six weeks after Carla passed, Jim, Austin, and I rebooted the service as a 30-minute podcast. We three convene each Tuesday to respond to whatever questions have been sent to us, though we never reveal the answer about when third-density will actually blink out of existence¹⁵. We record the podcast in house, and then publish it to the archive website a week later (keeping the weekly periodicity) where it can be streamed or directly downloaded from the website. The feedback generally hovers around giving us a 5 or 6 out of 10.

Wanderers Retreat

During the Archetypes Workshop of 2014 led by Sephira Vox, we formed a friendship with two wonderfully coupled entities, Doug K. and Kim T., who are living together on a beautiful piece of property in the foothills of the Appalachian Mountains. They have a dream for this property: to develop it into a spiritual retreat center and specifically to partner with L/L Research to host gatherings workshops on their land, catered to those who resonate with the Law of One. Towards this end they've named their property "Wanderers' Retreat".

Earlier this month, Austin, Trish, and I spent five beautiful days at Wanderers' Retreat with Doug, Kim, and a handful of friends exploring exactly this possibility.

Our tentative conclusion: yes! From the practical to the metaphysical to the interpersonal, so many aspects seem aligned to make this a successful collaboration. Wanderers' Retreat has the outdoor space needed to host both small and medium-sized gatherings, along with shelter in the event of inclement weather. It has plenty of space for camping alongside a nearby creek that has a small waterfall. It is somewhat secluded, affording gatherings a level of privacy not available in the suburban home of L/L Research—opening the possibility to large fires and drum circles!—and its owners have the time, the heart, and the resolve to dedicate themselves to serving seekers in a way that honors the spirit of high integrity that Don, Carla, and Jim spent their lifetimes building, not to mention their love for that which unites all who attend L/L Research workshops: the Confederation philosophy.

¹⁵ Because we do not know. Or do we...

Things are off to a splendid start. There is much work ahead of all of us, including building more structures on the land, but the outlook is promising.

E-Books, Not F-Bombs

Austin has nearly singlehandedly gotten all of L/L's material (Carla's lifetime of being prolific) converted into e-books. Meaning our publications are now being sold on Kindle, and available for download from our online store for other e-readers.

This, along with other strategies like using CreateSpace (an Amazon company) and Amazon.com have made the material more available, and provided some small but noticeable increases to revenue.

Audiobook, We Are Actually Creating Them!

Two or so years ago, a good friend of ours, Sam W. who lives just a 1.5 hour drive from us, volunteered to help create an audiobook of the *Law of One* material. Being a broadcasting and media guy, Sam had some equipment he could loan, and selflessly offered to perform all the post-production editing work necessary to convert the recorded audio into an official audiobook.

The project was proposed to Carla and Jim, asking one to read the part of Questioner, the other of Ra. Both were enthusiastic, but due to her troublesome medical situation, Carla was unable to participate at the time, and Jim's time/energy were already claimed by her care, so we put it off until such time that Carla returned to health. Unfortunately, it was not to be. With her passing, we again presented the idea again to Jim, as now both his energy and time have opened up. Jim responded positively that he would love to do this, especially as it provided him a means to continue being of service to seekers, and to carry forward the work that he and Carla gave their lives to so completely.

We can't think of a better reader. Jim's enunciation is perfect and clear, his cadence steady, and his intimacy with the material second to none. He speaks with gravity and power as well, and may even carry subtle vibrations of Don and Carla into the recording.

We created a "studio" (studio herein defined as a basement bedroom dedicated to the purpose of recording which has blankets thumbtacked to the walls to help reduce sound reverberation) to record Jim reading *The Ra Material*. Sam brought his equipment and gave us a tutorial, and with no further encouragement Jim absolutely sprinted out of the gates, recording the first seven sessions within 48 hours.

He never slowed his pace and as of this Homecoming, he has officially recorded himself reading the *Law of One*... twice! It is currently being edited by Sam, while Jim commences on reading and creating a new audiobook of *Living the Law of One 101*.

Given Jim's level of enthusiasm, it's likely that we will have an audiobook of each of L/L's publications. And given the increasing ease of use and rising popularity of audiobooks, it will be another way to expand and share this material with the readership. (And given L/L Research's rapid rise into the public sphere, it should be no time at all before Morgan Freeman narrates one of our books.)

The Ra Contact: Teaching the Law of One

Thanks to the amazing efforts of Tobey Wheelock—who built lawofone.info, the greatest study tool for the *Law of One* books bar none—we will publish a completely new edition of the *Law of One* built from the "Lightly Edited" edition at lawofone.info. It will include all the session/question numbers (e.g., 1.12, 3.7, 63.8, etc.), and have an actual exact transcript + some light editing, along with other features we're really

very excited about. It will be a great boon for all who appreciate this information and wish to make serious study of it.

“Basic Principles of The Law of One”

Four or five years ago, Carla and I worked with the International Metaphysical University (IMU) to help her create L/L’s first online course “Basic Principles of the Law of One.” After Carla’s passing, Jim McCarty stepped in to fill her big shoes as the class’ instructor.

Class Description: The L/L Research group received the *Law of One* material in the early 1980s, and it has since become a hidden classic in the field of consciousness research. However, it is not easy to read. In 2010 Carla wrote an entry-level book, *Living the Law of One–101: The Choice* to give seekers an easier run at the material. This will be the text for this class.

In "Basic Principles of the Law of One," students learn about unity, free will, love and light as well as exploring the ways of polarity and the functions and use of the energy body. A student entering this course can expect to learn how to graduate from third density, the Density of Choice, and go on to fourth density, the Density of Love. Carla found the principles of this philosophy to be very helpful in her own life, and Jim looks forward to sharing this information and inspiration with you.

The Camelot Journal

In 2005, Carla began “The Camelot Journal” to record the proceedings of her speaking tour in England. She kept the Journal going upon her return to the United States until she had back surgery on April 15, 2011 when Jim took it over.

The Camelot Journal is listed here as an R/U project because several years ago, I began submitting daily reports of L/L Research’s activities, subsequently joined by Austin, adding yet another way we are open and sharing the work we do at L/L Research with the world.

Newsletter, The Gatherings

Way back in 1982, Carla, Jim, and Don started *The Light/Lines Newsletter* to share the best of their channeling on a quarterly basis.

To that we’ve added *The Gatherings Newsletter* to share with interested readers the goings-on of L/L Research, along with a subscription list to receive news of updates made to the archive website. It’s pretty rad, you should read it.

Tilting at Windmills: An Interview with Carla L. Rueckert and Jim McCarty

As those of you who have seen the presentation are already familiar, during the course of seven consecutive days, Carla and Jim granted me the opportunity to conduct a 400+ question interview with them. Our friend Ken Wendt volunteered his time, equipment, and expertise to film the occasion. My goal was to capture information about their work, the organization, the material, and their lives in one place; to create a more streamlined biography of L/L Research that brings together the pieces that exist in various writings, interviews, and radio programs; and to eventually, perhaps, make this raw material available for a documentary or similar type of video to be shared with the L/L readership.

The experience of the process of interviewing was an exercise in enjoying the positive polarity for all of us. Soon into the process the recording equipment became invisible as we developed an intensive concentration

on the conversation at hand. And what a conversation! Over 30 hours of Q&A, we discussed the evolution of L/L Research from the moment Don Elkins' interest was first sparked in the UFO phenomena, to the social dynamics of those who have participated in this organization, to an examination of its mission, the art of channeling, the interpretation and application of spiritual principles, some personal biographical information, and, naturally, a few days of questions devoted exclusively to the Ra Contact.

Thanks to the spot-on volunteer editing of Michelle H., we're in the process of converting this material into a book that will be published under the title *Tilting at Windmills: An Interview with Carla L. Rueckert and Jim McCarty*. (For a chapter listing of the book, see the "Tilting at Windmills Table of Contents" in your handout.)

This is a big R/U project because one of its principal goals was to capture two of the remaining founders' thoughts and, to some extent, their *presence* for future generations to learn from. Why is this important? For the same reason the next one is important.

Articulating Identity

For the benefit of future L/L Research generations, our mission statement, and the videotaping extensive of interviews with Carla and Jim, help to further define, clarify, and sharpen the principles that orient this ship's bearing.

Not in a way that codifies principles, and begins the accretion of doctrine that happens in organized religion on the heels of the authentic spiritual realization of its principal figure. These projects are not necessarily intended to be binding on future carriers of this name, or to form a system of empty, rote procedure. Instead they help to create a sense of identity and purpose in order to guide those who will take the helm after we have all passed on. They help to establish what loosely defines this particular wavelength of love/light, and to crystallize this particular culture of service and seeking.

People can look back and see: *This is what they intended; this is who they felt they were; this is what they were trying to do*. And subsequently choose either to honor, amend, or deviate from these principles. (And hopefully not eff it all up by abusing the purity of this work and depolarizing its message.)

In any eventuality, they will have this basic yardstick to determine their direction and chart their own course.

L/L Research Satellite Stations

During the course of the past year, L/L Research took a step forward into completely uncharted territory. We partnered with our friend and German translator, Jochen Blumenthal, to create the first of what might be called a satellite center for L/L Research. Located in Germany, Jochen is building a small spiritual center and publishing firm which has received full rights to translate, publish, and sell all L/L Research material in German under the L/L Research banner.

It is a big and wonderful step for our little organization which will serve to amplify our core mission to make this material available to all spiritual seekers around the world who may benefit from its somewhat unique perspective. And in keeping with that mission, all translations of L/L Research-original work will still be kept freely available on the archive website. Many many thanks to Jochen for his initiative and the hard work in making this possible.

We are grateful that, shortly before Carla departed this Earth plane, she was able to see this arrangement expand to include Micheline Deschreider's French translations as well, as Jochen forged a connection with Micheline to work in concert to help share her translations. We felt fortunate that Carla was able to participate in the unfolding of this process, lending her input to the design of both contracts we signed with Jochen, and becoming aglow in the knowledge that this is a new and effective way of making this material available to those who seek it.

Translations General

And finally to round out (but not complete) this list, there is the ongoing assistance we provide to the translators who are working their tails off to bring the Confederation's philosophy into their native language. As of this moment, translators have completed or are in the process of translating the *Law of One* into the following languages: Chinese, French, German, Hungarian, Portuguese, Romanian, Russian, Spanish, Turkish, and potentially Wingdings.

The translations we are able to publish to the archive website (in the spirit of keeping all of L/L's material available for free) is another demonstration of the collaborative nature of this undertaking, and it also helps secure and widen the *beachhead*. The what?

The Beachhead

1. The area that is the first objective of a military force landing on an enemy shore.
2. A secure initial position that has been gained and can be used for further advancement; foothold.

During our very first "Staff Meeting"¹⁶ (also an R/U project), one of our dearest friends, Steve Tyman, introduced me to a concept that immediately struck a chord. He likened the Confederation's efforts through channels around the globe, and especially, of course, through L/L Research channels, to a "beachhead." That single concept packs in a lot. And while, like all metaphors, it has its limitations, it also has important utility.

Thanks to human channels on the ground and within this particular illusion willing to serve as instruments for their messages, Confederation sources¹⁷ have been able to secure a "foothold" in the collective consciousness of planet Earth in a way far more effective and penetrating than the beaming of passive radiation of love/light.

There's no urgency in the Confederation's message; no encouragement to bound out the front door in order to *convert* others or spread the "good word"; theirs has always been a dispassionate approach. As both their philosophy and their entire program of activity are built upon the principle of free will, they recognize that

¹⁶ We couldn't think of a better name. Essentially we invited some (but unfortunately not all—just not enough room and resources) of the people closest to L/L Research to spend a weekend reflecting on questions of who and what L/L Research is, and asking ourselves in what ways L/L can serve spiritual seekers.

¹⁷ I often feel like a noob when I talk about things like "Confederation sources." There is a cheese factor to it, but whaddayagonna do?

service can only be truly offered to the extent that it is requested, and they act accordingly. There is thusly no attempt to manipulate, convince, or persuade.¹⁸

But there *is*, it seems, an interest in allowing their voice and their very unique perspective to be represented on Earth for those who *are* seeking and *are* interested, and who may benefit from the particular viewpoint they have to share.

And thanks to human channels, they've made a beachhead in somewhat, you might say, *foreign* territory, and from that beachhead—so long as they are not driven back by the narrow-minded and fearful, and people who hate words that begin with the letter “C”—they can plant roots and establish a welcoming beacon that seeks to shine light *into* this world, and be of service to whomever may need this information, reminding each of who they really are, and the power they really possess.

Jim: I think Ra felt it was a treasure to have the contact, they mentioned that, simply because if one person was illuminated it was reason enough for the contact, because we're all one . I think the principle there is that once it's been introduced into the consciousness of the planet maybe it won't be utilized right now but it will be there for other experiences, other times.

Carla: Yes, and it has turned out to be that way. It's in the general vocabulary and consciousness of people who search out UFO stuff for sure, and spirituality, just because you see the phrases coming up that people have copped and are using. Including densities.

Gary: Polarity and the idea of service to others and service to self being those that you see repeated across the channeled world nowadays. They were probably really introduced through the Law of One.

Carla: Agreed.

Gary: Regarding the idea of introducing the ideas into the consciousness, if you see the collective mind as a system that is somewhat closed and self-contained, then Ra was able to inject information into that system from the outside. And once inside, even if it's not used or widely known by the whole, it's available at least in potential.

And fast forward to now, tens of thousands of people have read this, so each time they read it, each time they internalize it and contemplate it, they are bringing it more and more into the collective mind and experience, I would think. – *Reactions to the Ra Contact*

¹⁸ 17.2: Ra: We, ourselves, do not feel an urgency for this information to be widely disseminated. It is enough that we have made it available to three, four, or five. This is extremely ample reward, for if one of these obtains fourth-density understanding due to this catalyst then we shall have fulfilled the Law of One in the distortion of service.

We encourage a dispassionate attempt to share information without concern for numbers or quick growth among others. That you attempt to make this information available is, in your term, your service. The attempt, if it reaches one, reaches all.

We cannot offer shortcuts to enlightenment. Enlightenment is of the moment, is an opening to intelligent infinity. It can only be accomplished by the self, for the self. Another self cannot teach/learn enlightenment, but only teach/learn information, inspiration, or a sharing of love, of mystery, of the unknown that makes the other-self reach out and begin the seeking process that ends in a moment, but who can know when an entity will open the gate to the present?

Each time we at L/L Research serve a spiritual seeker, or assist a translator, or make the material available in another way, or remove the barriers to accessing this material, or help clarify its meaning when asked (with necessary disclaiming of authority), we help to secure that metaphorical beachhead, helping to establish and strengthen a very unique beacon and safe harbor of love and light on this planet. More fundamentally, all spiritual seekers, whether or not they read the *Law of One*, help to secure that beachhead each time they open their hearts and represent love in the darkness.

There are no good indicators to measure the impact and success of this information, but a couple interesting things to consider come from our Bring4th website. Following are two maps. The first *automatically* places a yellow dot on the map each time someone accesses the Bring4th website. The second is a map where pins are *intentionally* created and placed by readers of L/L's material.



Two things become clear upon studying these maps: one, we need to do more outreach in Antarctica. Two, with no real marketing and no big publisher behind it, the Confederation's message has nevertheless managed to travel around the globe to reach many seeking hearts. It is an exceedingly small demographic¹⁹, but one whose love for this philosophy, like our own, generally remains deep and abiding.

Culture & Tradition

What makes the ship so strong and able, beautiful and noble, is its vibratory wavelength, that energetic niche built, established, and fed by the decisions, the actions, the thoughts, the energy, and the vibrations of all who have contributed to this particular wavelength, at core, and most especially, Don, Carla, and Jim.

In building the ship, and fine-tuning its trajectory through countless choice points, and feeding its momentum through contributions of love and light, they also built a culture and set the precedents for tradition.

Sixty years after the start of Don's research, this effort has become greater than any one person and has developed its own identity. Remove the people from the equation, in fact, and the vibration will, at least for a time, have a residual, free-standing psychic reality and form

One of the best ways to view the way the particular vibratory beingness of L/L Research manifests is through its *culture*.

That culture includes the principles that form the foundation of its operation, whether those principles are conscious and articulated, or silently shaping its policies and procedures from behind the veil. The culture includes L/L Research's objectives, its attitude, presentation, relationship with others, spiritual seeking, polarity, and its overall orientation. Also the sum of the multitude of seekers who contribute their energies, along with that always important *je ne sais quoi* quality of any individual's or group's beingness.

What specifically identifiable aspects constitute the distinctive quality of this energy?

Service—Being

At the absolute core of the L/L Research culture is the same desire that motivated the wanderer to “risk the forgetting” and incarnate on planet Earth from his or her higher-density home: to actively respond to the great calling of suffering and sorrow; to reach out the figurative and literal hand to awaken seekers, empower seekers, and alleviate the suffering by restoring the vision to hope, love, and light.

L/L meets this service the same way all who awaken to the greater picture do, by its constituent members' “radiation of realization of oneness with the Creator.”

Ra: It is impossible to help another being directly. It is only possible to make catalyst available in whatever form, the most important being the radiation of realization of oneness with the Creator from the self, less important being information such as we share with you. – 17.2

¹⁹ Number of “likes” on L/L Research's Facebook page: 2.5 thousand. Number of “likes” on Miley Cyrus': 47 million.

This “radiation of realization of oneness with the Creator” is a function of *being*. Before we lift a finger or say a word, indeed, before we breathe in or breathe out, we are effortlessly radiating our essence into the world, and exponentially doing so when working in common-purpose groups. This service of being happens automatically. We are not choosing to radiate energy, precisely, we are not making ourselves radiate, it happens regardless of what we’re doing/not doing. It is a measure of our own work in consciousness: the depth and truth of our self-understanding, self-acceptance, and conscious union with and surrender to the Creator.

This is why self-work is world-work. The more that we can be grounded in the present moment, and open our hearts to unconditional love; the more that we can remove fear from our vision and tune our consciousness to the Original Thought, the more, as Ra says, we “lighten the planetary vibration,” the more that our light shines into this world, and where light and dark meet, one of the two is dispelled.

L/L Research is conscious of this principle, and thus seeks the Creator in its daily round of activities that the Creator’s light may shine strongly through our open hearts.

Service—Sharing Information

Jim: Once you’ve gotten the taste of something that’s really helpful to you, it seems to be a natural outgrowth, wanting to share it with other people. If you’ve got an open heart and you point it towards service to others, it just happens. You want to share it. You’ve got something good. Little kids, they discover a new cereal to eat on the shelf and they go and eat the cereal, see a new show on television, I think it’s almost DNA, it’s genetically programmed. “Hey share it with your buddies!”
Carla: Yeah, we’re thrilled to death to be able to help anybody who might be able to find our stuff useful. Why else would we open up like that? Like I said, we’re social people. We are *a* social people. And golly, if we find it useful, then maybe somebody else will too. – *Mission Statement*

On the level of *doing*, the principal and particular means of fulfilling our primary mission is to simply share information, a certain type of information. Not the latest scientific discoveries, or the day’s Wall Street stock numbers, or that *hilarious* BuzzFeed article, helpful and applicable though those all may be. Our objective is it share philosophical information aimed ultimately upon the infinite and eternal, and, to the extent the service is requested, to then to help translate those impossible concepts into material that supports the seeker in the building of their own myth upon the path of seeking the truth.

And at the heart of its mission, L/L Research shares channeled information from other, perhaps more informed sources. The human component is certainly present—it is silly to try to negate ourselves out of existence—but in its core mission, L/L is playing a more passive and receptive role in receiving and sharing information through the practice of channeling.

C: Well, people find us helpful. As long as we’re relevant to the people that are seeking, then that’s what we’re aiming to do. If this material is helpful, we’ll, you know, be there with it, offer it for free. It’s really, it’s a very humble aim, and that’s just to continue to keep the material available, and to always be open to ways old and new that we may help the people that find our material useful. –
Vision of the Future

Service—Demographic

With whom and to whom are we “sharing information”? Anyone that needs it, of course. But primarily we believe that it is the wanderer who will be attracted to this information. Among those who consider themselves wanderers, along with those who have embarked upon the path of spiritual seeking in general,

there often exists a great loneliness and profound sense of alienation. Significant, sometimes crushing pain can be a major debilitating theme of the wanderer and spiritual seeker.

It is the wanderer who we are, generally speaking, attempting to serve, empower, and awaken; reminding the wanderer that they are the Creator, that they are not alone, they have work to do, and that they are capable of the work.

The Cost of Its Information

Carla: Right from the beginning, we wanted it to be available for free. There was never any thought of anything else. The material was there, we never had the desire to push it on people, but if they found it helpful, we wanted to make sure they were able to get it. That was Don's policy. We've just not changed. – *Mission Statement*

From square one, Don Elkins felt that whatever information he uncovered ought to be made available to others without charge. Carla and Jim each resonated with this policy to their core and have carried it forward. I have not seen Don's thoughts on the matter, but I can only presume that he understood the transformative power of this philosophy, and wanted it to be made available to whomever might benefit from its perspective.

Thusly one of the earliest and longest standing aspects of its culture was to offer information freely. Fortunately the advent of the internet opened the doors wide to making the collected material of L/L Research available for all at no financial cost to the seeker.

This is not to say that charging for products/services and earning money is somehow mistaken or negative, only that L/L's focus is upon the empowerment of the seeker, and it wishes to facilitate that process within its own power and means.

Not About Us

Though this tome²⁰ is an analysis and exposition all about the people and the organization, the culture and tradition of L/L Research is one that does what it can to *get out of the way*. No, we don't make ourselves invisible, or pretend like we don't exist, or publish anonymously. But we do foster an environment that creates the most unmitigated relationship between seeker and material as possible. We offer the material on the existing archive website front and center, and on the new website we will give the library greater prominence than information about the organization.

We recognize that we are secondary to the relationship between the seeker and the material. And we downplay our own interpretations, emphasizing their subjective, non-binding, non-authoritative nature. We, as Q'uo always does, emphasize the seeker's own discernment in determining what is and is not truth for them. We remind and highlight the authority within each seeker, and honor that authority. And we don't print t-shirts with our pictures on them. Though now that I think of it...

Carla echoes this thought (or rather, I have been echoing her thought), here:

Carla: We were never interested in making ourselves anything compared to the material. We felt that the material might be helpful to people and we wanted to make it available to them in case they wanted to see it. So, yes, we wanted it publicized, no, we didn't want to become big, and we never did. We never wanted that. It's always been very straightforward, "No, we're just idiots who have

²⁰ If you've had the stamina and morbid curiosity to make it this far, you would surely agree that this is, by now, a *tome*, in a completely pejorative sense.

this wonderful material and if it would be helpful to you, here it is. It's for free." And that has always felt right to us. – *Dealing with Psychic Greeting*

Respecting the Seeker

Carla: I remember one very memorable thing the one time Don was on the television camera. The interviewer guy said to him, "For the person that says that they don't believe in UFOs, what is your argument?" Don says, "I have no argument. I don't care whether people believe me or not. If they are interested, I'll tell them everything I know." You know? He was totally indifferent. I think it's a beautiful energy there.

It gives people freedom. It gives people dignity. It makes them not stupid, even if they don't agree with you. You don't agree? Fine, it's alright. See ya later.

Jim: I think the one thing that needs to be realized, is that people are doing what they need to be doing, whatever they're doing. And it may not look like it makes sense, or has any value or service to others when you're looking from your point of view. But people are all the creator. They are all here learning something important. We can't say when a certain step has to be taken. Everything you are doing is important. Do it. – *About this Philosophy*

What is the greatest way to respect anyone? To respect and honor their free will choices.²¹ In both theory and practice, L/L has a tradition of respecting the free will of each who approaches this information.

Obviously those of L/L Research find *enormous*, unquantifiable personal value in this philosophy. Though we enjoy many sources of information from many quarters of the world, we have in large part built our own path using this system of thought, and view the world through the lens of this information. Under no circumstance, however, does L/L Research proselytize or evangelize the seeker. L/L does not coerce or persuade anyone into believing, adopting, or using this information. No suggestion is ever made that the seeker needs this particular information in any way in order to achieve their goals, or to be a better person, to discover the truth, or to score with the opposite/same sex.

L/L Research recognizes that we live in a pluralistic world. There are many paths to the Creator—or to put that another way, many paths to who you really are—and many helpful sources of insight along the way, this information potentially being one among them. On this very personal and inward-directed seeking process, the seeker's own discernment acts as the guiding star. That discernment is always to be respected and encouraged by offering this information in a spirit that honors Q'uo's basic disclaimer prefacing each of their channeled messages. One example being:

“We would ask that each be careful to realize that we are not authority figures but really brothers and sisters who travel the same spiritual road, who are looking for answers to the same mysteries. We are happy to share our thoughts but, as always, we ask that you leave behind those thoughts that may present a stumbling block. Take only those that are useful to you and move on. And we would encourage you to practice this discrimination with all sources that you may hear or read, for, truly, authority resides in the resonance between your own nature and that which you need. When you meet your own personal truth it has a resonance to it that is unmistakable, and we ask you to trust

²¹ Pure and beautiful though the above articulated ideal may sound in theory, in practice it is much messier, and cannot always be held to. Situations of enabling on one hand, and drawing a boundary against unwelcome action on the other, are two that come to mind. The relationship between two sets of free will and how they ought relate is the work of countless incarnations, and the pivot on which turns the polarization of consciousness.

that and not some outer authority, no matter how persuasive or powerful.”
– Q’uo, September 10, 2000

Service—Responding to Seeker Communication

Carla’s knightly ethos included the desire to respond to *every* legitimate message sent our way from spiritual seekers. Fortunately we are small enough that that we can realistically hold to that aspect of our culture. Thusly we respond to every piece of communication sent our way within the limitations of our capacities, treating each seeker with respect, speaking in ways that empower the individual and encourage a vision of hope, and doing our utmost to assist the seeker therein. Always conveying that we can, generally speaking, only offer subjective opinions and not objective interpretations. And that, while we certainly have our interpretations to bring to bear on this information, and reflections from our own personal paths to offer, we are not authorities—the seeker is his or her own authority who must learn his or her own lessons, and walk his or her own path.

In our replies to seekers, the culture of L/L Research is humble in the recognition that we don’t have “answers” to many questions. Not only are we, too, students of this information, but we also cannot do the learning for others, each much find their own answer, though we will certainly share our experience and whatever insight we’ve gained along the way. And we will remind each of the power of the faculties of will and faith that each possesses.

We recognize that whatever we have to share can be no more than a signpost pointing toward the ocean of truth, an outstretched finger pointing toward the moon.

The Signpost and the Ocean

To quote Ra again:

17.2 Ra: It is impossible to help another being directly. It is only possible to make catalyst available in whatever form, the most important being the radiation of realization of oneness with the Creator from the self, *less important being information such as we share with you.*

The italicized portion is inbuilt into the attitude of L/L Research. We value this information, we love this information, we think this information is the cat’s pajamas, but we always understand that truth can never ever be captured by words, no matter how eloquently formulated or “accurate.” Truth can only be, as Ra indicated, *approximated* by sound vibration complexes. In truth, you *are* the truth that you seek; the seeker *is* the truth that he or she has been looking for. How can we put into words who the seeker already is?

L/L recognizes the limits of what it has to offer. It knows that what it shares is a map—among many available maps—and not the terrain itself. Though we find the map to be one of the best available on this planet, the map cannot do the walking, or the navigating, or the discovering; it can only help provide some insight and information into the journey to come.

We are, in the end, only “humble messengers” of a truth or reality that is infinitely greater than whatever we could possibly do in this world.

Carla: ...it's not like we've found *the* truth and it's spelled TRVTH like in the comic strip piece, “B.C,” and we're standing up on a little stool in the park on Sunday and addressing the crowd about truth.

If this material may be helpful to some, we have it available. It's ridiculous to think that there will be one truth that would make sense for everybody. It's not that kind of a world. People are various, people are individualistic; some find comfort in thinking of truth one way, some find comfort in another. – *About this Philosophy*

Humor & the Light Heart

Life is too important to be taken seriously. – Oscar Wilde

We're not funny buckets, but we try to enliven and lighten it up as often as we can, and laugh at the folly and humor in our attempt to "dream the impossible dream."

Here L/L is, sharing material which lights us up like no other, and which, if applied, has the power to profoundly transform the world, yet in response to which the vast majority of this planet would respond with derisive or dismissive laughter, or scorn and ridicule, indifference, or even outright hostility. Here we are sharing information purportedly from a source of intelligence which says of itself that its members evolved upon our neighboring planet billions of years in our past. Here we are taking things seriously which can in no way be verified by scientific means. Though we are sincere in our trust of this information, and find the sources source to be credible above virtually any other with whom we have crossed paths, we recognize the inherent humor in the situation, and try to bring it to light where possible.²²

Not to mention that this world is full of horrors, and life is difficult and taxing for most of us. Why not laugh?

This aspect of L/L culture, too, goes back to the beginning. You can see Don and Carla being lighthearted in *Secrets of the UFO*. There they were telling one of the most profound stories to ever fall upon human ears, but making it light and having a good time in the process. Carla loved to laugh, and was often ready with a lighthearted comment, especially a pun. In punnery, fuhgeddaboutit—she was a master.

A Collaboration

L/L Research is an identity, a vibration, a means of service, and a focal point of energy that is greater than any one person. We function and work as a unified whole, collaborating internally, with volunteers the world over, and with the unseen realms. So much of what L/L Research is able to accomplish is thanks to the collaboration, and often beautiful friendships, we have with volunteers.

And we love it. Much of the progress over the years has been made because someone appreciative of the work has proactively approached L/L with a project or idea. And due to its culture, we respond and say, "No, we will not participate in your project to make *Law of One* adult novelty items." I mean, we generally find ways to incorporate their ideas, often asking the volunteer what we can do to support *them*.

The volunteer culture has been absolutely beautiful. Last year alone (2014) we received the generous time, energy, and talent of 51 different volunteers! (See "Volunteer Thank You" in the appendix of your handout.)

²² Especially when Ra in deadpan says things like, "The ingesting of the fruit of the banana palm is recommended."

And, "You are competent at viewing pictures."

Public Meditations

This is one of L/L Research's biggest and longest-running *traditions*. As you know, Don began his meditation experiment in the early 60s, and at some point thereafter, perhaps not until the early 70s, I am unsure, those became regular public meditations, opened to most any who wanted to sincerely join. The tradition was maintained unbroken all the way until April, 2011, when Carla went in for her major spinal fusion surgery.

And within the meditations are traditions of procedure, including the round robin and the group tuning which precede each meditation, and the "I am the circle" song which closes each meditation.

These fortunately will resume thanks in no small part to Jim and to Steve Tyman. More on that later.

The Readership

J: Sensitivity, open hearts, intelligence, good will, they're really good people. I'm so impressed, some of the niftiest people I've met in the world come through our Homecomings.

C: All different kinds of walks of life and ways of expressing themselves and all that, but hey, they all are interested in listening to each other, because they are all good, good people. And that is one beautiful thing about people interested in the Law of One, they're just good people. So glad to know them. – *About this philosophy*

Twelve years of being planted in the center of the small L/L universe I can attest to the veracity of these statements. I have had the privilege to meet the most authentic, mature, sincere, good-natured, open-hearted, and self-aware people thanks to this work. Something about the quality of the material tends to attract the best people.

And whether we get to share energy over the course of a brief email exchange, or over the years of shared volunteer service for the organization, it is one of the greatest sources of joy, and one of the things that makes life on this planet tolerable.

This is in part why we created a website and have worked so hard to help seekers connect with *each other*. It's been such a blessing and boon for us that we want the same or similar for others. There is something magical and uplifting about working with others through the open heart. The brief weekend-long Homecoming Gathering is one case-in-point. Many are those who have attended who will confirm what a battery-recharging, hope-inspiring experience it is. Not due to any special quality of L/L Research per se, but due to the inner beauty of each who attends and the love they each bring to the circle.

Love at the Center

Our overriding desire is to see each other with love, to treat each other with love, to openly give and receive love, and transform this world through the open heart of unconditional love.

Not love unrelieved by wisdom, but wisdom operating only with the consent of love.

Though there are many sources of inspiration in this regard, we look to Carla as the nearest and one of the best examples of the never closed open heart.

A Culture of Ethics

To tout our ethics risks coming across as an exercise in patting the self on the back. As I have done repeatedly in this presentation, we acknowledge that we're fallible, we err, we're human, we're dummies, and we're bozos. There are others in the world who are more pure, more sacrificial, more saintly, more humble, more giving, and more selfless.

Be that as it is, this culture is one that does consciously attempt to live by a code of ethics built upon love itself, including *but not limited to*:

- * not using L/L Research for personal gain;
- * giving the organization and its service our absolute best;
- * treating others kindly and with respect;
- * being as transparent and authentic as possible;
- * telling the truth; and lastly though not least,
- * finding and walking the high road, even if at times it may be inconvenient or difficult.

The Bedrock

The ultimate bedrock is, of course, the ground of one's being wherein each is one with the Creator and one with all things. For this manifested wavelength of love and light called L/L Research, our bedrock is the trajectory of seeking—and everything include in that package—set in motion and planted deeply in the soil of planet Earth by Don Elkins, Carla Rueckert, and Jim McCarty. We consider the direction and parameters they set worthy of carrying forward into all subsequent chapters of L/L Research's journey of evolution.

The Next Thing About the Culture

Whatever it is, it cannot be written, because I have committed a criminal amount of reader homicide by this point, and for the few who are still somehow living, we must be moving on.

As you can see, the L/L Research culture is GREAT. Actually, as you may have seen, there is a dovetailing of the L/L ethos and the principles of the Confederation philosophy. In our humble, fallible way, we're attempting to live and embody those principles, including surrendering our personal will, bending our efforts upon service, spending time in silence, and seeking to be one with the Creator.

PART III: THE HORIZON

This section heading is *literally* true! By the time you will have arrived here, it will be way into the future from the point you first began. Sorry it's taken us so long to get here. I think we took the scenic route.

Probabilities/Possibilities, But Mostly Probabilities

Jim McCarty

Sixty years ago this year, Don Elkins embarked upon his intensive quest to discover a truth he dimly sensed but could not see. When Carla passed away in Jim's arms this past April, L/L Research reached another junction point. A great deal hinged on Jim's feelings.

Would L/L Research continue in its present form? Would Jim continue to be the rock upon which it rests?

Jim gave up his solitary life thirty-five years ago, and has had to continually confront the catalyst of working in groups ever since. Though I believe the group work that he, Carla, and Don undertook was the most fulfilling, satisfying, "easy", and balanced of his life, it wasn't the only one group to which he's had to adjust. Other combinations have come and gone over the years, including the most recent iteration: Austin and I working for L/L.

After three-and-a-half decades of living and working in group settings, and giving so purely to L/L Research, he could have rightfully said, "Ya know, guys, I'm ready to move on. I've given all I have to give to L/L," and either return to solitude, or pursue a new path that did not involve overlapping his home with L/L Research.

But, fortunately for the organization and everyone it serves, he didn't. Instead, Jim did the opposite: he rededicated his commitment to L/L Research, and stepped up his participation.

Jim had reached that point in parenthood when the parent watches the child go off into the world on their own, the parent's intensive phase of care and direct management of the child's growth successfully completed. In that respect he became a benevolent founder, somewhat passively watching his organization's operation and evolution transition to a new generation. Though for metaphysical, personal, and logistical reasons, L/L still operates out of Jim's home—a home which, since its purchase by Don in 1984, was never completely personal but has always been a marriage of the organization and the people who live in it—L/L Research has, operationally and navigationally speaking, found its own legs, or perhaps is still finding its own legs.

But with Carla's passing, and much of Jim's energy, time, and consciousness no longer reserved for her care, he is digging back into ways to be involved. If you haven't noticed, his daily entries published to the "Camelot Journal" have soared with introspective openings into his thoughts and feelings, and reflections on spiritual principles. As you read the entries, you see to what extent he is reinvesting himself in his own journey of spiritual evolution, including initiating or increasing the contemplative and reflective disciplines of meditation, spiritual reading, and dream analysis. He's engaged in more L/L correspondence, and has developed a passion for recording audiobooks which cannot be abated.

Indeed, Jim has, in my opinion, been flowering through the intensive and sometimes unbearable grieving process. His energy is much softer, more open, more approachable; he is less anxious, tense, and hurried; he reaches out more and spends more time honoring interpersonal dynamics.

I don't speak for the intimate inner details of his heart, which are Jim's to know and disclose, but from an outsider's perspective, someone who has known and worked closely with Jim for over 12 years now, Jim has had to undergo a monumental conversion of paradigm. In his many years with Carla, his rules for life boiled down to one: care for and support Carla—in whatever way she needs. I've personally never seen anyone so single-pointed about *anything* as Jim was about Carla's care and upkeep. Every other priority, need, and desire in his life was made secondary to, and bent toward, his absolute dedication to Carla.

With Carla's passing Jim had not only to grieve the loss of his soulmate, but to rediscover who he is and why he is alive. As you who read the "Camelot Journal" will know, he has been doing just that, with courage, resilience, and faith. Part of that process has included returning some of his focus and energies to L/L Research.

And in that spirit he took a surprising step. Jim reinitiated the weekly public meditations after an over four-
hear hiatus due to Carla's surgery. Not only resume the meditations, but he has committed to channeling again after giving up the practice approximately 6 – 8 years ago, joining the only other person after Jim Carla called her "best student": Steve Tyman, who himself has likewise taken a proactive step forward, committing to drive a considerable roundtrip distance two times per month in an already overloaded and catalyst-heavy life.

In reinitiating the meditations, Jim, for the first time, made the meditations his own; that is to say, declared that this is what *he* wants to do as his own form of service and seeking. I had always gotten the impression that during the many years prior, Jim gave himself to things like the public meditations because, as he did nearly everything: *that was what Carla wanted*. This is not to imply that he didn't want the meditations, or wasn't personally fulfilled by them, or hadn't already unreservedly given over his life to L/L Research, only that his motivation was centered not so much on his own interests for service, but on Carla's interest, and his interest in serving her.

And it is such that after Carla's passing, and with Jim's blessing, support, and participation, L/L Research is still on the course, and will reopen the phone line to query our higher density friends with questions of spiritual evolution.

*L. Bean, L. Bridges*²³

The transition after Carla's passing was, operationally speaking, seamless, as the running of L/L had been growing increasingly autonomous over the years, especially as Carla's efforts decreased due both her own choices and her health limitations.

We continue the tradition I began: having weekly lunch meetings with Jim, reporting on L/L's activities, and, increasingly, operating as a group making group decisions and working together on projects.

The absence of someone, especially someone so central to all our lives, has, not surprisingly, created an entirely new dynamic. We three have had to find a new equilibrium. Fortunately, that was not terribly catalytic, as we have all been sensitive to the other's needs and space, especially Austin and I in relationship to Jim's needs, and have adjusted accordingly. The atmosphere at the house continues to be one of outstanding harmony, positivity, and cooperation.

²³ When we were but wee lads, probably still in our respective wombs, our moms endowed us each with the same middle name. Which shall remain undisclosed for all of eternity.*

*Except in 4th, 5th, and 6th density, where everything is disclosed. (It makes no sense to even think about 7th density. So stop it, right now.)

And thanks to Carla's lifelong prolific nature, we have *plenty* of work to do. Too much, actually. Carla had a way about her. When she opened up the creative spigot, inspiration effortlessly flowed, whether from her personal energies or from external sources. There was no bottom and no end to Carla's creative capacity—if she had lived to be five hundred years old, she would have been writing, speaking, and channeling that brilliant green-ray powered and indigo-fed blue-ray voice for five hundred years. In Carla's case, there seemed to be no off button, no way to close that creative spigot; it was always flowing.

What came through her and from her, along with other L/L channels, constitutes an enormous, profound, and truly awe-some resource. Almost forty years of transcripts, thousands of pages in published books, and a unique, whole system of philosophy and spirituality.

We consider all of the material, the culture, the identity, and every ounce of energy a treasure beyond treasures that under no circumstance is to be risked by hasty, foolish, or imbalanced action. Austin and I, and perhaps to some extent Jim, nurture a desire to complete the ship's retrofitting and upgrading, and take her back out into open waters, deeply into the unknown; perhaps a continuation into regions that Don, Carla, and Jim together explored, or perhaps entirely new places of discovery and service, though always in the spirit and within the parameters of its founders' intentions.

There may be time for risk, for making a bold adventure, but the attitude now is a conservative "steady as she goes" until that moment is sensed. When and if such a moment for a radical adventure should arrive, it will happen organically, of its own, so to speak. It cannot be manufactured, and it cannot be made to happen before its time. Through we will certainly set an intent, and nurture a desire, and head in a general direction, allowing the universe to respond to that desire as it will. We will remain open and sensitive to the promptings of spirit, and move according to whatever inspiration arrives, but we will not move without that inspiration and vision.

Whether the unknown is ever so dramatically penetrated again, there is powerful and positive service to be offered in simply continuing the mission as it currently stands. And if all L/L Research ever does from this point forward is to continue its current trajectory of serving spiritual seekers and sharing spiritual information as it presently does, then we, the younger generation, will die happy, looking back upon our respective incarnations feeling amazed that we had the honor of being on and piloting this ship unlike any other on planet Earth.

Until the acts ring down and the light comes up once again²⁴, we will also see ourselves in the roles of stewards whose additional responsibility it is to safeguard this torch—that we may pass it safely and securely to those who will follow us.

The Greatest Voyage

Don initiated his intensive, lifelong search for answers in 1955. He saw tantalizing clues and puzzle pieces all around him, and he intuitively knew they pointed to a greater reality, and told a greater story, but what was that story? What great truths remain hidden behind the curtain? Don held a peculiar confidence that he could gain those answers. Consequently, he gave himself completely to investigating the leads on the far edges of human understanding, leads that conventional thinkers utterly ignored and dismissed, and pursued them unremittingly year after year.

Did Don find the bigger picture he sought? Did he succeed? What do you think?

²⁴ :)

I think he and his two companions succeeded more profoundly than his wildest dreams could have imagined or anticipated. Prior to 1981 alone, through his wide range of investigation into the paranormal—especially the years of dialogue with discarnate sources of intelligence through conscious channeling—Elkins was able to piece together a coherent vision of reality that was already superior to the old and crumbling containers of conventional thought. Had he stopped before Ra spoke a word at the beginning of 1981 and gone no further, his work would have been a success, especially in offering a vision of the infinite Creator, and the love which binds all things, to the wanderer who dimly (perhaps even acutely) remembers that there is something more.

But fortunately the work did not end there. The great apex of his life—and perhaps of Carla's and Jim's (though that's for Carla and Jim to determine as they lived on to achieve many great things)—began on January 15, 1981, and continued until Elkins' death in November, 1984.

What the *group* uncovered thanks to the purity of their dedication to service by means of the Ra contact is an event that is better left measured by future generations; by minds greater than my own who can properly situate and contextualize this event, assess its role in history and impact upon subsequent generations, if any, and determine its overall significance in human history and evolution.

For the purpose of this paper I contend strongly that Don Elkins achieved his objectives, outrageously so. Though his questions to Ra could have gone on indefinitely into the future, and countless lines of inquiry explored, the 2,630 questions he and the group were able to ask were more than sufficient to pull back enough of the curtain to reveal a vision of the cosmos that makes the wandering heart absolutely leap with pure joy and recognition, a vision of *the way things are* that restores faith, trust, and peace; that reminds each that they are nothing less than the One Creator itself.

That picture gained, is L/L Research's mission to venture out to pull back ever more that opaque curtain obscuring the universe from human eyes? Is L/L Research's mission to serve as a safeguard and depository for the Confederation's gems, to share it freely with all who are interested, and to serve the community of readers? Is L/L Research's mission to take the information gained and *apply* it for both personal spiritual evolution, and perhaps for discovering higher-chakra ways of serving humanity, including communication and healing?

The roads and the waterways are open. We set our intent and leave the rest to faith.

Ultimately the best way we can penetrate the unknown, and serve in a very powerful way, is to *use* the raft of this philosophy to reach and stand upon the other shore with our own two feet; to discover, through disciplined will and faith, that inner land to which Ra's words can only point, and to then communicate our findings to others, most importantly through the radiance of being. We *are* the truth that we seek, and our very being *is the service* we seek to offer.

Our energetic vibrations communicate far more than any collection of sign and symbol. As we free ourselves, we free others. The Confederation and other sources of spiritual insight have said all along that we literally change and transform the planetary atmosphere through our own energy and consciousness.

We continue on, then, attempting to *apply* the loving wisdom of this system of thought in the hopes that we will reach the other shore, and awaken from the planetary dream into the present moment. No greater journey could there be for this ship, no greater service could we render, no greater way to thank Ra, Q'uo, and others than to put their maps to use in the journey of seeking that ends in a moment, but who can say when the entity will open the gates to the present...

Bon Voyage

Oh how I wish I could show this paper to Carla! I have always glowed when doing something that met Carla and Jim's approval and earned their praise. I loved telling Carla about the things that I, and later Austin and I, were doing to continue Carla's labor of love.

Numerous times and multiple places I've written in praise and thanksgiving for the gift that the incarnations of Carla L. Rueckert and Jim McCarty have been to me, along with the fruit of their life's work, L/L Research and the Law of One philosophy. The profundity and power of the Law of One to light the darkened places and inform my journey are alone enough to earn a lifetime of gratitude—indeed, I feel the Law of One is a source of information I've probably been seeking for many incarnations during my long walk through the metaphysical night of planet Earth.

But their gift didn't, for me, stop there. Carla and Jim gave me both a physical and spiritual home in a world that, upon awakening, I had inadvertently become estranged to. Within that home they gave me spiritual friendship, along with the space, the time, and the opportunity to not only heal, but to discover who I am and whatever limited talents I may have.

Outside of my wonderful parents who brought me into this world, I have Carla and Jim, Carla especially, to thank more than any other. Carla gave me everything I have in my adult life, including the singular opportunity to marry my work with my spirituality and desire to serve. Through L/L Research I have met the most open-hearted, self-aware, authentic people in the world, and formed a network of love-based friendships and bonds of family. Exhibit A: half of my wedding party consisted of friends from the L/L universe.

I hope that in narrating some of the highlights of its history, and sharing with you some of the work we've been doing and our thoughts about the future, and articulating some of the core principles of this unprecedented thing Carla, Jim, and Don have built on this planet, I have helped to secure and root L/L Research's existence ever more deeply so that it may endure, and continue to serve others, and continue to reach for the stars.

With love and light,
Gary L. Bean – Director, L/L Research

OCEAN DEEP
A Wanderer's Soul Report

| Results | Notes |
|--|---|
| Soul score: 58 | Based on % Service to Others vs Service to Self Range 2-69, average = 44 Need to be above 50 to ascend <4% of everyone is above 56 |
| Cycle contract: 1.74 or 45,100 years | 1 cycle = 25,920 years Contract 1-2 cycles, 1.74 is typical |
| Cycles left: .33 (8,553 years) | |
| Past lives in contract: 162 | |
| Predicted future lives: 35 | |
| Total lives in contract: 198 | Average = 183 |
| Previous planet: 55 light years away | |
| DNA/soul base: bird (perceptive, stronger emotions) | Mammal, bird, or vegetable |
| Karma: lots good, little bad | Equally important, do not cancel out Caused by emotions Love, Fear, or combination Must have a body to get or discharge karma Good karma mostly for higher quality reality |
| Mission rating: 4, all and current | Scale of 1 to 4, half increments |
| Skill level: 1, before and current Carla Rueckert: 3 David Wilcock: 4 Gary Carlson: 2.5 | 1 or 1.5 is almost 50%, over 30 million 2 or higher is 50.6% 2.5 or higher is 15.7% 3 or higher is 8.2% 3.5 or higher is 0.83% 4 is 0.006%, approx. 262 in the world |
| Free will: 3.5% | 3rd density souls have 8% |

Source: Gary Carlson, <http://www.icheckyoursoul.com>

BEATRIZ GONZALES
The Miracle of Self Healing

Introduction

I created the *Miracle of Self Healing* exercise as a way to facilitate healing for others. Although much of my work with healing has involved addressing the physical causes of illness through nutrition, herbs, cleansing, supplements and other alternative healing modalities, I know that this approach to healing is limited. In the last twenty years, my work has shifted to looking beyond the body for true healing. Disease manifests physically but this is not where it originates. To truly heal, we need to work with the whole being - body, mind and spirit.

When I read Anita Moorjani's book, *Dying to be Me*, in 2012, I knew there had to be a way to replicate this self-healing miracle she accessed through her near death experience.....without dying. This became my quest. While meditating about this, I received the guided meditation which is on this website. I continued to pray and search for the doorway into being that could provide the opportunity to rise beyond disease. I had no doubt that this existed and was available for the asking. Anita's cancer and miraculous healing experience through her NDE brought the concept of disease to another dimension. Thoughts and emotions, such as fear in her case, can manifest physically as cancer. If we can rise above these self-created toxic thoughts and emotions, we can free ourselves from their effects on our bodies. Further, disease is not a curse, but offers us profound insights and knowledge into our true nature, the lessons we are here to learn and our purpose for being.

Six months later I discovered *The Law of One* book series from L/L Research. Within *The Law of One*, I found the content which would inspire the *Miracle of Self Healing* exercise.

Our life experiences in third density provide us with catalyst to learn to love so that we may evolve spiritually into fourth density. This fourth density is manifested within our being as the heart chakra, the energy center of love and compassion for self and others. Challenging encounters in third density life provide us with the opportunity to awaken to the truth of who we are beyond the mind and body, to our true nature as infinite beings of light and love. Unfortunately, by the time we have reached adulthood, most of us have encountered life experiences that have caused us extreme emotional and physical pain, perhaps even threatened our existence. As a result, we find it difficult to love and accept ourselves and may be consumed with feelings of fear and anger and of a sense of being separate from ourselves, from others and from God. We believe ourselves to be "victims" of our environment, and may feel powerless to change this. While this is understandable, it is not the truth of who we are.

Chakras form the energy centers within our being that correspond to the universal levels of ascension of all life. We receive incoming light and love from the cosmos into our being through the first energy center, the root chakra. All life experiences are thus first acted upon by this energy center. Because the main concern of the root chakra is self-preservation, incoming life experiences that are interpreted as a threat to our survival are resisted on this level and cannot be integrated into our being. Resistance to what is leads to the rise of negative emotions such as fear and anger toward self and others involved in the experience. Resisting an incoming life experience is a choice we make that has the potential to eventually manifest as disease. As created beings of light and love we are blessed with *free will*. We have the freedom to choose how we live, how we respond to events and experiences that play out in our lives.

What and who we attract into our lives we do so with a purpose. Life experiences, no matter how painful, have the potential to provide us with catalyst for spiritual growth if we integrate them into our being. This

involves understanding, accepting, balancing and loving the experience, emotions and other selves involved. We have the ability to do this! We just have not been aware that we have the capacity within our *hearts* to balance these incoming life experiences and transmute them into light and love that facilitate our spiritual evolvement.

Our painful experiences may have occurred when we were children but these can be accessed and healed in the *present*. We are infinite beings of light and love and even though we live in third density we have access to sixth density consciousness, the *higher self*. This is our source of self-healing. Even after cancer, mental illness, heart disease, tumors or other imbalances actively manifest in our lives, we can choose to balance the negative emotions that may be creating them and the life experiences that are at their root. By engaging our higher self in this process, the lessons carried in these experiences are integrated, and, as with Anita Moorjani, the cause of the disease is lifted. This is the miracle of self-healing!

Self-healing also involves the process of forgiveness and love of self through cleansing the physical toxins that may have been held in the body in association with the toxic thoughts and emotions. There is the need to provide the body with proper nutrition and care to restore it back to balance.

In conclusion, these quotes from *The Law of One* provide insight into how our thoughts and held emotions cause disease, and equally, how the healing of these can free us from disease.

According to *The Law of One*, as our planet and its inhabitants are transitioning from third to fourth density, the frequency of vibrations which form the photons (the basic form of life) is increasing through this evolvement. This is causing our thoughts to manifest physically.

As an example you may observe the thoughts of anger becoming those cells of the physical bodily complex going out of control to become what you call the cancer.

The fourth-density is one of revealed information. Selves are not hidden to self or other-selves. The imbalances or distortions which are of a destructive nature show, therefore, in more obvious ways, the vehicle of the mind/body/spirit complex thus acting as a teaching resource for self revelation. These illnesses such as cancer are correspondingly very amenable to self-healing once the mechanism of the destructive influence has been grasped by the individual.

The Law of One, Book II (page 81-82)

Miracle of Self Healing Exercise

This is an exercise of the heart. To begin, find a place that is quiet and take a few moments to access the peaceful center within your being. Let go of any thoughts and concerns you may have and move into the present. Consciously connect with your higher self. You may wish to call on your guides or Jesus for support.

When you feel ready, begin the self-healing exercise. Identify the issue and emotions that you wish to heal and those who may be involved with this issue. (see “Understanding”).

Once you have done this, begin with the guided meditation on this website, <http://iaminfinitebeing.com/aligningwithbeing.html> (and scroll to the bottom of the page). Continue with the main body of the exercise (see “Acceptance”). Follow the exercise to the end and close with a prayer.

Allow yourself time for reflection and journaling in the days that follow. This exercise offers you the opportunity to move into the present and access the healing abilities of your higher self.

1. Understanding

Identify the issue/life experience, held thoughts and people involved. Understand that you drew these into your life as catalyst for spiritual evolution.

Questions to ask yourself:

1. What is playing out in my life right now that I wish to heal?

Example: I have migraines, I have addictions, I am in an unhappy relationship, I have depression, insomnia, cancer

2. What is the strongest emotion that I feel with this issue?

Example: fear, anger, despair, dislike of self, unworthiness, panic, hopelessness, conflicted, guilty

3. Who do I feel this toward?

Example: myself, my parents, spouse, siblings, son, daughter, friend

4. Looking back at my life, when did I first feel this emotion?

(What is a life experience that triggered this feeling, this self-image or belief in myself that led to what is playing out in my life right now?)

5. Who did I feel this toward?

Example: myself, my parents, spouse, siblings, son, daughter, friend

This life experience, no matter how painful, brings with it a valuable lesson that you chose to learn in this lifetime. It has a noble purpose. This life experience provides a catalyst for your spiritual growth and evolution. Embracing and integrating the lesson, thoughts/emotions and the people involved will facilitate your moving beyond the root chakra (seat of incoming life experiences) to the heart chakra (energy center of love and compassion for self and others). It will facilitate your balancing the survival reaction of the root chakra and so allow for the experience to serve as catalyst to move up the energy centers within your being to higher consciousness. This is your purpose for being in this third density experience.....to learn to love.

2. Acceptance

(Allow the life experience to be, without judgment)

- I accept myself.
- I accept this issue that is playing out in my life right now.
- I accept the life experience at the root of this issue.
- I accept the emotion that I feel in the face of this life experience/issue
(Allow yourself to "feel" the emotion. Allow the emotion to intensify. Be with it. Accept the emotion.)
- I accept the person(s) involved in this life experience/issue.
(as you accept each one, invite them into your space)

3. Forgiveness

(Allow yourself to look with respect and compassion at yourself and other-selves)

- I forgive myself.
- I forgive this issue that is playing out in my life right now.
- I forgive the life experience at the root of this issue.
- I forgive the emotion that I feel in the face of this life experience/issue
(Allow yourself to "feel" the emotion. Allow the emotion to intensify. Be with it. Forgive the emotion.)
- I forgive the person(s) involved with this life experience/issue.
(forgive them, one by one)

4. Balance

(Embrace the situation as an experience with the potential to offer catalyst and an opportunity to serve others)

- I bless myself.
- I bless this issue that is playing out in my life right now.
- I bless the life experience at the root of this issue.
- I bless the emotion that I feel in the face of this life experience/issue
(Allow yourself to “feel” the emotion. Allow the emotion to intensify. Be with it. Bless the emotion.)
- I bless the person(s) involved with this life experience/issue.
(bless each one with love)

5. Love

(Love is our purpose for being. Everything that happens in this third density life experience provides us with an opportunity to deepen our ability to love)

- I love myself.
- I love this issue that is playing out in my life right now.
- I love the life experience at the root of this issue.
- I love the emotion that I feel in the face of this life experience/issue
(Allow yourself to “feel” the emotion. Allow the emotion to intensify. Be with it. Love the emotion.)
- I love the person(s) involved with this life experience/issue.
(embrace each one and allow yourself to feel compassion for them)

6. Gratitude

(Gratitude allows us to embrace life experiences as positive events that offer us growth and opportunities to participate in and contribute to a purpose beyond ourselves)

- I am grateful to me.
- I am grateful for this issue that is playing out in my life right now.
- I am grateful for the life experience at the root of this issue.
- I am grateful for the emotion that I feel in the face of this life experience/issue.
(Allow yourself to “feel” the emotion. Allow the emotion to intensify. Be with it. Thank the emotion.)
- I am grateful for the person(s) involved in this life experience/issue.
(thank each one)

7. Letting go

(Only the heart can let go. It is the nature of the heart to understand, accept, forgive, bless, love, be grateful for and to let go of life experiences, emotions, held beliefs of self as victim and to let go of others.)

- I let go of myself
- I let go of this issue that is playing out in my life right now.
- I let go of the life experience at the root of this issue.
- I let go of the emotion that I feel in the face of this life experience/issue.
(Allow yourself to “feel” the emotion. Allow the emotion to intensify. Be with it. Let go of the emotion.)
- I let go of the person(s) involved in this life experience/issue.
(let go of each one and see them leave your space in total peace)

8. Closing

I embrace who I am and the experiences that have shaped my life. I offer this prayer of healing with gratitude and love for the benefit of all involved.

Aligning with our Soul Purpose

Once we have embraced life experiences as catalyst and have moved into the present all is set in motion for the healing of the mind and body. We begin anew. Our spirit self which has been held captive in the mundane world of the survival concerns of the mind and body is set free. This is the emergence of the spirit, the expression of the soul within.

The 6th chakra is the seat of the higher self. Even though we live in third density, we are not limited to time and space because we have access to this sixth density consciousness within. The world we live in does not reveal this truth about us. It is the seeker who awakens to this doorway into being.

The desire of the spirit is to know itself as the “I Am”, as infinite being with infinite potential. We access this knowing through the 6th chakra. Now is the time to re-ignite this relationship with our higher self. This is the purpose of meditation. Living in the present is the way to access the higher self. Learning to listen to and trust our intuition, as well as paying close attention to our dreams, opens us to the voice of the higher self. As we align with being, we access our self healing abilities.

Third density life experiences provide us with opportunities to align with being. As we move beyond resistance to what is, these experiences are transmuted into stepping stones on our path to higher consciousness. Our purpose for being is to become one with Source, with God, with all that is. We move into the present through meditation and we deepen our ability to love through service to others. This is our light. As we align with our soul purpose we move up through the energy centers within into higher states of being. Our spirit yearns to express itself in love, to work together with others in cooperation to create a world of love and light. This is the realization of Self – body, mind and spirit.

GARRY FUNG

Adapting To An Unfamiliar World: A Wanderer Trying To Find His Place

As most of you will know, there is a concept that is explored in the Ra Material called the 'Wanderer'. A Wanderer is basically someone that does not come from this planet. But furthermore, a Wanderer is someone that comes from a different plane of existence, or what is called a 'different density'. These beings have come here to help, in whatever capacity they can.

That is not to make Wanderers sound noble, or elite, or above the matters that concern Planet Earth. What is common to people that want to help is that they recognise a fundamental equality between all souls. So it doesn't matter where one comes from - all that matters is what we do here, once we **are** here.

There is a very high likelihood that many of the individuals gathered here today are so-called Wanderers. Some may be reluctant to call themselves by this term, as they are inherently humble, and it feels like putting on a title. But inside, vibrationally, these people know they are different, and that Earth is just a temporary stopping point in a much larger soul narrative.

So I'll call myself a Wanderer; at least for the purposes of this story.

Finding my place here on Planet Earth has not been the easiest. In a way, my birth circumstances mirrored my Wanderer circumstances. Not only was I a foreigner to this planet, I was a foreigner in the society I was born in. As you can see, my parents happened to be from Hong Kong and China, and I was born in Sydney, Australia. It was not an easy thing being Asian in a White Culture.

So from the start, this world felt very foreign to me. Like it was never really truly home. It wasn't that I disliked this planet - I just had a hard time understanding it and trying to fit in.

When I left high school, I had an opportunity to spend a few weeks in Malaysia, and that's where I had my first real spiritual awakening. Like all spiritual awakenings, it brought a mixed blessing: there was the gaining of insight, and yet the loss of cohesion with the society around me. It brought a greater level of isolation, and deepened the sense of foreignness.

That was the start of my spiritual journey, in earnest.

It was not until about 12 years later, when I found the Ra Material, that I truly regained my sense of self, and acceptance. By coming to terms with Ra's Wanderer concept, things suddenly made sense. I knew why I was here, and I could put this life in a wider perspective that resonated as being the truth.

The Law of One has definitely changed my life, as it has most likely yours. There are so many well-crystallized principles, that help one comprehend this material experience of ours. But once we have knowledge, there is then the responsibility of putting it into action. And putting things into action is what I've been trying to do.

We connect with our society in many different layers: there is the working life, there is the family life, there is the recreational life, and then there is the spiritual life. How we manage to relate to all these various connections speaks to how well we have found our place. How foreign do we find ourselves? Or how much at home do we find ourselves?

I have been trying to feel more at home on this Planet.

The last 8 years of my life have been spent in an attempt to re-integrate and re-balance various aspects of myself. Not just the societal aspects, but a whole of self approach. It's brought me the highest levels of frustration, when faced with problems that I didn't know how to solve, but it's also yielded the greatest joys I've ever felt, when puzzle pieces were finally found, and brought together once more. This inner process of self-healing is about smoothing the interface between the inner-world and the outer-world. So the two are gradually brought into alignment. As that process goes on, the outer-world starts feeling less foreign, and more like home.

At a deep level, I still recognise my difference. But it is less of an issue if one can honor that Difference, and offer that uniqueness to the World.

This is my Second Homecoming, after having attended last year. When I returned home from last year's event, it felt like a giant floodgate had been opened, and all these potentials were presenting themselves, as a huge Surge. I made some modifications to my diet; I had been vegetarian for a year and a half, and decided to go vegan. I went to a Mind/Body/Spirit Festival in Sydney, and took advantage of the services that various intuitives were offering there. I took some basic Healing Courses, and deepened my understanding and practice of metaphysical healing. I decided to go all colorful in my clothing - sometimes my work friends joke that I need to be even brighter. I'm not sure if that's even possible.

It was through connecting to the people that were here last year that I finally felt at home. Not in a material sense, but in a vibrational sense. There was a sense of communion and deep acceptance. It was what I needed to finally be brave enough to be my true self.

So finally I feel at home on this planet. That it is no longer a foreign and scary place. That I do have a role here, and that I can be happy and fulfilled in doing it. I can serve in my own unique way, and offer my vibrations and understandings in the way that I best know how. There is uniqueness in each individual, and it's almost an incumbent duty to radiate who we are, and not hide it.

That is not to say we flaunt spirituality, and make it a point of difference. There is a time and place for all conversations, and some people are just not open and receptive to a spiritual angle on things. That's totally cool. Everyone gets the opportunities that they need, and if someone is not ready for a spiritual perspective, it's not a matter of withholding one's opinion, but rather intuitively going with the flow of interaction. We can be who we are just like being bright sunshine: it's warm and supportive, without being burning. Just don't go too bright!

So at the age of 38, this place finally feels like home. That I am accepted here, and that I accept it. That the inner world has met the outerworld with a handshake, and not a trembling hand. That I somehow comprehend my personal role in the huge tapestry that is this Planet.

And for finding my place here, I would like to acknowledge the role that the Law of One has played in that. That the service that Don, Carla, and Jim was instrumental in me finding an inner peace, and an outward action. That I would not feel as complete without the work that L/L Research has provided in so many different venues, not least of all, this one.

Most of us are visitors on this planet for a time, but while we are here, we can learn how to share some of the inner joy that we know exists in the heart of everyone. By showing that it is possible, others can then be curious to find out how themselves. We can truly serve as an example of a different way of approaching this 3rd density experience.

And that, to me, is the greatest service that can ever be offered. To show that there is a different way.

Much love, and much light to you all.

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*Ra Presents:
Some of the Best Things We Ever Said:
You're Welcome*

We spoke to one who heard and understood and was in a position to decree the Law of One. However, the priests and peoples of that era quickly distorted our message, robbing it of the, shall we say, compassion with which unity is informed by its very nature. Since it contains all, it cannot abhor any.

Ra, 1.4

In truth there is no right or wrong. There is no polarity for all will be, as you would say, reconciled at some point in your dance through the mind/body/spirit complex which you amuse yourself by distorting in various ways at this time. This distortion is not in any case necessary. It is chosen by each of you as an alternative to understanding the complete unity of thought which binds all things. You are not speaking of similar or somewhat like entities or things. You are every thing, every being, every emotion, every event, every situation. You are unity. You are infinity. You are love/light, light/love. You are. This is the Law of One.

Ra, 1.6

Consider, if you will, the path your life-experience complex has taken. Consider the coincidences and odd circumstances by which one thing flowed to the next. Consider this well.

Ra, 8.1

The vibratory distortion of sound, faith, is perhaps one of the stumbling blocks between those of what we may call the infinite path and those of the finite proving/understanding.

You are precisely correct in your understanding of the congruency of faith and intelligent infinity; however, one is a spiritual term, the other more acceptable perhaps to the conceptual framework distortions of those who seek with measure and pen.

Ra, 3.9

The Law of One, though beyond the limitations of name, as you call vibratory sound complexes, may be approximated by stating that all things are one, that there is no polarity, no right or wrong, no disharmony, but only identity. All is one, and that one is love/light, light/love, the Infinite Creator.

One of the primal distortions of the Law of One is that of healing. Healing occurs when a mind/body/spirit complex realizes, deep within itself, the Law of One; that is, that there is no disharmony, no imperfection; that all is complete and whole and perfect. Thus, the intelligent infinity within this mind/body/spirit complex re-forms the illusion of body, mind, or spirit to a form congruent with the Law of One. The healer acts as energizer or catalyst for this completely individual process.

Ra, 4.20

The prerequisite of mental work is the ability to retain silence of self at a steady state when required by the self. The mind must be opened like a door. The key is silence.

Ra, 5.2

The dissolution into nothingness is the dissolution into unity, for there is no nothingness.

Ra, 6.7

[The higher-density beings'] purposes are very simple: to allow those entities of your planet to become aware of infinity which is often best expressed to the uninformed as the mysterious or unknown.

Ra, 6.25

The mystery and unknown quality of the occurrences we are allowed to offer have the hoped-for intention of making your peoples aware of infinite possibility. When your peoples grasp infinity, then and only then, can the gateway be opened to the Law of One.

Ra, 7.12

The Law of One blinks neither at the light nor the darkness, but is available for service to others and service to self.

Ra, 7.15

Each entity will receive the opportunity that each needs. This information source-beingness does not have uses in the life-experience complex of each of those among your peoples who seek. Thus the advertisement is general and not designed to indicate the searching out of any particular material, but only to suggest the noumenal aspect of the illusion.

Ra, 8.1

The Law of One has as one of its primal distortions the free will distortion, thus each entity is free to accept, reject, or ignore the mind/body/spirit complexes about it and ignore the creation itself. There are many among your social memory complex distortion who, at this time/space, engage daily, as you would put it, in the working upon the Law of One in one of its primal distortions; that is, the ways of love. However, if this same entity, being biased from the depths of its mind/body/spirit complex towards love/light, were then to accept the responsibility for each moment of the time/space accumulation of present moments available to it, such an entity can empower its progress...

Ra, 10.12

Exercise One. This is the most nearly centered and useable within your illusion complex. The moment contains love. That is the lesson/goal of this illusion or density. The exercise is to consciously see that love in awareness and understanding distortions. The first attempt is the cornerstone. Upon this choosing rests the remainder of the life-experience of an entity. The second seeking of love within the moment begins the addition. The third seeking empowers the second, the fourth powering or doubling the third. As with the previous type of empowerment, there will be some loss of power due to flaws within the seeking in the distortion of insincerity. However, the conscious statement of self to self of the desire to seek love is so central an act of will that, as before, the loss of power due to this friction is inconsequential.

Exercise Two. The universe is one being. When a mind/body/spirit complex views another mind/body/spirit complex, see the Creator. This is an helpful exercise.

Exercise Three. Gaze within a mirror. See the Creator.

Exercise Four. Gaze at the creation which lies about the mind/body/spirit complex of each entity. See the Creator.

The foundation or prerequisite of these exercises is a predilection towards what may be called meditation, contemplation, or prayer. With this attitude, these exercises can be processed. Without it, the data will not sink down into the roots of the tree of mind, thus enabling and ennobling the body and touching the spirit.

Ra, 10:14

An entity which acts in a consciously unloving manner in action with other beings can become karmically involved.

Ra, 12.29

It shall be understood that any portion, no matter how small, of any density or illusory pattern contains, as in an holographic picture, the One Creator which is infinity. Thus all begins and ends in mystery.

Ra, 13.13

The harvest is now. There is not at this time any reason to include efforts along these distortions toward longevity, but rather to encourage distortions toward seeking the heart of self, for this which resides clearly in the violet-ray energy field will determine the harvesting of each mind/body/spirit complex.

Ra, 14.14

There is but one service. The Law is One. The offering of self to Creator is the greatest service, the unity, the fountainhead. The entity who seeks the One Creator is with infinite intelligence. From this seeking, from this offering, a great multiplicity of opportunities will evolve depending upon the mind/body/spirit complexes' distortions with regard to the various illusory aspects or energy centers of the various complexes of your illusion.

Thus, some become healers, some workers, some teachers, and so forth.

Ra, 15.7

There is one energy. It may be understood as love/light or light/love or intelligent energy.

Ra, 15.9

It is important to allow each seeker to enlighten itself rather than for any messenger to attempt in language to teach/learn for the entity, thus being teach/learner and learn/teacher.

Ra, 15.13

...the material for your understanding is the self: the mind/body/spirit complex. You have been given information upon healing, as you call this distortion. This information may be seen in a more general context as ways to understand the self. The understanding, experiencing, accepting, and merging of self with self and other-self, and finally with the Creator, is the path to the heart of self. In each infinitesimal part of your self resides the One in all of Its power. Therefore, we can only encourage these lines of contemplation or prayer as a means of subjectively/objectively using or combining various understandings to enhance the seeking process. Without such a method of reversing the analytical process, one could not integrate into unity the many understandings gained in such seeking.

Ra, 15.14

The purpose of the Orion group, as mentioned before, is conquest and enslavement. This is done by finding and establishing an elite and causing others to serve the elite through various devices such as the laws you mentioned and others given by this entity.

Ra, 16.15

Questioner: I am assuming that it is not necessary for an individual to understand the Law of One to go from the third to the fourth density. Is this correct?

Ra: I am Ra. It is absolutely necessary that an entity consciously realize it does not understand in order for it to be harvestable. Understanding is not of this density.

Ra, 16.37

Questioner: That is a very important point. I used the wrong word. What I meant to say was that I believed that it was not necessary for an entity to be consciously aware of the Law of One to go from the third to the fourth density.

Ra: I am Ra. This is correct.

Ra, 16.38

Each responsibility is an honor; each honor, a responsibility.

Ra, 16.14

We ask you to consider as we speak that there are not words for positively describing fourth density. We can only explain what is not and approximate what is. Beyond fourth density our ability grows more limited until we become without words.

That which fourth density is not: it is not of words, unless chosen. It is not of heavy chemical vehicles for body complex activities. It is not of disharmony within self. It is not of disharmony within peoples. It is not within limits of possibility to cause disharmony in any way.

Approximations of positive statements: it is a plane of type of bipedal vehicle which is much denser and more full of life; it is a plane wherein one is aware of the thought of other-selves; it is a plane wherein one is aware of vibrations of other-selves; it is a plane of compassion and understanding of the sorrows of third density; it is a plane striving towards wisdom or light; it is a plane wherein individual differences are pronounced although automatically harmonized by group consensus.

Ra, 16.44

It is impossible to help another being directly. It is only possible to make catalyst available in whatever form, the most important being the radiation of realization of oneness with the Creator from the self, less important being information such as we share with you.

We, ourselves, do not feel an urgency for this information to be widely disseminated. It is enough that we have made it available to three, four, or five. This is extremely ample reward, for if one of these obtains fourth-density understanding due to this catalyst then we shall have fulfilled the Law of One in the distortion of service.

We encourage a dispassionate attempt to share information without concern for numbers or quick growth among others. That you attempt to make this information available is, in your terms, your service. The attempt, if it reaches one, reaches all.

We cannot offer shortcuts to enlightenment. Enlightenment is, of the moment, an opening to intelligent infinity. It can only be accomplished by the self, for the self. Another self cannot teach/learn enlightenment, but only teach/learn information, inspiration, or a sharing of love, of mystery, of the unknown that makes the other-self reach out and begin the seeking process that ends in a moment, but who can know when an entity will open the gate to the present?

Ra, 17.2

True healing is simply the radiance of the self causing an environment in which a catalyst may occur which initiates the recognition of self, by self, of the self-healing properties of the self.

Ra, 17.18

The best way of service to others is the constant attempt to seek to share the love of the Creator as it is known to the inner self. This involves self knowledge and the ability to open the self to the other-self without hesitation. This involves, shall we say, radiating that which is the essence or the heart of the mind/body/spirit complex.

Speaking to the intention of your question, the best way for each seeker in third density to be of service to others is unique to that mind/body/spirit complex. This means that the mind/body/spirit complex must then seek within itself the intelligence of its own discernment as to the way it may best serve other-selves. This will be different for each. There is no best. There is no generalization. Nothing is known.

Ra, 17.30

It is not our intent in this particular project to create erroneous information but to express in the confining ambiance of your language system the feeling of the infinite mystery of the one creation in its infinite and intelligent unity.

Ra, 18.1

Questioner: Thank you. I have a question here that I will read: "Much of the mystic tradition of seeking on Earth holds the belief that the individual self must be erased or obliterated and the material world ignored for the individual to reach 'nirvana,' as it is called, or enlightenment. What is the proper role of the individual self and its worldly activities to aid an individual to grow more into the Law of One?"

Ra: I am Ra. The proper role of the entity is in this density to experience all things desired, to then analyze, understand, and accept these experiences, distilling from them the love/light within them. Nothing shall be overcome. That which is not needed falls away.

The orientation develops due to analysis of desire. These desires become more and more distorted towards conscious application of love/light as the entity furnishes itself with distilled experience. We have found it to be inappropriate in the extreme to encourage the overcoming of any desires, except to suggest the imagination rather than the carrying out in the physical plane, as you call it, of those desires not consonant with the Law of One, thus preserving the primal distortion of free will.

The reason it is unwise to overcome is that overcoming is an unbalanced action creating difficulties in balancing in the time/space continuum. Overcoming, thus, creates the further environment for holding on to that which apparently has been overcome.

All things are acceptable in the proper time for each entity, and in experiencing, in understanding, in accepting, in then sharing with other-selves, the appropriate distortion shall be moving away from distortions of one kind to distortions of another which may be more consonant with the Law of One.

It is, shall we say, a shortcut to simply ignore or overcome any desire. It must instead be understood and accepted. This takes patience and experience which can be analyzed with care, with compassion for self and for other-self.

Ra, 18.5

Thus, what would be an improper distortion with one entity is proper with another. We can suggest an attempt to become aware of the other-self as self and thus do that action which is needed by other-self, understanding from the other-self's intelligence and awareness. In many cases this does not involve the breaking of the distortion of free will into a distortion or fragmentation called infringement. However, it is a delicate matter to be of service, and compassion, sensitivity, and an ability to empathize are helpful in avoiding the distortions of man-made intelligence and awareness.

Ra, 18.6

Forgiveness of other-self is forgiveness of self. An understanding of this insists upon full forgiveness upon the conscious level of self and other-self, for they are one. A full forgiveness is thus impossible without the inclusion of self.

Ra, 18.12

All serve the One Creator. There is nothing else to serve, for the Creator is all that there is. It is impossible not to serve the Creator. There are simply various distortions of this service.

Ra, 18.13

Thus, the weakening of the physical vehicle, as you call it, was designed to distort entities towards a predisposition to deal with each other. Thus, the lessons which approach a knowing of love can be begun.

This catalyst then is shared between peoples as an important part of each self's development as well as the experiences of the self in solitude and the synthesis of all experience through meditation. The quickest way to learn is to deal with other-selves. This is a much greater catalyst than dealing with the self. Dealing with the self without other-selves is akin to living without what you would call mirrors. Thus, the self cannot see the fruits of its being-ness. Thus, each may aid each by reflection. This is also a primary reason for the weakening of the physical vehicle, as you call the physical complex.

Ra, 19.12

We can speak only in metaphor. Some love the light. Some love the darkness. It is a matter of the unique and infinitely various Creator choosing and playing among its experiences as a child upon a picnic. Some enjoy the picnic and find the sun beautiful, the food delicious, the games refreshing, and glow with the joy of creation. Some find the night delicious, their picnic being pain, difficulty, sufferings of others, and the examination of the perversities of nature. These enjoy a different picnic.

All these experiences are available. It is the free will of each entity which chooses the form of play, the form of pleasure.

Ra, 19.16

The mind/body/spirit complex of third density has perhaps one hundred times as intensive a program of catalytic action from which to distill distortions and learn/teachings than any other of the densities. Thus the learn/teachings are most confusing to the mind/body/spirit complex which is, shall we say, inundated by the ocean of experience.

Ra, 20.23

The original desire is that entities seek and become one.

If entities can do this in a moment, they may go forward in a moment, and, thus, were this to occur in a major cycle, indeed, the third-density planet would be vacated at the end of that cycle.

Ra, 20.26

As, what you would call, the energy centers begin to be activated to a higher extent, more of the content of experience during incarnation deals with the lessons of love.

Ra, 21.7

There is only one law. That is the Law of One. Other so-called laws are distortions of this law, some of them primal and most important for progress to be understood. However, it is well that each so-called law, which

we also call “way,” be understood as a distortion rather than a law. There is no multiplicity to the Law of One.

Ra, 22.27

We ask you to remember that we are of the Brothers and Sisters of Sorrow. When one has been rescued from that sorrow to a vision of the One Creator, then there is no concept of failure.

Ra, 23.10

Here the Orion group found fertile soil in which to plant the seeds of negativity, these seeds, as always, being those of the elite, the different, those who manipulate or enslave others.

Ra, 24.3

[In reference to the battle being waged between the Confederation and the Orion Confederation.] At the level of time/space at which this takes place in the form of what you may call thought-war, the most accepting and loving energy would be to so love those who wished to manipulate that those entities were surrounded and engulfed, transformed by positive energies.

This, however, being a battle of equals, the Confederation is aware that it cannot, on equal footing, allow itself to be manipulated in order to remain purely positive, for then though pure it would not be of any consequence, having been placed by the so-called powers of darkness under the heel, as you may say.

It is thus that those who deal with this thought-war must be defensive rather than accepting in order to preserve their usefulness in service to others. Thusly, they cannot accept fully what the Orion Confederation wishes to give, that being enslavement. Thusly, some polarity is lost due to this friction and both sides, if you will, must then regroup.

It has not been fruitful for either side. The only consequence which has been helpful is a balancing of the energies available to this planet so that these energies have less necessity to be balanced in this space/time, thus lessening the chances of planetary annihilation.

Ra, 25.6

Questioner: Can you describe the mechanism of the planetary healing?

Ra: I am Ra. Healing is a process of acceptance, forgiveness, and, if possible, restitution. The restitution not being available in time/space, there are many among your peoples now attempting restitution while in the physical.

Ra, 26.27

To give you this information would be to infringe upon the free will or confusion of some living. We can only ask each group to consider the relative effect of philosophy and your so-called specific information. It is not the specificity of the information which attracts negative influences. It is the importance placed upon it.

This is why we iterate quite often, when asked for specific information, that it pales to insignificance, just as the grass withers and dies while the love and the light of the One Infinite Creator redounds to the very infinite realms of creation forever and ever, creating and creating itself in perpetuity.

Why then be concerned with the grass that blooms, withers and dies in its season only to grow once again due to the infinite love and light of the One Creator? This is the message we bring. Each entity is only superficially that which blooms and dies. In the deeper sense there is no end to being-ness.

Ra, 26.33

Questioner: Is there any reason for some portions being much more efficient in learning?

Ra: I am Ra. Is there any reason for some to learn more quickly than others? Look, if you wish, to the function of the will ... the, shall we say, attraction to the upward spiraling line of light.

Ra, 28.13

Questioner: Is there any loss to the mind or spirit after this transition which we call death or any impairment of either because of the loss of this chemical body which we now have?

Ra: I am Ra. In your terms there is a great loss of mind complex due to the fact that much of the activity of the mental nature of which you are aware during the experience of this space/time continuum is as much of a surface illusion as is the chemical body complex.

In other terms nothing whatever of importance is lost; the character or, shall we say, pure distortion of emotions and biases or distortions and wisdoms, if you will, becoming obvious for the first time, shall we say; these pure emotions and wisdoms and bias/distortions being, for the most part, either ignored or underestimated during physical life experience.

Ra, 30.4

We call it mind/body complex recognizing always that in the simplest iota of this complex exists in its entirety the One Infinite Creator.

Ra, 30.5

The bisexual knowing of the Creator by Itself has the potential for two advantages.

Firstly, in the green ray activated being there is the potential for a direct and simple analog of what you may call joy, the spiritual or metaphysical nature which exists in intelligent energy. This is a great aid to comprehension of a truer nature of being-ness. The other potential advantage of bisexual reproductive acts is the possibility of a sacramental understanding or connection, shall we say, with the gateway to intelligent infinity, for with appropriate preparation, work in what you may call magic may be done and experiences of intelligent infinity may be had. The positively oriented individuals concentrating upon this method of reaching intelligent infinity, then, through the seeking or the act of will, are able to direct this infinite intelligence to the work these entities desire to do, whether it be knowledge of service or ability to heal or whatever service to others is desired .

These are two advantages of this particular method of the Creator experiencing Itself. As we have said before, the corollary of the strength of this particular energy transfer is that it opens the door, shall we say, to the individual mind/body/spirit complexes' desire to serve in an infinite number of ways an otherself, thus polarizing towards positive.

Ra, 31.3

The green ray is one of complete universality of love. This is a giving without expectation of return.

Ra, 31.5

Secondly, the means of protection against any negative or debilitating influence for those upon the positive path was demonstrated by this instrument to a very great degree. Consider, if you will, the potentials that this particular occurrence had for negative influences to enter the instrument. This instrument thought upon the Creator in its solitude and in actions with other-self, continually praised and gave thanksgiving to the Creator for the experiences it was having. This in turn allowed this particular self such energies as became a

catalyst for an opening and strengthening of the other-self's ability to function in a more positively polarized state. Thus we see protection being very simple. Give thanksgiving for each moment. See the self and the other-self as Creator. Open the heart. Always know the light and praise it. This is all the protection necessary.

Ra, 32.1

With the green ray transfer of energy you now come to the great turning point sexually as well as in each other mode of experience. The green ray may then be turned outward, the entity then giving rather than receiving. The first giving beyond green ray is the giving of acceptance or freedom, thus allowing the recipient of blue ray energy transfer the opportunity for a feeling of being accepted, thus freeing that other-self to express itself to the giver of this ray. It will be noted that once green ray energy transfer has been achieved by two mind/body/spirits in mating, the further rays are available without both entities having the necessity to progress equally. Thus a blue ray vibrating entity or indigo ray vibrating entity whose other ray vibrations are clear may share that energy with the green ray other-self, thus acting as catalyst for the continued learn/teaching of the other-self. Until an other-self reaches green ray, such energy transfer through the rays is not possible.

Ra, 32.5

The entire creation is of the One Creator. Thus the division of sexual activity into simply that of the bodily complex is an artificial division, all things thusly being seen as sexual equally, the mind, the body, and the spirit; all of which are part of the polarity of the entity. Thus sexual fusion may be seen with or without what you may call sexual intercourse to be the complete melding of the mind, the body, and the spirit in what feels to be a constant orgasm, shall we say, of joy and delight each in the other's being-ness.

Ra, 32.10

...once the green ray has been achieved, the ability of the entity to enter blue ray is immediate and is only awaiting the efforts of the individual. The indigo ray is opened only through considerable discipline and practice largely having to do with acceptance of self, not only as the polarized and balanced self but as the Creator, as an entity of infinite worth. This will begin to activate the indigo ray.

Ra, 32.14

The incarnating entity which has become conscious of the incarnative process and thus programs its own experience may choose the amount of catalyst or, to phrase this differently, the number of lessons which it will undertake to experience and to learn from in one incarnation. This does not mean that all is predestined, but rather that there are invisible guidelines shaping events which will function according to this programming. Thus if one opportunity is missed another will appear until the, shall we say, student of the life experience grasps that a lesson is being offered and undertakes to learn it.

Ra, 33.6

Questioner: From this I would extrapolate to the conjecture that the orientation in mind of the entity is the only thing that is of any consequence at all. The physical catalyst that he experiences, regardless of what is happening about him, will be a function strictly of his orientation in mind.

Ra: I am Ra. It is completely true to the best of our knowledge that the orientation or polarization of the mind/body/spirit complex is the cause of the perceptions generated by each entity. Thus a scene may be observed in your grocery store. The entity ahead of self may be without sufficient funds. One entity may then take this opportunity to steal. Another may take this opportunity to feel itself a failure. Another may unconcernedly remove the least necessary items, pay for what it can, and go about its business. The one behind the self, observing, may feel compassion, may feel an insult because of standing next to a poverty-stricken person, may feel generosity, may feel indifference.

Ra, 33.8

The impulse to protect the loved other-self is one which persists through the fourth-density, a density abounding in compassion. More than this we cannot and need not say.

Ra, 33.11

...the primary mechanism for catalytic experience in third-density is other-self. The list of other catalytic influences: firstly, the Creator's universe; secondly, the self.

Ra, 33.14

Our understanding of karma is that which may be called inertia. Those actions which are put into motion will continue using the ways of balancing until such time as the controlling or higher principle which you may liken unto your braking or stopping is invoked. This stoppage of the inertia of action may be called forgiveness. These two concepts are inseparable.

Ra, 34.4

Questioner: If an entity develops what is called karma in an incarnation, is there then programming that sometimes occurs so that he will experience catalysts that will enable him to get to a point of forgiveness thereby alleviating the karma?

Ra: I am Ra. This is, in general, correct. However, both self and any involved other-self may, at any time through the process of understanding, acceptance, and forgiveness, ameliorate these patterns. This is true at any point in an incarnative pattern. Thus one who has set in motion an action may forgive itself and never again make that error. This also brakes or stops what you call karma.

Ra, 34.5

The societal and self interactions most often concentrate upon the second and third energy centers. Thus those most active in attempting to remake or alter the society are those working from feelings of being correct personally or of having answers which will put power in a more correct configuration. This may be seen to be of a full travel from negative to positive in orientation. Either will activate these energy ray centers.

There are some few whose desires to aid society are of a green ray nature or above. These entities, however, are few due to the understanding, may we say, of fourth ray that universal love freely given is more to be desired than principalities or even the rearrangement of peoples or political structures.

Ra, 34.9

Finally, one may polarize very strongly fourth ray by expressing the principle of universal love at the total expense of any distortion towards involvement in bellicose actions. In this way the entity may become a conscious being in a very brief span of your time/space. This may be seen to be what you would call a traumatic progression. It is to be noted that among your entities a large percentage of all progression has as catalyst, trauma.

Ra, 34.14

To know your self is to have the foundation upon firm ground.

Ra, 35.4

We make note at this time that each entity has several beings upon which to call for inner support. ...the Higher Self... may communicate with the mind/body/spirit ... during the incarnation... if the proper pathways or channels through the roots of mind are opened.

Ra, 36.10

We remind you that the negative path is one of separation. What is the first separation: the self from the self.

Ra, 36.14

We can approximate the percentage of those [wanderers] penetrating intelligently their status. This is between eight and one-half and nine and three-quarters percent. There is a larger percentile group of those who have a fairly well defined, shall we say, symptomology indicating to them that they are not of this, shall we say, "insanity." This amounts to a bit over fifty percent of the remainder. Nearly one-third of the remainder are aware that something about them is different, so you see there are many gradations of awakening to the knowledge of being a Wanderer. We may add that it is to the middle and first of these groups that this information will, shall we say, make sense.

Ra, 36.24

...you may see your self, your Higher Self or Oversoul, and your mind/body/spirit complex totality as three points in a circle. The only distinction is that of your time/space continuum. All are the same being.

Ra, 37.6

The mechanism of inspiration involves an extraordinary faculty of desire or will to know or to receive in a certain area accompanied by the ability to open to and trust in what you may call intuition.

Ra, 38.4

The principle so veiled in that statement [Don presents an equation] is but the simple principle of the constant or Creator and the transient or the incarnate being and the yearning existing between the two, one for the other, in love and light amidst the distortions of free will acting upon the illusion-bound entity.

Ra, 39.6

The other portion of healing has to do with forgiveness of self and a greatly heightened respect for the self. This may conveniently be expressed by taking care in dietary matters. This is quite frequently a part of the healing and forgiving process.

Ra, 40.13

Thus self reveals self to self.

Ra, 40.14

There is nothing random about this or any portion of evolution.

Ra, 41.9

The chemical vehicle is that which most conveniently houses the consciousness. The functioning of consciousness is the item of interest rather than the chemical makeup of a physical vehicle.

Ra, 41.11

The will of the entity as it evolves is the single measure of the rate and fastidiousness of the activation and balancing of the various energy centers.

Ra, 41.17

The more strongly the will of the entity concentrates upon and refines or purifies each energy center, the more brilliant or rotationally active each energy center will be. It is not necessary for the energy centers to be activated in order in the case of the self-aware entity. Thusly entities may have extremely brilliant energy

centers while being quite unbalanced in their violet ray aspect due to lack of attention paid to the totality of experience of the entity.

The key to balance may then be seen in the unstudied, spontaneous, and honest response of entities toward experiences, thus using experience to the utmost, then applying the balancing exercises and achieving the proper attitude for the most purified spectrum of energy center manifestation in violet ray. This is why the brilliance or rotational speed of the energy centers is not considered above the balanced aspect or violet ray manifestation of an entity in regarding harvestability; for those entities which are unbalanced, especially as to the primary rays, will not be capable of sustaining the impact of the love and light of intelligent infinity to the extent necessary for harvest.

Ra, 41.18

Questioner: You mentioned in the last session the concept of fasting for removing unwanted thought-forms. Can you expand on this process and explain a little bit more about how this works?

Ra: I am Ra. This, as all healing techniques, must be used by a conscious being; that is, a being conscious that the ridding of excess and unwanted material from the body complex is the analogy to the ridding of mind or spirit of excess or unwanted material. Thus the one discipline or denial of the unwanted portion as an appropriate part of the self is taken through the tree of mind down through the trunk to subconscious levels where the connection is made and thus the body, mind, and spirit, then in unison, express denial of the excess or unwanted spiritual or mental material as part of the entity.

All then falls away and the entity, while understanding, if you will, and appreciating the nature of the rejected material as part of the greater self, nevertheless, through the action of the will purifies and refines the mind/body/spirit complex, bringing into manifestation the desired mind complex or spirit complex attitude.

Ra, 41.20

Questioner: Then would this be like a conscious reprogramming of catalyst? For instance, for some entities catalyst is programmed by the Higher Self to create experiences so that the entity can release itself from unwanted biases. Would this be analogous then to the entity consciously programming this release and using fasting as the method of communication to itself?

Ra: I am Ra. This is not only correct but may be taken further. The self, if conscious to a great enough extent of the workings of this catalyst and the techniques of programming, may through concentration of the will and the faculty of faith alone cause reprogramming without the analogy of the fasting, the diet, or other analogous body complex disciplines.

Ra, 41.21

Questioner: I am going to make a statement and ask you to comment on its degree of accuracy. I am assuming that the balanced entity would not be swayed either towards positive or negative emotions by any situation which he might confront. By remaining unemotional in any situation, the balanced entity may clearly discern the appropriate and necessary responses in harmony with the Law of One for each situation. Is this correct?

Ra: I am Ra. This is an incorrect application of the balancing which we have discussed. The exercise of first experiencing feelings and then consciously discovering their antitheses within the being has as its objective not the smooth flow of feelings both positive and negative while remaining unswayed but rather the objective of becoming unswayed. This is a simpler result and takes much practice, shall we say.

The catalyst of experience works in order for the learn/teachings of this density to occur. However, if there is seen in the being a response, even if it is simply observed, the entity is still using the catalyst for learn/teaching. The end result is that the catalyst is no longer needed. Thus this density is no longer needed. This is not indifference or objectivity but a finely tuned compassion and love which sees all things as love. This seeing elicits no response due to catalytic reactions. Thus the entity is now able to become co-Creator of experiential occurrences. This is the truer balance.

Ra, 42.1

Questioner: Would a perfectly balanced entity feel any emotional response in being attacked by the other-self?

Ra: I am Ra. This is correct. The response is love.

Ra, 42.3

Questioner: In the illusion that we now experience it is difficult to maintain this response especially if the attack results in physical pain, but I assume that this response should be maintained even through physical pain or loss of life. Is this correct?

Ra: I am Ra. This is correct and further is of a major or principle importance in understanding, shall we say, the principle of balance. Balance is not indifference but rather the observer not blinded by any feelings of separation but rather fully imbued with love.

Ra, 42.4

Questioner: I would like to try to make an analogy for third-density of this concept. Many entities here feel great compassion for relieving the physical problems of third-density other-selves by administering to them in many ways, with food if there is hunger as there is now in the African nations, by bringing them medicine if they feel that there is a need to minister to them medically, and being selfless in all of these services to a very great extent.

This is creating a vibration that is in harmony with green-ray or fourth-density but it is not balanced with the understanding of fifth-density that these entities are experiencing catalysts and a more balanced administration to their needs would be to provide them with the learning necessary to reach the state of awareness of fourth-density than it would be to minister to their physical needs at this time. Is this correct?

Ra: I am Ra. This is incorrect. To a mind/body/spirit complex which is starving, the appropriate response is the feeding of the body. You may extrapolate from this.

On the other hand, however, you are correct in your assumption that the green ray response is not as refined as that which has been imbued with wisdom. This wisdom enables the entity to appreciate its contributions to the planetary consciousness by the quality of its being without regard to activity or behavior which expects results upon visible planes.

Ra, 42.6

Questioner: What is the difference in terms of energy center activation between a person who represses emotional responses to emotionally charged situations and the person who is balanced and, therefore, truly unswayed by emotionally charged situations?

Ra: I am Ra. This query contains an incorrect assumption. To the truly balanced entity no situation would be emotionally charged. With this understood, we may say the following: The repression of emotions depolarizes the entity in so far as it then chooses not to use the catalytic action of the space/time present in a

spontaneous manner, thus dimming the energy centers. There is, however, some polarization towards positive if the cause of this repression is consideration for other-selves. The entity which has worked long enough with the catalyst to be able to feel the catalyst but not find it necessary to express reactions is not yet balanced but suffers no depolarization due to the transparency of its experiential continuum. Thus the gradual increase in the ability to observe one's reaction and to know the self will bring the self ever closer to a true balance. Patience is requested and suggested, for the catalyst is intense upon your plane and its use must be appreciated over a period of consistent learn/teaching.

Ra, 42.8

Questioner: How can a person know when he is unswayed by an emotionally charged situation or if he is repressing the flow of emotions, or if he is in balance and truly unswayed?

Ra: I am Ra. We have spoken to this point. Therefore, we shall briefly iterate that to the balanced entity no situation has an emotional charge but is simply a situation like any other in which the entity may or may not observe an opportunity to be of service. The closer an entity comes to this attitude the closer an entity is to balance. You may note that it is not our recommendation that reactions to catalyst be repressed or suppressed unless such reactions would be a stumbling block not consonant with the Law of One to an other-self. It is far, far better to allow the experience to express itself in order that the entity may then make fuller use of this catalyst.

Ra, 42.9

Questioner: How can an individual assess what energy centers within its being are activated and in no immediate need of attention and which energy centers are not activated and are in need of immediate attention?

Ra: I am Ra. The thoughts of an entity, its feelings or emotions, and least of all its behavior are the signposts for the teaching/learning of self by self. In the analysis of one's experiences of a diurnal cycle an entity may assess what it considers to be inappropriate thoughts, behaviors, feelings, and emotions.

In examining these inappropriate activities of mind, body, and spirit complexes the entity may then place these distortions in the proper vibrational ray and thus see where work is needed.

Ra, 42.10

There is but one technique for this growing or nurturing of will and faith, and that is the focusing of the attention. The attention span of those you call children is considered short. The spiritual attention span of most of your peoples is that of the child. Thus it is a matter of wishing to become able to collect one's attention and hold it upon the desired programming.

This, when continued, strengthens the will. The entire activity can only occur when there exists faith that an outcome of this discipline is possible.

Ra, 42.11

In the less sensitized individual the choosing of personally inspirational images [for visualization] is appropriate whether this inspiration be the rose which is of perfect beauty, the cross which is of perfect sacrifice, the Buddha which is the All-being in One, or whatever else may inspire the individual.

Ra, 42.14

The entity, child or adult, as you call it, is not an instrument to be played. The appropriate teach/learning device of parent to child is the open-hearted being-ness of the parent and the total acceptance of the

beingness of the child. This will encompass whatever material the child entity has brought into the life experience in this plane.

There are two things especially important in this relationship other than the basic acceptance of the child by the parent. Firstly, the experience of whatever means the parent uses to worship and give thanksgiving to the One Infinite Creator, should if possible be shared with the child entity upon a daily basis, as you would say. Secondly, the compassion of parent to child may well be tempered by the understanding that the child entity shall learn the biases of service-to-others or service-to-self from the parental other-self. This is the reason that some discipline is appropriate in the teach/learning. This does not apply to the activation of any one energy center for each entity is unique and each relationship with self and other-self doubly unique. The guidelines given are only general for this reason.

Ra, 42.19

We have, many times now, spoken about the relative importance of balancing as opposed to the relative unimportance of maximal activation of each energy center. The reason is as you have correctly surmised. Thusly the entity is concerned, if it be upon the path of positive harvestability, with the regularizing of the various energies of experience. Thus the most fragile entity may be more balanced than one with extreme energy and activity in service-to-others due to the fastidiousness with which the will is focused upon the use of experience in knowing the self.

Ra, 43.8

You may consider all of these aforementioned aids [the Questioner presented a long list of aids] as those helpful to the stimulation of that which in actuality aids concentration, that being the will of the entity. This free will may be focused at any object or goal.

Ra, 43.30

Questioner: This is very revealing to us. Thank you. Each of us gets signals and dreams. I have been aware of clairaudient communication at least once in waking up. Can you suggest a method whereby we might be able, shall I say, to nullify the influence of that which we don't want of a negative source?

Ra: I am Ra. There are various methods. We shall offer the most available or simple. To share the difficult contact with the other-selves associated with this working and to meditate in love for these senders of images and light for self and other-selves is the most available means of nullifying the effects of such occurrences. To downgrade these experiences by the use of intellect or the disciplines of will is to invite the prolonging of the effects. Far better then to share in trust such experiences and join hearts and souls in love and light with compassion for the sender and armor for the self.

Ra, 44.10

Control is the key to negatively polarized use of catalyst. Acceptance is the key to positively polarized use of catalyst.

Ra, 46.7

The first acceptance, or control depending upon polarity, is of the self. Anger is one of many things to be accepted and loved as a part of self or controlled as a part of self, if the entity is to do work.

Ra, 46.8

Questioner: Then the positively oriented entity, rather than attempting repression of emotion, would balance the emotion as stated in an earlier contact. Is this correct?

Ra: I am Ra. This is correct and illustrates the path of unity.

Ra, 46.11

The catalyst, and all catalyst, is designed to offer experience. This experience in your density may be loved and accepted or it may be controlled. These are the two paths. When neither path is chosen the catalyst fails in its design and the entity proceeds until catalyst strikes it which causes it to form a bias towards acceptance and love or separation and control. There is no lack of space/time in which this catalyst may work.

Ra, 46.14

We have used this particular term [“crystallized entity”] because it has a fairly precise meaning in your language. When a crystalline structure is formed of your physical material the elements present in each molecule are bonded in a regularized fashion with elements in each other molecule. Thus the structure is regular and, when fully and perfectly crystallized, has certain properties. It will not splinter or break; it is very strong without effort; and it is radiant, traducing light into a beautiful refraction giving pleasure of the eye to many.

Ra, 47.7

The audience brought about by Orion-type publicity is not seeded by seniority of vibration to a great extent. The audiences receiving teach/learnings without stimulus from publicity will be more greatly oriented towards illumination. Therefore, forget you the counting.

Ra, 48.4

The entity ruled by intuition and impulse is equal to the entity governed by rational analysis when polarity is considered. The lobes may both be used for service to self or service-to-others. It may seem that the rational or analytical mind might have more of a possibility of successfully pursuing the negative orientation due to the fact that in our understanding too much order is by its essence negative. However, this same ability to structure abstract concepts and to analyze experiential data may be the key to rapid positive polarization. It may be said that those whose analytical capacities are predominant have somewhat more to work with in polarizing.

The function of intuition is to inform intelligence. In your illusion the unbridled predominance of intuition will tend to keep an entity from the greater polarizations due to the vagaries of intuitive perception. As you may see, these two types of brain structure need to be balanced in order that the net sum of experiential catalyst will be polarization and illumination, for without the acceptance by the rational mind of the worth of the intuitive faculty the creative aspects which aid in illumination will be stifled.

Ra, 49.4

Like most scientific attempts at precision, it fails to take into account the unique qualities of each creation.

Ra, 49.5

The most important concept to grasp about the energy field is that the lower or negative pole will draw the universal energy into itself from the cosmos. Therefrom it will move upward to be met and reacted to by the positive spiraling energy moving downward from within. The measure of an entity’s level of ray activity is the locus wherein the south pole outer energy has been met by the inner spiraling positive energy.

As an entity grows more polarized this locus will move upwards. This phenomenon has been called by your peoples the kundalini. However, it may better be thought of as the meeting place of cosmic and inner, shall we say, vibratory understanding. To attempt to raise the locus of this meeting without realizing the metaphysical principles of magnetism upon which this depends is to invite great imbalance.

Ra, 49.5

Questioner: What process would be the recommended process for correctly awakening the kundalini and of what value would that be?

Ra: I am Ra. The metaphor of the coiled serpent being called upwards is vastly appropriate for consideration by your peoples. This is what you are attempting when you seek. There are, as we have stated, great misapprehensions concerning this metaphor and the nature of pursuing its goal. We must generalize and ask that you grasp the fact that this in effect renders far less useful that which we share. However, as each entity is unique, generalities are our lot when communicating for your possible edification.

We have two types of energy. We are attempting then, as entities in any true color of this octave, to move the meeting place of inner and outer natures further and further along or upward along the energy centers. The two methods of approaching this with sensible method are first, the seating within one's self of those experiences which are attracted to the entity through the south pole. Each experience will need to be observed, experienced, balanced, accepted, and seated within the individual. As the entity grows in self-acceptance and awareness of catalyst the location of the comfortable seating of these experiences will rise to the new true color entity. The experience, whatever it may be, will be seated in red ray and considered as to its survival content and so forth.

Each experience will be sequentially understood by the growing and seeking mind/body/spirit complex in terms of survival, then in terms of personal identity, then in terms of social relations, then in terms of universal love, then in terms of how the experience may beget free communication, then in terms of how the experience may be linked to universal energies, and finally in terms of the sacramental nature of each experience.

Meanwhile the Creator lies within. In the north pole the crown is already upon the head and the entity is potentially a god. This energy is brought into being by the humble and trusting acceptance of this energy through meditation and contemplation of the self and of the Creator.

Where these energies meet is where the serpent will have achieved its height. When this uncoiled energy approaches universal love and radiant being the entity is in a state whereby the harvestability of the entity comes nigh.

Ra, 49.6

Those aware of evolution and desirous in the very extreme of attaining the heart of love and the radiance which gives understanding no matter what the lessons programmed: they have to do with other-selves, not with events: they have to do with giving, not receiving, for the lessons of love are of this nature both for positive and negative. Those negatively harvestable will be found at this time endeavoring to share their love of self.

Ra, 50.5

There is no entity without help, either through self-awareness of the unity of creation or through guardians of the self which protect the less sophisticated mind/body/spirit from any permanent separation from unity while the lessons of your density continue.

Ra, 50.5

The negatively oriented being will be one who feels that it has found power that gives meaning to its existence precisely as the positive polarization does feel.

Ra, 50.6

This negative entity will strive to offer these understandings to other-selves, most usually by the process of forming the elite, the disciples, and teaching the need and rightness of the enslavement of other-selves for their own good. These other-selves are conceived to be dependent upon the self and in need of the guidance and the wisdom of the self.

Ra, 50.6

Questioner: Can you expand on the concept which is that it is necessary for an entity, during incarnation in the physical as we know it, to become polarized or interact properly with other entities and why this isn't possible in between incarnations when the entity is aware of what he wants to do. Why must he come into an incarnation and lose conscious memory of what he wants to do and then act in a way in which he hopes to act?

Ra: I am Ra. Let us give the example of the man who sees all the poker hands. He then knows the game. It is but child's play to gamble, for it is no risk. The other hands are known. The possibilities are known and the hand will be played correctly but with no interest.

In time/space and in the true color green density, the hands of all are open to the eye. The thoughts, the feelings, the troubles, all these may be seen. There is no deception and no desire for deception. Thus much may be accomplished in harmony but the mind/body/spirit gains little polarity from this interaction.

Let us re-examine this metaphor and multiply it into the longest poker game you can imagine, a lifetime. The cards are love, dislike, limitation, unhappiness, pleasure, etc. They are dealt and re-dealt and re-dealt continuously. You may, during this incarnation begin—and we stress begin—to know your own cards. You may begin to find the love within you. You may begin to balance your pleasure, your limitations, etc. However, your only indication of other-selves' cards is to look into the eyes.

You cannot remember your hand, their hands, perhaps even the rules of this game. This game can only be won by those who lose their cards in the melting influence of love, can only be won by those who lay their pleasures, their limitations, their all upon the table face up and say inwardly: "All, all of you players, each other-self, whatever your hand, I love you." This is the game: to know, to accept, to forgive, to balance, and to open the self in love. This cannot be done without the forgetting, for it would carry no weight in the life of the mind/body/spirit being-ness totality.

Ra, 50.7

...the use of technology to manipulate that outside the self is far, far less of an aid to personal evolution than the disciplines of the mind/body/spirit complex resulting in the whole knowledge of the self in the microcosm and macrocosm.

To the disciplined entity, all things are open and free. The discipline which opens the universes opens also the gateways to evolution. The difference is that of choosing either to hitchhike to a place where beauty may be seen or to walk, step by step, independent and free in this independence to praise the strength to walk and the opportunity for the awareness of beauty.

The hitchhiker, instead, is distracted by conversation and the vagaries of the road and, dependent upon the whims of others, is concerned to make the appointment in time. The hitchhiker sees the same beauty but has not prepared itself for the establishment, in the roots of mind, of the experience.

Ra, 52.2

Questioner: Am I correct, then, in assuming that discipline of the personality, knowledge of self, and control in strengthening of the will would be what any fifth-density entity would see as those things of importance?

Ra: I am Ra. In actuality these things are of importance in third through early seventh densities. The only correction in nuance that we would make is your use of the word, control. It is paramount that it be understood that it is not desirable or helpful to the growth of the understanding, may we say, of an entity by itself to control thought processes or impulses except where they may result in actions not consonant with the Law of One. Control may seem to be a short-cut to discipline, peace, and illumination. However, this very control potentiates and necessitates the further incarnative experience in order to balance this control or repression of that self which is perfect.

Instead, we appreciate and recommend the use of your second verb in regard to the use of the will. Acceptance of self, forgiveness of self, and the direction of the will; this is the path towards the disciplined personality. Your faculty of will is that which is powerful within you as co-Creator. You cannot ascribe to this faculty too much importance. Thus it must be carefully used and directed in service-to-others for those upon the positively oriented path.

There is great danger in the use of the will as the personality becomes stronger, for it may be used even subconsciously in ways reducing the polarity of the entity.

Ra, 52.7

Questioner: Is there then, from the point of view of an individual who wishes to follow the service-to-others path, anything of importance other than disciplines of personality, knowledge of self, and strengthening of will?

Ra: I am Ra. This is technique. This is not the heart. Let us examine the heart of evolution.

Let us remember that we are all one. This is the great learning/teaching. In this unity lies love. This is a great learn/teaching. In this unity lies light. This is the fundamental teaching of all planes of existence in materialization. Unity, love, light, and joy; this is the heart of evolution of the spirit.

The second-ranking lessons are learn/taught in meditation and in service. At some point the mind/body/spirit complex is so smoothly activated and balanced by these central thoughts or distortions that the techniques you have mentioned become quite significant. However, the universe, its mystery unbroken, is one. Always begin and end in the Creator, not in technique.

Ra, 52.11

If there is fear and doom, the contact was quite likely of a negative nature. If the result is hope, friendly feelings, and the awakening of a positive feeling of purposeful service-to-others, the marks of Confederation contact are evident.

Ra, 53.17

Were there no potentials for misunderstanding and, therefore, understanding, there would be no experience.

Ra, 54.7

The mind/body/spirit complex is not a machine. It is rather what you might call a tone poem.

Ra, 54.8

We may suggest that in order to progress, a state of some dissatisfaction will be present, thus giving the entity the stimulus for further seeking. This dissatisfaction, nervousness, or angst, if you will, is not of itself useful. Thus its use is indirect.

Ra, 54.3

Questioner: OK. Then I assume that the first distortion is the motivator or what allows this blockage. Is this correct?

Ra: I am Ra. We wish no quibbling but prefer to avoid the use of terms such as the verb, to allow. Free will does not allow, nor would predetermination disallow, experiential distortions. Rather the Law of Confusion offers a free reach for the energies of each mind/body/spirit complex. The verb, to allow, would be considered pejorative in that it suggests a polarity between right and wrong or allowed and not allowed. This may seem a minuscule point. However, to our best way of thinking it bears some weight.

Ra, 54.13

While it is a primary priority to activate or unblock each energy center, it is also a primary priority at that point to begin to refine the balances between the energies so that each tone of the chord of total vibratory being-ness resonates in clarity, tune, and harmony with each other energy. This balancing, tuning, and harmonizing of the self is most central to the more advanced or adept mind/body/spirit complex. Each energy may be activated without the beauty that is possible through the disciplines and appreciations of personal energies or what you might call the deeper personality or soul identity.

Ra, 54.15

Questioner: Let me make an analogy that I have just thought of. A seven-stringed musical instrument may be played by deflecting each string a full deflection and releasing it producing notes. Instead of producing the notes this way the individual creative personality could deflect each string the proper amount in the proper sequence producing music. Is this correct?

Ra: I am Ra. This is correct. In the balanced individual the energies lie waiting for the hand of the Creator to pluck harmony.

Ra, 54.15

The more advanced the entity, the more tenuous the connection between the sub-Logos and the perceived catalyst until, finally, all catalyst is chosen, generated, and manufactured by the self, for the self.

Ra, 54.17

Questioner: A positively oriented entity may select a certain narrow path of thinking and activities during an incarnation and program conditions that would create physical pain if this were not followed. Is this correct?

Ra: I am Ra. This is correct.

Ra, 54.20

...the positively oriented entity will be transmuting strong red-ray sexual energy into green-ray energy transfers and radiation in blue and indigo and will be similarly transmuting selfhood and place in society into energy transfer situations in which the entity may merge with and serve others and then, finally, radiate unto others without expecting any transfer in return.

Ra, 54.24

The origin of all energy is the action of free will upon love. The nature of all energy is light. The means of its ingress into the mind/body/spirit complex is duple.

Firstly, there is the inner light which is Polaris of the self, the guiding star. This is the birthright and true nature of all entities. This energy dwells within.

The second point of ingress is the polar opposite of the North Star, shall we say, and may be seen, if you wish to use the physical body as an analog for the magnetic field, as coming through the feet from the earth and through the lower point of the spine. This point of ingress of the universal light energy is undifferentiated until it begins its filtering process through the energy centers. The requirements of each center and the efficiency with which the individual has learned to tap into the inner light determine the nature of the use made by the entity of these in-streamings.

Ra, 54.26

We have addressed the filtering process by which in-coming energies are pulled upwards according to the distortions of each energy center and the strength of will or desire emanating from the awareness of inner light. If we may be more specific, please query with specificity.

Ra, 54.28

We scan this instrument and find its distortion towards appreciation of each entity and each entity's caring, as you may call it. This atmosphere, shall we say, offers the greatest contrast to the discomfort of such psychic attacks, being the reciprocal, that is, the atmosphere of psychic support.

This each of you do as a subconscious function of true attitudinal, mental, emotional, and spiritual distortions towards this instrument. There is no magic greater than honest distortion toward love.

Ra, 55.2

This contact may be characterized as one typical of the Brothers and Sisters of Sorrow wherein those receiving the contact have attempted to prepare for such contact by sacrificing extraneous, self-oriented distortions in order to be of service.

The Ra social memory complex offers itself also as a function of its desire to serve. Both the caller and the contact are filled with gratitude at the opportunity of serving others.

We may note that this in no way presupposes that either the callers or those of our group in any way approach a perfection or purity such as was described in the bidding process. The calling group may have many distortions and the working with much catalyst, as may those of Ra. The overriding desire to serve others, bonded with the unique harmonics of this group's vibratory complexes, gives us the opportunity to serve as one channel for the One Infinite Creator.

Things come not to those positively oriented but through such beings.

Ra, 55.7

This instrument is under a most severe psychic attack. This instrument is bearing up well due to replenished vital energies and a distortion towards a sense of proportion which your peoples call a sense of humor.

Ra, 57.1

The inner light is that which is your heart of being. Its strength equals your strength of will to seek the light.

Ra, 57.14

It is to be noted that a strongly crystallized entity is, in effect, a portable King's Chamber position.

Ra, 57.16

...the concept of initiation and realize that it demands the centering of the being upon the seeking of the Creator. We have hoped to balance this understanding by enunciating the Law of One, that is, that all

things are One Creator. Thus seeking the Creator is done not just in meditation and in the work of an adept but in the experiential nexus of each moment.

The initiation of the Queen's Chamber has to do with the abandoning of self to such desire to know the Creator in full that the purified in-streaming light is drawn in balanced fashion through all energy centers, meeting in indigo and opening the gate to intelligent infinity. Thus the entity experiences true life or, as your people call it, resurrection.

Ra, 57.24

The space/time and time/space concepts are those concepts describing as mathematically as possible the relationships of your illusion, that which is seen to that which is unseen. These descriptive terms are clumsy. They, however, suffice for this work.

In the experiences of the mystical search for unity, [concepts of space and time] need never be considered, for they are but part of an illusory system. The seeker seeks the One. The One is to be sought, as we have said, by the balanced and self-accepting self aware, both of its apparent distortions and its total perfection. Resting in this balanced awareness, the entity then opens the self to the universe which it is. The light energy of all things may then be attracted by this intense seeking, and wherever the inner seeking meets the attracted cosmic prana, realization of the One takes place.

The purpose of clearing each energy center is to allow that meeting place to occur at the indigo ray vibration, thus making contact with intelligent infinity and dissolving all illusions. Service-to-others is automatic at the released energy generated by this state of consciousness.

Ra, 57.33

Contact with indigo ray need not necessarily show itself in any certain gift or guidepost, as you have said. There are some whose indigo energy is that of pure being and never is manifested, yet all are aware of such an entity's progress. Others may teach or share in many ways contact with intelligent energy. Others continue in unmanifested form, seeking intelligent infinity.

Thus the manifestation is lesser signpost than that which is sensed or intuited about a mind/body/spirit complex. This violet ray being-ness is far more indicative of true self.

Ra, 58.22

You may note that as one learns the, shall we say, understandings or disciplines of the personality each of these configurations of prana is available to the entity without the aid of this shape. One may view the pyramid at Giza as metaphysical training wheels.

Ra, 60.13

This is in common with each of your orthodox religious systems which have all become somewhat mixed in orientation, yet offer a pure path to the One Creator which is seen by the pure seeker.

Ra, 60.18

We of the Confederation are at the call of those upon your planet. If the call, though sincere, is fairly low in consciousness of the, shall we say, system whereby spiritual evolution may be precipitated, then we may only offer that information useful to that particular caller. This is the basic difficulty. Entities receive the basic information about the Original Thought and the means, that is meditation and service-to-others, whereby this Original Thought may be obtained.

Once this basic information is received it is not put into practice in the heart and in the life experience but instead rattles about within the mind complex distortions as would a building block which has lost its place and simply rolls from side to side uselessly, yet still the entity calls. Therefore, the same basic information is repeated. Ultimately the entity decides that it is weary of this repetitive information. However, if an entity puts into practice that which it is given, it will not find repetition except when needed.

Ra, 60.27

This is not a dimension of knowing, even subjectively, due to the lack of overview of cosmic and other in-pourings which affect each and every situation which produces catalyst. The subjective acceptance of that which is at the moment and the finding of love within that moment is the greater freedom.

That known as the subjective knowing without proof is, in some degree, a poor friend for there will be anomalies no matter how much information is garnered due to the distortions which form third-density.

Ra, 61.19

These distortions remove the focus from the One Infinite Source of love and light of which we are all messengers, humble and knowing that we, of ourselves, are but the tiniest portion of the Creator, a small part of a magnificent entirety of infinite intelligence.

Ra, 62.23

Continue in love and praise and thanksgiving to the Creator. Examine previous material. Love is the great protector.

Ra, 63.5

The vital energy may be seen to be that deep love of life or life experiences such as the beauty of creation and the appreciation of other-selves and the distortions of your co-Creators' making which are of beauty.

Without this vital energy the least distorted physical complex will fail and perish. With this love or vital energy or elán the entity may continue though the physical complex is greatly distorted.

Ra, 63.7

Wanderers are third-density activated in mind/body/spirit and are subject to the forgetting which can only be penetrated with disciplined meditation and working.

Ra, 63.17

The principle behind any ritual of the white magical nature is to so configure the stimuli which reach down into the trunk of mind that this arrangement causes the generation of disciplined and purified emotion or love which then may be both protection and the key to the gateway to intelligent infinity.

Ra, 64.3

Let it be said that any entity or group may create the most splendid harmony in any outer atmosphere. Ra's experiences are no more than your own. Yours is the dance at this space/time in third-density harvest.

Ra, 64.7

If the entity is polarized towards service-to-others, analysis properly proceeds along the lines of consideration of which path offers the most opportunity for service-to-others.

For the negatively polarized entity the antithesis is the case.

For the unpolarized entity the considerations are random and most likely in the direction of the distortion towards comfort.

Ra, 64.15

...when faced with a hole in the curtain, an entity's eyes may well peer for the first time through the window beyond.

Ra, 65.2

There are many Wanderers whose dysfunction with regard to the planetary ways of your peoples have caused, to some extent, a condition of being caught up in a configuration of mind complex activity which, to the corresponding extent, may prohibit the intended service.

Ra, 65.3

Consider the shopper entering the store to purchase food with which to furnish the table for the time period you call a week. Some stores have some items, others a variant set of offerings. We speak of these possibility/probability vortices when asked with the understanding that such are as a can, jar, or portion of goods in your store.

It is unknown to us as we scan your time/space whether your peoples will shop hither or yon. We can only name some of the items available for the choosing. The, shall we say, record which the one you call Edgar read from is useful in that same manner. There is less knowledge in this material of other possibility/probability vortices and more attention paid to the strongest vortex. We see the same vortex but also see many others. Edgar's material could be likened unto one hundred boxes of your cold cereal, another vortex likened unto three, or six, or fifty of another product which is eaten by your peoples for breakfast. That you will breakfast is close to certain. The menu is your own choosing.

The value of prophecy must be realized to be only that of expressing possibilities. Moreover, it must be, in our humble opinion, carefully taken into consideration that any time/space viewing, whether by one of your time/space or by one such as we who view the time/space from a dimension, shall we say, exterior to it will have a quite difficult time expressing time measurement values. Thus prophecy given in specific terms is more interesting for the content or type of possibility predicted than for the space/time nexus of its supposed occurrence.

Ra, 65.9

It was the aim of Wanderers to serve the entities of this planet in whatever way was requested and it was also the aim of Wanderers that their vibratory patterns might lighten the planetary vibration as a whole, thus ameliorating the effects of planetary disharmony and palliating any results of this disharmony.

Specific intentions such as aiding in a situation not yet manifest are not the aim of Wanderers. Light and love go where they are sought and needed, and their direction is not planned aforesaid.

Ra, 65.11

You may, at this time, note that as with any entities, each Wanderer has its unique abilities, biases, and specialities so that from each portion of each density represented among the Wanderers come an array of pre-incarnative talents which then may be expressed upon this plane which you now experience so that each Wanderer, in offering itself before incarnation, has some special service to offer in addition to the doubling effect of planetary love and light and the basic function of serving as beacon or shepherd.

Thus there are those of fifth-density whose abilities to express wisdom are great. There are fourth and sixth-density Wanderers whose ability to serve as, shall we say, passive radiators or broadcasters of love and love/light are immense. There are many others whose talents brought into this density are quite varied.

Thus Wanderers have three basic functions once the forgetting is penetrated, the first two being basic, the tertiary one being unique to that particular mind/body/spirit complex.\

Ra, 65.12

We may note at this point while you ponder the possibility/probability vortices that although you have many, many items which cause distress and thus offer seeking and service opportunities, there is always one container in that store of peace, love, light, and joy. This vortex may be very small, but to turn one's back upon it is to forget the infinite possibilities of the present moment. Could your planet polarize towards harmony in one fine, strong, moment of inspiration? Yes, my friends. It is not probable; but it is ever possible.

Ra, 65.12

The ability to polarize positively requires a certain degree of self determination.

Ra, 65.14

In your space/time you and your peoples are the parents of that which is in the womb. The Earth, as you call it, is ready to be born and the delivery is not going smoothly. When this entity has become born it will be instinct with the social memory complex of its parents which have become fourth-density positive. In this density there is a broader view.

Ra, 65.17

One meets the self in the center or deeps of the being. The so-called resonating chamber may be likened unto the symbology of the burial and resurrection of the body wherein the entity dies to self and through this confrontation of apparent loss and realization of essential gain, is transmuted into a new and risen being.

Ra, 65.20

Questioner: Could I make the analogy of in this apparent death of losing the desires that are the illusory, common desires of third-density and gaining desires of total service-to-others?

Ra: I am Ra. You are perceptive. This was the purpose and intent of this chamber as well as forming a necessary portion of the King's Chamber position's effectiveness.

Ra, 65.21

Only in so far as the healer has become balanced may it be a channel for the balancing of an other-self. The healing is first practiced upon the self, if we may say this, in another way.

Ra, 66.8

The healer does not heal. The crystallized healer is a channel for intelligent energy which offers an opportunity to an entity that it might heal itself.

In no case is there an other description of healing. Therefore, there is no difference as long as the healer never approaches one whose request for aid has not come to it previously. This is also true of the more conventional healers of your culture and if these healers could but fully realize that they are responsible only for offering the opportunity of healing, and not for the healing, many of these entities would feel an enormous load of misconceived responsibility fall from them.

Ra, 66.10

Perhaps the greatest healer is within the self and may be tapped with continued meditation as we have suggested.

The many forms of healing available to your peoples ... each have virtue and may be deemed appropriate by any seeker who wishes to alter the physical complex distortions or some connection between the various portions of the mind/body/spirit complex thereby.

Ra, 66.12

Questioner: I have observed many activities known as psychic surgery in the area of the Philippine Islands. It was my assumption that these healers are providing what I would call a training aid or a way of creating a reconfiguration of the mind of the patient to be healed as the relatively naive patient observes the action of the healer in seeing the materialized blood, etc. and reconfigures the roots of mind to believe, you might say, the healing is done and, therefore, heals himself. Is this analysis that I have made correct?

Ra: I am Ra. This is correct.

Ra, 66.13

...the crystallized healer has no will. It offers an opportunity without attachment to the outcome, for it is aware that all is one and that the Creator is knowing Itself.

Ra, 66.15

Questioner: Then the desire must be strong in the mind/body/spirit complex who seeks healing to be healed in order for the healing to occur? Is this correct?

Ra: I am Ra. This is correct on one level or another. An entity may not consciously seek healing and yet subconsciously be aware of the need to experience the new set of distortions which result from healing. Similarly an entity may consciously desire healing greatly but within the being, at some level, find some cause whereby certain configurations which seem quite distorted are, in fact, at that level, considered appropriate.

Ra, 66.16

...meditation is always an aid to knowing the self.

Ra, 66.18

Catalyst is offered to the entity. If it is not used by the mind complex it will then filter through to the body complex and manifest as some form of physical distortion. The more efficient the use of catalyst, the less physical distortion to be found.

Ra, 66.34

Consider, if you will, that you have no ability not to serve the Creator since all is the Creator. In your individual growth patterns appear the basic third-density choice. Further, there are overlaid memories of the positive polarizations of your home density. Thus your particular orientation is strongly polarized towards service to others and has attained wisdom as well as compassion.

You do not have merely two opposite requests for information or lack of information from this source if you listen careful to those whose voices you may hear. This is all one voice to which you resonate upon a certain frequency. This frequency determines your choice of service to the One Creator. As it happens this group's vibratory patterns and those of Ra are compatible and enable us to speak through this instrument with your support. This is a function of free will.

A portion, seemingly of the Creator, rejoices at your choice to question us regarding the evolution of spirit. A seemingly separate portion would wish for multitudinous answers to a great range of queries of a specific nature. Another seemingly separate group of your peoples would wish this correspondence through this instrument to cease, feeling it to be of a negative nature. Upon the many other planes of existence there are those whose every fiber rejoices at your service and those such as the entity of whom you have been speaking which wish only to terminate the life upon the third-density plane of this instrument. All are the Creator. There is one vast panoply of biases and distortions, colors and hues, in an unending pattern. In the case of those with whom you, as entities and as a group, are not in resonance, you wish them love, light, peace, joy, and bid them well. No more than this can you do for your portion of the Creator is as it is and your experience and offering of experience, to be valuable, needs be more and more a perfect representation of who you truly are. Could you, then, serve a negative entity by offering the instrument's life? It is unlikely that you would find this a true service. Thus you may see in many cases the loving balance being achieved, the love being offered, light being sent, and the service of the service-to-self oriented entity gratefully acknowledged while being rejected as not being useful in your journey at this time. Thus you serve One Creator without paradox.

Ra, 67.11

The light would work instantly upon an untuned individual by suggestion, that is the stepping out in front of the traffic because the suggestion is that there is no traffic. This entity, as each in this group, is enough disciplined in the ways of love and light that it is not suggestible to any great extent.

Ra, 67.13

Questioner: Then there is no other service at this time that we can offer that fifth-density entity of the Orion group who is constantly with us. As I see it now from your point of view there is nothing that we can do for him? Is this correct?

Ra: I am Ra. This is correct. There is great humor in your attempt to be of polarized service to the opposite polarity. There is a natural difficulty in doing so since what you consider service is considered by this entity non-service. As you send this entity love and light and wish it well it loses its polarity and needs to regroup.

Thus it would not consider your service as such. On the other hand, if you allowed it to be of service by removing this instrument from your midst you might perhaps perceive this as not being of service. You have here a balanced and polarized view of the Creator; two services offered, mutually rejected, and in a state of equilibrium in which free will is preserved and each allowed to go upon its own path of experiencing the One Infinite Creator.

Ra, 67.26

We perceive that we have not been able to clarify your service versus its desire for service. You need, in our humble opinion, to look at the humor of the situation and relinquish your desire to serve where no service is requested. The magnet will attract or repel. Glory in the strength of your polarization and allow others of opposite polarity to similarly do so, seeing the great humor of this polarity and its complications in view of the unification in sixth-density of these two paths.

Ra, 67.27

Free will does not mean that there will be no circumstances when calculations will be awry. This is so in all aspects of the life experience. Although there are no mistakes, there are surprises.

Ra, 69.15

Questioner: Then each entity is of a path that leads to one destination. This is like many, many roads that travel through many, many places but eventually merge into one large center. Is this correct?

Ra: I am Ra. This is correct but somewhat wanting in depth of description. More applicable would be the thought that each entity contains within it all of the densities and sub-densities of the octave so that in each entity, no matter whither its choices lead it, its great internal blueprint is one with all others. Thusly its experiences will fall into the patterns of the journey back to the original Logos. This is done through free will but the materials from which choices can be made are one blueprint.

Ra, 71.13

...to aid the self in polarization towards love and light is to aid the planetary vibration.

Ra, 71.16

Questioner: The change in consciousness should result in a greater distortion towards service-to-others, towards unity with all, and towards knowing in order to serve. Is this correct, and are there any other desired results?

Ra: I am Ra. These are commendable phrases. The heart of white magic is the experience of the joy of union with the Creator. This joy will of necessity radiate throughout the life experience of the positive adept. It is for this reason that sexual magic is not restricted solely to the negatively oriented polarizing adepts but when most carefully used has its place in high magic as it, when correctly pursued, joins body, mind, and spirit with the One Infinite Creator.

Any purpose which you may frame should, we suggest, take into consideration this basic union with the One Infinite Creator, for this union will result in service-to-others of necessity.

Ra, 71.17

Questioner: We have here, I believe, a very important principle with respect to the Law of One. You have stated that the attitude of the individual is of paramount importance for the Orion entity to be able to be effective. Would you please explain how this mechanism works with respect to the Law of One and why the attitude of the entity is of paramount importance and why this allows for action by the Orion entity?

Ra: I am Ra. The Law of Confusion or Free Will is utterly paramount in the workings of the infinite creation. That which is intended has as much intensity of attraction to the polar opposite as the intensity of the intention or desire.

Thus those whose desires are shallow or transitory experience only ephemeral configurations of what might be called the magical circumstance. There is a turning point, a fulcrum which swings as a mind/body/spirit complex tunes its will to service. If this will and desire is for service-to-others the corresponding polarity will be activated. In the circumstance of this group there are three such wills acting as one with the instrument in the, shall we say, central position of fidelity to service. This is as it must be for the balance of the working and the continuance of the contact. Our vibratory complex is one-pointed in these workings also and our will to serve is also of some degree of purity. This has created the attraction of the polar opposite which you experience.

We may note that such a configuration of free will, one-pointed in service-to-others, also has the potential for the alerting of a great mass of light strength. This positive light strength, however, operates also under free will and must be invoked. We could not speak to this and shall not guide you, for the nature of this contact is such that the purity of your free will must, above all things, be preserved. Thus you wend your way through experiences discovering those biases which may be helpful.

Ra, 72.7

...that great conduit to the Creator, the will.

Ra, 72.10

Those who are upon the service-to-others path may call upon the light strength in direct proportion to the strength and purity of their will to serve. Those upon the service-to-self path may call upon the dark strength in direct proportion to the strength and purity of their will to serve.

Ra, 73.4

Questioner: Then will you speak of the difference between the spiraling light that enters through the feet and the light invoked through the crown chakra?

Ra: I am Ra. The action of the upward spiraling light drawn by the will to meet the inner light of the One Infinite Creator may be likened to the beating of the heart and the movement of the muscles surrounding the lungs and all the other functions of the parasympathetic nervous system. The calling of the adept may be likened to those nerve and muscle actions over which the mind/body/spirit complex has conscious control.

Ra, 73.8

You may note that in the ritual which we offered you to properly begin the Ra workings the first focus is upon the Creator. We would further note a point which is both subtle and of some interest. The upward spiraling light developed in its path by the will, and ultimately reaching an high place of mating with the inward fire of the One Creator, still is only preparation for the work upon the mind/body/spirit which may be done by the adept. There is some crystallization of the energy centers used during each working so that the magician becomes more and more that which it seeks.

More importantly, the time/space mind/body/spirit analog, which is evoked as the magical personality, has its only opportunity to gain rapidly from the experience of the catalytic action available to the third-density space/time mind/body/spirit. Thus the adept is aiding the Creator greatly by offering great catalyst to a greater portion of the creation which is identified as the mind/body/spirit totality of an entity.

Ra, 73.10

Questioner: Desire and will are the factors in this process. Is this correct?

Ra: I am Ra. We would add one quality. In the magical personality desire, will, and polarity are the keys.

Ra, 73.11

Questioner: What was the orientation with respect to this type of communication for the one known as Jesus of Nazareth?

Ra: I am Ra. You may have read some of this entity's workings. It offered itself as teacher to those mind/body/spirit complexes which gathered to hear and even then spoke as through a veil so as to leave room for those not wishing to hear. When this entity was asked to heal, it oft times did so, always ending the working with two admonitions: firstly, that the entity healed had been healed by its faith, that is, its ability to allow and accept changes through the violet-ray into the gateway of intelligent energy; secondly, saying always, "Tell no one." These are the workings which attempt the maximal quality of free will while maintaining fidelity to the positive purity of the working.

Ra, 73.13

Infringement upon free will occurs in this circumstance [of healing or other magical working rendered by the adept] only if the entity doing the working ascribes the authorship of this event to its self or its own skills. He who states that no working comes from it but only through it is not infringing upon free will.

Ra, 73.14

We might note further that when the one wishing to be healed, though sincere, remains unhealed, as you call this distortion, you may consider pre-incarnative choices and your more helpful aid to such an entity may be the suggestion that it meditate upon the affirmative uses of whatever limitations it might experience. We would also note that in these cases the indigo-ray workings are often of aid.

Ra, 73.18

Questioner: It seems to me that the primary thing of importance for those on the service-to-others path is the development of an attitude which I can only describe as a vibration. This attitude would be developed through meditation, ritual, and the developing appreciation for the creation or Creator which results in a state of mind that can only be expressed by me as an increase in vibration or oneness with all. Could you expand and correct that statement?

Ra: I am Ra. We shall not correct this statement but shall expand upon it by suggesting that to those qualities you may add the living day by day and moment by moment, for the true adept lives more and more as it is.

Ra, 73.19

The second energy transfer of which we would speak is the sexual energy transfer. This takes place upon a non-magical level by all those entities which vibrate green ray active. It is possible, as in the case of this instrument which dedicates itself to the service of the One Infinite Creator, to further refine this energy transfer. When the other-self also dedicates itself in service to the One Infinite Creator, the transfer is doubled. Then the amount of energy transferred is dependent only upon the amount of polarized sexual energy created and released. There are refinements from this point onward leading to the realm of the high sexual magic.

The spiritual energy transfers are at the heart of all energy transfers as a knowledge of self and other-self as Creator is paramount, and this is spiritual work. The varieties of spiritual energy transfer include those things of which we have spoken this day as we spoke upon the subject of the adept.

Ra, 73.21

The disciplined personality, when faced with an other-self, has all centers balanced according to its unique balance. Thusly the other-self looks in a mirror seeing its self.

Ra, 74.9

Questioner: The disciplines of the personality are the paramount work of any who have become consciously aware of the process of evolution. Am I correct on that statement?

Ra: I am Ra. Quite.

Ra, 74.10

The general improvement of the place where the performance of the ritual of the purification is to be performed is known. We may note that the distortion towards love, as you call this spiritual/emotional complex which is felt by each for this entity, will be of aid whether this is expressed or unmanifest as there is no protection greater than love.

Ra, 75.2

The heart of the discipline of the personality is threefold. One, know your self. Two, accept your self. Three, become the Creator.

The third step is that step which, when accomplished, renders one the most humble servant of all, transparent in personality and completely able to know and accept other-selves. In relation to the pursuit of the magical working the continuing discipline of the personality involves the adept in knowing its self, accepting its self, and thus clearing the path towards the great indigo gateway to the Creator. To become the Creator is to become all that there is. There is, then, no personality in the sense with which the adept begins its learn/teaching. As the consciousness of the indigo ray becomes more crystalline, more work may be done; more may be expressed from intelligent infinity.

Ra, 74.11

When the entity Jehoshuah [2] decided to return to the location called Jerusalem for the holy days of its people it turned from work mixing love and wisdom and embraced martyrdom which is the work of love without wisdom.

Ra, 75.14

We do not imply that this course of unbridled compassion has any fault but affirm its perfection. It is an example of love which has served as beacon to many.

For those who seek further, the consequences of martyrdom must be considered, for in martyrdom lies the end of the opportunity, in the density of the martyr, to offer love and light. Each entity must seek its deepest path.

Ra, 75.15

There are many Wanderers whom you may call adepts who do no conscious work in the present incarnation. It is a matter of attention. One may be a fine catcher of your game sphere, but if the eye is not turned as this sphere is tossed then perchance it will pass the entity by. If it turned its eyes upon the sphere, catching would be easy. In the case of Wanderers which seek to recapitulate the degree of adeptness which each had acquired previous to this life experience, we may note that even after the forgetting process has been penetrated there is still the yellow activated body which does not respond as does the adept which is of a green- or blue-ray activated body. Thusly, you may see the inevitability of frustrations and confusion due to the inherent difficulties of manipulating the finer forces of consciousness through the chemical apparatus of the yellow-ray activated body.

Ra, 75.24

It is well for each to realize its self as the Creator. Thusly each may support each including the support of self by humble love of self as Creator.

Ra, 75.25

You may consider the concept of sympathetic resonance. When certain sounds are correctly vibrated, the creation sings.

Ra, 75.27

Questioner: Then would the adept use this resonant quality to become more one with the creation and, therefore, attain his objective in that way?

Ra: I am Ra. It would be perhaps more accurate to state that in this circumstance the creation becomes more and more contained within the practitioner. The balance of your query is correct.

Ra, 75.29

Questioner: May anyone in third density accomplish some degree of healing if they have the proper will, desire, and polarity, or is there a minimal balance of the energy centers of the healer that is also necessary?

Ra: I am Ra. Any entity may at any time instantaneously clear and balance its energy centers. Thus in many cases those normally quite blocked, weakened, and distorted may, through love and strength of will, become healers momentarily. To be a healer by nature one must indeed train its self in the disciplines of the personality.

Ra, 75.35

The three aspects of the magical personality, power, love, and wisdom, are so called in order that attention be paid to each aspect in developing the basic tool of the adept; that is, its self. It is by no means a personality of three aspects. It is a being of unity, a being of sixth density, and equivalent to what you call your Higher Self and at the same time is a personality enormously rich in variety of experience and subtlety of emotion.

The three aspects are given that the neophyte not abuse the tools of its trade but rather approach those tools balanced in the center of love and wisdom and thus seeking power in order to serve.

Ra, 75.32

Questioner: You made the statement in a previous session that the true adept lives more and more as it is. Will you explain and expand more upon that statement?

Ra: I am Ra. Each entity is the Creator. The entity, as it becomes more and more conscious of its self, gradually comes to the turning point at which it determines to seek either in service to others or in service to self. The seeker becomes the adept when it has balanced with minimal adequacy the energy centers red, orange, yellow, and blue with the addition of the green for the positive, thus moving into indigo work.

The adept then begins to do less of the preliminary or outer work, having to do with function, and begins to effect the inner work which has to do with being. As the adept becomes a more and more consciously crystallized entity it gradually manifests more and more of that which it always has been since before time; that is, the One Infinite Creator.

Ra, 75.23

...any thought is a form or symbol or thing that is an object seen in time/space reference.

Ra, 76.3

...to be encouraged is the... study of being. It is the being that informs the working, not the working that informs the being.

Ra, 76.4

The choice [of service to others vs. service to self] is, as you put it, the work of a moment but is the axis upon which the creation turns.

Ra, 76.16

The instrument was instructed to spend space/time contemplating its self as the Creator. This, done in a more determined fashion, would be beneficial at times when the mind complex is weakened by severe assaults upon the distortions of the body complex towards pain. There is no necessity for negative thought-forms regardless of pain distortions. The elimination of such creates the lack of possibility for negative

elementals and other negative entities to use these thought-forms to create the worsening of the mind complex deviation from the normal distortions of cheerfulness/anxiety.

Ra, 77.6

...each of the group may become aware of the will to a greater extent. We cannot instruct upon this but merely indicate, as we have previously, that it is a vital key to the evolution of the mind/body/spirit complex.

Ra, 77.10

The intensity of fourth density is that of the refining of the rough-hewn sculpture. This is, indeed, in its own way, quite intense causing the mind/body/spirit complex to move ever inward and onward in its quest for fuller expression. However, in third density the statue is forged in the fire. This is a type of intensity which is not the property of fourth, fifth, sixth, or seventh densities.

Ra, 77.15

Each of the support group has an excess of love and light to offer the instrument during the working. Already each sends to the instrument love, light, and thoughts of strength of the physical, mental, and spiritual configurations. These sendings are forms. You may refine these sendings until the fullest manifestations of love and light are sent into the energy web of this entity which functions as instrument. Your exact sending is, in order to be most potent, the creature of your own making.

Ra, 78.7

...it is certainly through this faculty [of meditation] that catalyst is most efficiently used.

Ra, 78.35

Magical ability is the ability to consciously use the so-called unconscious.

Ra, 79.32

The heart of the mind complex is that dynamic entity which absorbs, seeks, and attempts to learn

Ra, 79.36

The less balanced the distortion by self-knowledge, the more adeptly the [discarnate negative] entity may accentuate such a distortion in order to mitigate against the smooth functioning and harmony of the group.

Ra, 80.4

The power of which you speak is a spiritual power. The powers of the mind, as such, do not encompass such works as these. You may, with some fruitfulness, consider the possibilities of moonlight. You are aware that we have described the Matrix of the Spirit as a Night. The moonlight, then, offers either a true picture seen in shadow or chimera and falsity. The power of falsity is deep as is the power to discern truth from shadow. The shadow of hidden things is an infinite depth in which is stored the power of the One Infinite Creator.

The adept, then, is working with the power of hidden things illuminated by that which can be false or true. To embrace falsity, to know it, and to seek it, and to use it gives a power that is most great. This is the nature of the power of your visitor and may shed some light upon the power of one who seeks in order to serve others as well, for the missteps in the night are oh! so easy.

Ra, 80.8

Questioner: The fifteenth archetype is the Matrix of the Spirit and has been called the Devil. Can you tell me why that is so?

Ra: I am Ra. We do not wish to be facile in such a central query, but we may note that the nature of the spirit is so infinitely subtle that the fructifying influence of light upon the great darkness of the spirit is very often not as apparent as the darkness itself. The progress chosen by many adepts becomes a confused path as each adept attempts to use the Catalyst of the Spirit. Few there are which are successful in grasping the light of the sun. By far, the majority of adepts remain groping in the moonlight and, as we have said, this light can deceive as well as uncover hidden mystery. Therefore, the melody, shall we say, of this matrix often seems to be of a negative and evil, as you would call it, nature.

It is also to be noted that an adept is one which has freed itself more and more from the constraints of the thoughts, opinions, and bonds of other-selves. Whether this is done for service to others or service to self, it is a necessary part of the awakening of the adept. This freedom is seen by those not free as what you would call evil or black. The magic is recognized; the nature is often not.

Ra, 80.10

Questioner: Could I say, then, that implicit in the process of becoming adept is the seeming polarization towards service to self because the adept becomes disassociated with many of his kind?

Ra: I am Ra. This is likely to occur. The apparent happening is disassociation whether the truth is service to self and thus true disassociation from other-selves or service-to-others and thus true association with the heart of all other-selves and disassociation only from the illusory husks which prevent the adept from correctly perceiving the self and other-self as one.

Ra, 80.11

Questioner: Then you say that this effect of disassociation on the service-to-others adept is a stumbling block or slowing process in reaching that goal to which he aspires? Is this correct?

Ra: I am Ra. This is incorrect. This disassociation from the miasma of illusion and misrepresentation of each and every distortion is a quite necessary portion of an adept's path. It may be seen by others to be unfortunate.

Ra, 80.12

Even the most unhappy of experiences, shall we say, which seem to occur in the Catalyst of the adept, seen from the viewpoint of the spirit, may, with the discrimination possible in shadow, be worked with until light equaling the light of brightest noon descends upon the adept and positive or service-to-others illumination has occurred. The service-to-self adept will satisfy itself with the shadows and, grasping the light of day, will toss back the head in grim laughter, preferring the darkness.

Ra, 80.15

The Significator of the Spirit is that living entity which either radiates or absorbs the love and the light of the One Infinite Creator, radiates it to others or absorbs it for the self.

Ra, 80.17

That which you call the Sarcophagus in your system may be seen to be the material world, if you will. This material world is transformed by the spirit into that which is infinite and eternal. The infinity of the spirit is an even greater realization than the infinity of consciousness, for consciousness which has been disciplined by will and faith is that consciousness which may contact intelligent infinity directly. There are many things which fall away in the many, many steps of adepthood. We, of Ra, still walk these steps and praise the One Infinite Creator at each transformation.

Ra, 80.20

...intelligent energy which is the Universe or, as you have called it somewhat provincially, the World.

Ra, 80.21

...contact with intelligent energy, for this energy is the energy of the Logos, and thus it is the energy which heals, builds, removes, destroys, and transforms all other-selves as well as the self.

The contact with intelligent infinity is most likely to produce an unspeakable joy in the entity experiencing such contact.

Ra, 80.2

...each moment and certainly each diurnal period of the bodily incarnation offers death and rebirth to one which is attempting to use the catalyst which is offered it.

Ra, 81.13

We have opened our hearts in radiation of love to the entire creation. Approximately 90 percent of the creation is at some level aware of the sending and able to reply. All of the infinite Logoi are one in the consciousness of love. This is the type of contact which we enjoy rather than travel.

Ra, 81.23

...to one whose personality or mind/body/spirit complex has been crystallized the universe is one place and there is no bar upon travel

Ra, 81.27

Much of what you call creation has never separated from the One Logos of this octave and resides within the One Infinite Creator. Communication in such an environment is the communication of cells of the body. That which is learned by one is known to all.

Ra, 81.23

The One Original Thought is the harvest of all previous, if you would use this term, experience of the Creator by the Creator. As It decides to know Itself It generates Itself, into that plenum full of the glory and the power of the One Infinite Creator which is manifested to your perceptions as space or outer space. Each generation of this knowing begets a knowing which has the capacity, through free will, to choose methods of knowing Itself. Therefore, gradually, step by step, the Creator becomes that which may know Itself, and the portions of the Creator partake less purely in the power of the original word or thought. The Creator does not properly create as much as It experiences Itself.

Ra, 82.10

Consider, if you will, the tendency of those who are divinely happy, as you call this distortion, to have little urge to alter or better their condition. Such is the result of the mind/body/spirit which is not complex [that is, those entities existing prior to the experiment of the veil]. There is the possibility of love of other-selves and service to other-selves, but there is the overwhelming awareness of the Creator in the self. The connection with the Creator is that of the umbilical cord. The security is total. Therefore, no love is terribly important; no pain terribly frightening; no effort, therefore, is made to serve for love or to benefit from fear.

Ra, 82.22

...without the need to understand, understanding would forever be left undone.

Ra, 82.24

Each incarnation is intended to be a course in the Creator knowing Itself.

Ra, 82.25

Let us continue the metaphor of the schooling but consider the scholar as being an entity in your younger years of the schooling process. The entity is fed, clothed, and protected regardless of whether or not the schoolwork is accomplished. Therefore, the entity does not do the homework but rather enjoys playtime, mealtime, and vacation. It is not until there is a reason to wish to excel that most entities will attempt to excel.

Ra, 82.28

The faculty of faith or will needs to be understood, nourished, and developed in order to have an entity which seeks past the boundary of third density. Those entities which do not do their homework, be they ever so amiable, shall not cross.

Ra, 82.29

...the veiling is a primary cause of the value of dreams and is also the single door against which the Higher Self must stand awaiting entry.

Ra, 83.3

It is true that the nature of time/space is such that a lifetime may be seen whole as a book or record, the pages studied, riffled through, and re-read. However, the value of review is that of the testing as opposed to the studying. At the testing, when the test is true, the distillations of all study are made clear.

During the process of study, which you may call the incarnation, regardless of an entity's awareness of the process taking place, the material is diffused and over-attention is almost inevitably placed upon detail.

The testing upon the cessation of the incarnative state is not that testing which involves the correct memorization of many details. This testing is, rather, the observing of self by self, often with aid as we have said. In this observation one sees the sum of all the detailed study; that being an attitude or complex of attitudes which bias the consciousness of the mind/body/spirit.

Ra, 83.7

The third density is, by its very fiber, a societal one. There are societies wherever there are entities conscious of the self and conscious of other-selves and possessed with intelligence adequate to process information indicating the benefits of communal blending of energies. The structures of society before as after veiling were various. However, the societies before veiling did not depend in any case upon the intentional enslavement of some for the benefit of others, this not being seen to be a possibility when all are seen as one. There was, however, the requisite amount of disharmony to produce various experiments in what you may call governmental or societal structures.

Ra, 83.9

At the present space/time the conditions of well-meant and unintentional slavery are so numerous that it beggars our ability to enumerate them.

Ra, 83.11

Questioner: I would say that a very high percentage of the laws and restrictions within what we call our legal system are of a nature of enslavement of which I just spoke. Would you agree with this?

Ra: I am Ra. It is a necessary balance to the intention of law, which is to protect, that the result would encompass an equal distortion towards imprisonment. Therefore, we may say that your supposition is correct. This is not to denigrate those who, in green and blue-ray energies, sought to free a peaceable people

from the bonds of chaos but only to point out the inevitable consequences of codification of response which does not recognize the uniqueness of each and every situation within your experience

Ra, 83.13

Questioner: Is the veil supposed to be what I would call semi-permeable?

Ra: I am Ra. The veil is indeed so.

Ra, 83.14

Questioner: What techniques and methods of penetration of the veil were planned and are there any others that have occurred other than those planned?

Ra: I am Ra. There were none planned by the first great experiment. As all experiments, this rested upon the nakedness of hypothesis. The outcome was unknown. It was discovered, experientially and empirically, that there were as many ways to penetrate the veil as the imagination of mind/body/spirit complexes could provide. The desire of mind/body/spirit complexes to know that which was unknown drew to them the dreaming and the gradual opening to the seeker of all of the balancing mechanisms leading to adepthood and communication with teach/learners which could pierce this veil.

The various unmanifested activities of the self were found to be productive in some degree of penetration of the veil. In general, we may say that by far the most vivid and even extravagant opportunities for the piercing of the veil are a result of the interaction of polarized entities.

Ra, 83.15

Questioner: Could you expand on what you mean by that interaction of polarized entities in piercing the veil?

Ra: I am Ra. We shall state two items of note. The first is the extreme potential for polarization in the relationship of two polarized entities which have embarked upon the service-to-others path or, in some few cases, the service-to-self path. Secondly, we would note that effect which we have learned to call the doubling effect. Those of like mind which together seek shall far more surely find.

Ra, 83.16

Questioner: Specifically, by what process would, in the first case, two polarized entities attempt to penetrate the veil, whether they be positively or negatively polarized? By what technique would they penetrate the veil?

Ra: I am Ra. The penetration of the veil may be seen to begin to have its roots in the gestation of green-ray activity, that all-compassionate love which demands no return. If this path is followed the higher energy centers shall be activated and crystallized until the adept is born. Within the adept is the potential for dismantling the veil to a greater or lesser extent that all may be seen again as one. The other-self is primary catalyst in this particular path to the piercing of the veil, if you would call it that.

Ra, 83.17

Questioner: In some cases it seems that this use of catalyst is almost in a runaway condition for some entities in that they are experiencing much more pain than they can make good use of as far as catalytic nature would be considered. Could you comment on that?

Ra: I am Ra. This shall be the last query of this working of a full length. You may see, in some cases, an entity which, either by pre-incarnative choice or by constant reprogramming while in incarnation, has developed an esurient program of catalyst. Such an entity is quite desirous of using the catalyst and has

determined to its own satisfaction that what you may call the large board needs to be applied to the forehead in order to obtain the attention of the self. In these cases it may indeed seem a great waste of the catalyst of pain and a distortion towards feeling the tragedy of so much pain may be experienced by the other-self. However, it is well to hope that the other-self is grasping that which it has gone to some trouble to offer itself; that is, the catalyst which it desires to use for the purpose of evolution. May we ask if there are any brief queries at this time?

Ra, 83.26

We may ... suggest that it is a grand choice that each may make to, by desire, collect the details of the day or, by desire, seek the keys to unknowing.

Ra, 84.7

The awareness of all as Creator is that which opens the green energy center.

Ra, 84.9

The energy transfer occurs in one releasing of the potential difference. This does not leap between green and green energy centers but is the sharing of the energies of each from red ray upwards. In this context it may be seen to be at its most efficient when both entities have orgasm simultaneously. However, it functions as transfer if either has the orgasm and indeed in the case of the physically expressed love between a mated pair which does not have the conclusion you call orgasm there is, nonetheless, a considerable amount of energy transferred due to the potential difference which has been raised as long as both entities are aware of this potential and release its strength to each other by desire of the will in a mental or mind complex dedication. You may see this practice as being used to generate energy transfers in some of your practices of what you may call other than Christian religious distortion systems of the Law of One.

Ra, 84.13

If both entities are well polarized and vibrating in green-ray love any orgasm shall offer equal energy to both.

Ra, 84.16

You may see that some information is necessarily shrouded in mystery by our desire to preserve the free will of the adept. The great key to blue, indigo, and finally, that great capital of the column of sexual energy transfer, violet energy, transfers, is the metaphysical bond or distortion which has the name among your peoples of unconditional love. In the blue-ray energy transfer the quality of this love is refined in the fire of honest communication and clarity; this, shall we say, normally speaking in general, takes a substantial portion of your space/time to accomplish although there are instances of matings so well refined in previous incarnations and so well remembered that the blue-ray may be penetrated at once. This energy transfer is of great benefit to the seeker in that all communication from this seeker is, thereby, refined and the eyes of honesty and clarity look upon a new world. Such is the nature of blue-ray energy and such is one mechanism of potentiating and crystallizing it.

As we approach indigo-ray transfer we find ourselves in a shadowland. We cannot give you information straight out or plain, for this is seen by us to be an infringement. We cannot speak at all of violet ray transfer as we do not, again, desire to break the Law of Confusion.

We may say that these jewels, though dearly bought, are beyond price for the seeker and might suggest that just as each awareness is arrived at through a process of analysis, synthesis, and inspiration, so should the seeker approach its mate and evaluate each experience, seeking the jewel.

Ra, 84.20

Questioner: Is there any way to tell which ray the transfer was for an individual after the experience?

Ra: I am Ra. There is only a subjective yardstick or measure of such. If the energies have flowed so that love is made whole, green-ray transfer has taken place. If, by the same entities' exchange, greater ease in communication and greater sight has been experienced, the energy has been refined to the blue-ray energy center. If the polarized entities, by this same energy transfer experience, find that the faculties of will and faith have been stimulated, not for a brief while but for a great duration of what you call time, you may perceive the indigo-ray transfer. We may not speak of the violet-ray transfer except to note that it is an opening to the gateway of intelligent infinity. Indeed, the indigo-ray transfer is also this but, shall we say, the veil has not yet been lifted.

Ra, 84.21

...the service-to-self choice is one which denies the very center of the spectrum; that being universal love. Therefore, all that is built upon the penetration of the light of harvestable quality by such entities is based upon an omission.

Ra, 85.11

The primary veiling was of such significance that it may be seen to be analogous to the mantling of the Earth over all the jewels within the Earth's crust; whereas previously all facets of the Creator were consciously known. After the veiling, almost no facets of the Creator were known to the mind. Almost all was buried beneath the veil.

Ra, 85.19

The so-called dreaming contains a great deal which, if made available to the conscious mind and used, shall aid it in polarization to a great extent.

Ra, 85.19

Perhaps the most important and significant function that occurred due to the veiling of the mind from itself is not in itself a function of mind but rather is a product of the potential created by this veiling. This is the faculty of will or pure desire.

Ra, 85.19

Your language is not overstrewn with non-emotional terms for the functional qualities of what is now termed unconscious mind. ...

The nature of the unconscious is of the nature of concept rather than word. Consequently, before the veiling the use of the deeper mind was that of the use of unspoken concept. You may consider the emotive and connotative aspects of a melody. One could call out, in some stylized fashion, the terms for the notes of the melody. One could say, quarter note A, quarter note A, quarter note A, whole note F. This bears little resemblance to the beginning of the melody of one of your composer's most influential melodies, that known to you as a symbol of victory.

This is the nature of the deeper mind. There are only stylized methods with which to discuss its functions. Thusly our descriptions of this portion of the mind, as well as the same portions of body and spirit, were given terms such as "far-seeing," indicating that the nature of penetration of the veiled portion of the mind may be likened unto the journey too rich and exotic to contemplate adequate describing thereof.

Ra, 86.6

Dreaming is an activity of communication through the veil of the unconscious mind and the conscious mind. The nature of this activity is wholly dependent upon the situation regarding the energy center blockages, activations, and crystallizations of a given mind/body/spirit complex.

In one who is blocked at two of the three lower energy centers dreaming will be of value in the polarization process in that there will be a repetition of those portions of recent catalyst as well as deeper held blockages, thereby giving the waking mind clues as to the nature of these blockages and hints as to possible changes in perception which may lead to the unblocking.

Ra, 86.7

The activity of dreaming is an activity in which there is made a finely wrought and excellently fashioned bridge from conscious to unconscious. In this state the various distortions which have occurred in the energy web of the body complex, due to the misprision with which energy influxes have been received, are healed. With the proper amount of dreaming comes the healing of these distortions. Continued lack of this possibility can cause seriously distorted mind/body/spirit complexes.

Ra, 86.12

Let us deal with the sexual energy transfer. Before the veiling such a transfer was always possible due to there being no shadow upon the grasp of the nature of the body and its relationship to other mind/body/spirits in this particular manifestation. Before the veiling process there was a near total lack of the use of this sexual energy transfer beyond green ray.

This also was due to the same unshadowed knowledge each had of each. There was, in third density then, little purpose to be seen in the more intensive relationships of mind, body, and spirit which you may call those of the mating process, since each other-self was seen to be the Creator and no other-self seemed to be more the Creator than another.

After the veiling process it became infinitely more difficult to achieve green-ray energy transfer due to the great areas of mystery and unknowing concerning the body complex and its manifestations. However, also due to the great shadowing of the manifestations of the body from the conscious mind complex, when such energy transfer was experienced it was likelier to provide catalyst which caused a bonding of self with other-self in a properly polarized configuration.

From this point it was far more likely that higher energy transfers would be sought by this mated pair of mind/body/spirit complexes, thus allowing the Creator to know Itself with great beauty, solemnity, and wonder. Intelligent infinity having been reached by this sacramental use of this function of the body, each mind/body/spirit complex of the mated pair gained greatly in polarization and in ability to serve.

Ra, 86.20

Upon the negative path the wisdom density is one in which power over others has been refined until it is approaching absolute power. Any force such as the force your group and those of Ra offer which cannot be controlled by the power of such a negative fifth-density mind/body/spirit complex then depolarizes the entity which has not controlled other-self.

It is not within your conscious selves to stand against such refined power but rather it has been through the harmony, the mutual love, and the honest calling for aid from the forces of light which have given you the shield and buckler.

Ra, 87.6

The fourth-density habit is that of offering temptations and of energizing preexisting distortions. Fourth-density entities lack the subtlety and magical practice which the fifth-density experience offers.

Ra, 87.9

The fourth-density negative entity has made the choice available to each at third-density harvest. It is aware of the full array of possible methods of viewing the universe of the One Creator and it is convinced that the ignoring and non-use of the green-ray energy center will be the method most efficient in providing harvestability of fourth density. Its operations among those of third density which have not yet made this choice are designed to offer to each the opportunity to consider the self-serving polarity and its possible attractiveness.

Ra, 87.11

We ask that you, who have been our friends... regard such as another opportunity to, as the adept must, be yourselves and offer that which is in and with you without pretense of any kind.

Ra, 88.12

As each planetary influence enters the energy web of your sphere those upon the sphere are moved much as the moon which moves about your sphere moves the waters upon your deeps. Your own nature is water in that you as mind/body/spirit complexes are easily impressed and moved. Indeed, this is the very fiber and nature of your journey and vigil in this density: to not only be moved but to instruct yourself as to the preferred manner of your movement in mind, body, and spirit.

Ra, 88.23

In and of themselves, the Major Arcana have no rightful place in divination but, rather, are tools for the further knowledge of the self by the self for the purpose of entering a more profoundly, acutely realized present moment.

Ra, 88.23

Questioner: What was the attitude prior to harvest of those harvestable entities of Ra with respect to those who were obviously unharvestable?

Ra: I am Ra. Those of us which had the gift of polarity felt deep compassion for those who seemed to dwell in darkness. This description is most apt as ours was a harshly bright planet in the physical sense. There was every attempt made to reach out with whatever seemed to be needed. However, those upon the positive path have the comfort of companions and we of Ra spent a great deal of our attention upon the possibilities of achieving spiritual or metaphysical adeptness or work in indigo ray through the means of relationships with other-selves. Consequently, the compassion for those in darkness was balanced by the appreciation of the light.

Ra, 89.29

Questioner: Would Ra have the same attitude toward the unharvestable entities or would it be different at this nexus than at the time of harvest from the third density?

Ra: I am Ra. Not substantially. To those who wish to sleep we could only offer those comforts designed for the sleeping. Service is only possible to the extent it is requested. We were ready to serve in whatever way we could. This still seems satisfactory as a means of dealing with other-selves in third density. It is our feeling that to be each entity which one attempts to serve is to simplify the grasp of what service is necessary or possible.

Ra, 89.30

About [the negatively polarizing entities on Venus] were soon gathered those who found it easy to believe that a series of specific knowledges and wisdoms would advance one towards the Creator.

Ra, 89.35

Questioner: By what means do these particular fourth-density entities get from their origin to our position?

Ra: I am Ra. The mechanism of calling has been previously explored. When a distortion which may be negatively connotated is effected, this calling occurs. In addition, the light of which we have spoken, emanating from attempts to be of service to others in a fairly clear and lucid sense, is another type of calling in that it represents that which requires balance by temptation. Thirdly, there have been certain avenues into the mind/body/spirit complexes of this group which have been made available by your fifth-density friend.

Ra, 90.3

Questioner: Then what you are saying is that once the path is recognized, either the positive or the negative polarized entity can find hints along his path as to the efficiency of that path. Is this correct?

Ra: I am Ra. That which you say is correct upon its own merits, but is not a repetition of our statement. Our suggestion was that within the experiential nexus of each entity within its second-density environment and within the roots of mind there were placed biases indicating to the watchful eye the more efficient of the two paths. Let us say, for want of a more precise adjective, that this Logos has a bias towards kindness.

Ra, 90.21

We came to your peoples to enunciate the Law of One. We wished to impress upon those who wished to learn of unity that in unity all paradoxes are resolved; all that is broken is healed; all that is forgotten is brought to light.

Ra, 90.29

Questioner: Thank you. You have stated previously that the foundation of our present illusion is the concept of polarity. I would like to ask, since we have defined the two polarities as service-to-others and service-to-self, is there a more complete or eloquent or enlightening definition of these polarities or any more information that we don't have at this time that you could give on the two ends of the poles that would give us a better insight into the nature of polarity itself?

Ra: I am Ra. It is unlikely that there is a more pithy or eloquent description of the polarities of third density than service-to-others and service-to-self due to the nature of the mind/body/spirit complexes' distortions towards perceiving concepts relating to philosophy in terms of ethics or activity. However, we might consider the polarities using slightly variant terms. In this way a possible enrichment of insight might be achieved for some.

One might consider the polarities with the literal nature enjoyed by the physical polarity of the magnet. The negative and positive, with electrical characteristics, may be seen to be just as in the physical sense. It is to be noted in this context that it is quite impossible to judge the polarity of an act or an entity, just as it is impossible to judge the relative goodness of the negative and positive poles of the magnet.

Another method of viewing polarities might involve the concept of radiation/absorption. That which is positive is radiant; that which is negative is absorbent.

Ra, 93.3

All uses of catalyst by the mind are those consciously applied to catalyst. Without conscious intent the use of catalyst is never processed through mediation, ideation, and imagination.

Ra, 93.10

All that assaults your senses is catalyst.

Ra, 93.11

The sphere of spiritual power is an indication indeed that each opportunity is pregnant with the most extravagant magical possibilities for the far-seeing adept.

Ra, 93.18

We may indicate that the crux ansata is a part of the concept complexes of the archetypical mind, the circle indicating the magic of the spirit, the cross indicating that nature of manifestation which may only be valued by the losing. Thus the crux ansata is intended to be seen as an image of the eternal in and through manifestation and beyond manifestation through the sacrifice and the transformation of that which is manifest.

Ra, 93.24

The figure [in Arcanum #4] is expressing the nature of experience by having its attention caught by what may be termed the left-hand catalyst. Meanwhile, the power, the magic, is available upon the right-hand path.

The nature of experience is such that the attention shall be constantly given varieties of experience. Those that are presumed to be negative, or interpreted as negative, may seem in abundance. It is a great challenge to take catalyst and devise the magical, positive experience. That which is magical in the negative experience is much longer coming, shall we say, in the third density.

Ra, 94.19

Questioner: Then I am guessing that the crossed legs of the entity in Card Four have a meaning similar to the crux ansata. Is this correct?

Ra: I am Ra. This is correct. The cross formed by the living limbs of the image signifies that which is the nature of mind/body/spirit complexes in manifestation within your illusion. There is no experience which is not purchased by effort of some kind, no act of service-to-self or others which does not bear a price, to the entity manifesting, commensurate with its purity. All things in manifestation may be seen in one way or another to be offering themselves in order that transformations may take place upon the level appropriate to the action.

Ra, 94.25

There is much of blessing in the gardening and the care of surroundings, for when this is accomplished in love of the creation the second-density flowers, plants, and small animals are aware of this service and return it.

Ra, 95.11

Questioner: What I meant to say was that the entity is guarded along the right-hand path, once it has chosen this path, from effects of the material illusion that are of the negative polarity. Would Ra comment on that?

Ra: I am Ra. This is an accurate perception of our intent, O student. We may note that the great cat guards in direct proportion to the purity of the manifestations of intention and the purity of inner work done along this path.

Ra, 95.23

Questioner: From that statement I interpret the following. If the Experience of the Mind has sufficiently chosen the right-hand path, and as total purity is approached in the choosing of the right-hand path, then total imperviousness from the effect of the left-hand catalyst is also approached. Is this correct?

Ra: I am Ra. This is exquisitely perceptive. The seeker which has purely chosen the service-to-others path shall certainly not have a variant apparent incarnational experience. There is no outward shelter in your illusion from the gusts, flurries, and blizzards of quick and cruel catalyst.

However, to the pure, all that is encountered speaks of the love and the light of the One Infinite Creator. The cruelest blow is seen with an ambiance of challenges offered and opportunities to come. Thusly, the great pitch of light is held high above such an one so that all interpretation may be seen to be protected by light.

Ra, 95.24

Questioner: I have often wondered about the action of random and programmed catalyst with respect to the entity with the very strong positive or negative polarization. Would either polarity be free to a great extent from random catalyst such as great natural catastrophes or warfare or something like that which generates a lot of random catalyst in the physical vicinity of a highly polarized entity? Does this great cat, then, have an effect on such random catalyst on the right-hand path?

Ra: I am Ra. In two circumstances this is so. Firstly, if there has been the pre-incarnative choice that, for instance, one shall not take life in the service of the cultural group, events shall fall in a protective manner. Secondly, if any entity is able to dwell completely in unity the only harm that may occur to it is the changing of the outward physical, yellow-ray vehicle into the more light-filled mind/body/spirit complex's vehicle by the process of death. All other suffering and pain is as nothing to one such as this.

We may note that this perfect configuration of the mind, body, and spirit complexes, while within the third-density vehicle, is extraordinarily rare.

Ra, 95.25

The observation of the right angles and their transformational meaning is most perceptive, O student. Each of the images leading to the Transformations of Mind, Body, and Spirit and ultimately to the great transformative Choice has the increasing intensity of increasing articulation of concept; that is to say, each image in which you find this angle may increasingly be seen to be a more and more stridently calling voice of opportunity to use each resource, be it experience as you now observe or further images, for the grand work of the adept which builds towards transformation using the spirit's bountiful shuttle to intelligent infinity. Please ask any brief queries at this space/time.

Ra, 95.27

The domicile in question has already been offered a small amount of blessing by this group through its presence and, as we have previously stated, each of your days spent in love, harmony, and thanksgiving will continue transforming the dwelling.

Ra, 96.4

May we note that just as each entity strives in each moment to become more nearly one with the Creator but falls short, just so is physical spotlessness striven for but not achieved. In each case the purity of intention and thoroughness of manifestation are appreciated. The variance between the attempt and the goal is never noted and may be considered unimportant.

Ra, 96.4

To put this into perspective we must gaze then at the stunning mystery of the One Infinite Creator. The archetypical mind does not resolve any paradoxes or bring all into unity. This is not the property of any source which is of the third-density. Therefore, may we ask the student to look up from inward working and

behold the glory, the might, the majesty, the mystery, and the peace of oneness. Let no consideration of bird or beast, darkness or light, shape or shadow keep any which seeks from the central consideration of unity.

Ra, 97.9

The flow of power, just as the flow of love or wisdom, is enabled not by the chary* conserver of its use but by the constant user.

Ra, 99.5

The principle which moves in accordance with the dynamics of teach/learning with most efficiency is constancy.

Ra, 99.6

Many use the trunk and roots of mind as if that portion of mind were a badly used, prostituted entity. Then this entity gains from this great storehouse that which is rough, prostituted, and without great virtue. Those who turn to the deep mind, seeing it in the guise of the maiden, go forth to court it. The courtship has nothing of plunder in its semblance and may be protracted, yet the treasure gained by such careful courtship is great. The right-hand and left-hand transformations of the mind may be seen to differ by the attitude of the conscious mind towards its own resources as well as the resources of other-selves.

Ra, 99.8

The free will of third-density entities is far stronger than the rather mild carryover from second-density DNA encoding and it is not part of the conscious nature of many of your mind/body/spirit complexes to be monogamous due to the exercise of free will. However, as has been noted there are many signposts in the deep mind indicating to the alert adept the more efficient use of catalyst. As we have said, the Logos of your peoples has a bias towards kindness.

Ra, 99.10

In this image of Transformation of Mind, then, each of the females points the way it would go, but is not able to move, nor are the two female entities striving to do so. They are at rest. The conscious entity holds both and will turn itself one way or the other or, potentially, backwards and forwards, rocking first one way then the other and not achieving the transformation. In order for the Transformation of Mind to occur, one principle governing the use of the deep mind must be abandoned.

Ra, 100.4

The entity which is given constant and unremitting approval by those surrounding it suffers from the loss of the mirroring effect of those which reflect truthfully rather than unquestioningly. This is not a suggestion to reinstate judgment but merely a suggestion for all those supporting instruments; that is, support, be harmonious, share in love, joy, and thanksgiving, but find love within truth, for each instrument benefits from this support more than from the total admiration which overcomes discrimination.

Ra, 101.8

We may note that the instrument has remained centered upon the Creator at a percentage exceeding ninety. This is the key. Continue in thanksgiving and gratitude for all things.

Ra, 102.2

Each entity must, in order to completely unblock yellow ray, love all which are in relationship to it, with hope only of the other selves' joy, peace, and comfort.

Ra, 102.11

We salute the opening of compassion circuitry in the questioner but note that that which is being experienced by this group is being experienced within an healing atmosphere. The healing hands of each have limited use when the distortion has so many metaphysical layers and mixtures. Therefore, look not to a healing but to the joy of companionship, for each is strong and has its feet set upon the way. The moon casts its shadows. What shall you see? Link hands and walk towards the sun. In this instance this is the greatest healing. For the physical vehicle we can suggest far less than you had hoped.

Ra, 102.21

As to the instrument, the journey from worth in action to worth in esse is arduous. The entity has denied itself in order to be free of that which it calls addiction*. This sort of martyrdom, and here we speak of the small but symbolically great sacrifice of the clothing, causes the entity to frame a selfhood in poorness which feeds unworthiness unless the poverty is seen to be true richness. In other words, good works for the wrong reasons cause confusion and distortion. We encourage the instrument to value itself and to see that its true requirements are valued by the self. We suggest contemplation of true richness of being.

Ra, 103.8

It is the way of distortion that in order to balance a distortion one must accentuate it.

Ra, 104.2

I am Ra. We leave you in appreciation of the circumstances of the great illusion in which you now choose to play the pipe and timbrel and move in rhythm. We are also players upon a stage. The stage changes. The acts ring down. The lights come up once again. And throughout the grand illusion and the following and the following there is the undergirding majesty of the One Infinite Creator. All is well. Nothing is lost. Go forth rejoicing in the love and the light, the peace and the power of the One Infinite Creator. I am Ra. Adonai.

Ra, 104.26

Within third-density, not to build into the physical vehicle its ending would be counterproductive to the mind/body/spirit complexes therein residing, for within the illusion it seems more lovely to be within the illusion than to drop the garment which has carried the mind/body/ spirit complex and move on.

Ra, 105.20

Therefore look you to your love and thanksgiving for each other and join always in fellowship, correcting each broken strand of that affection with patience, comfort, and quietness.

Ra, 105.22

Perceive the group as here, a location in time/space. Within this true home, keep the light touch. Laugh together, and find joy in and with each other.

Ra, 106.20

We suggest the nature of all manifestation to be illusory and functional only in so far as the entity turns from shape and shadow to the One.

Ra, 106.23