

A BOOK OF
DAYS

CHANNELING FROM THE HOLY SPIRIT



Copyright © 2007 L/L Research

All rights reserved. No part of this book may be reproduced or used in any form or by any means—graphic, electronic or mechanical, including photocopying or information storage and retrieval systems—without written permission from the copyright holder.

ISBN: 0-945007-18-3

Published by L/L Research

Box 5195

Louisville, Kentucky 40255-0195

Telephone and fax: (502) 245-6495

E-mail: contact@llresearch.org

www.llresearch.org

Printed in Canada

DEDICATION

For Morris Hoagland
Elizabeth Hoagland Pelham
And Frank and Ethel Hoagland
With profound thanks
For your inspiration
Affection
And incredible support
Through a lifetime
Of years

ABOUT THE AUTHOR



Carla Lisbeth Rueckert was born on July 16, 1943 in Lake Forest, IL. She grew up in Louisville, KY and graduated from the MacDuffie School in 1961. She attended the University of Louisville, earning a Bachelor of Arts Degree in English Literature in 1966. This was followed by a Master's degree in Library Arts from Spalding College in 1971. Carla worked as a librarian for The Kentucky Home School, a thirteen-grade school for girls, as a school librarian until she was hired by Don Elkins to do paranormal research.

They formally created L/L Research in 1970. Elkins and she wrote *Secrets of the UFO* and *The Crucifixion of Esmerelda Sweetwater* together. Carla's other books include *A Channeling Handbook* and *A Wanderer's Handbook*.

Carla has served as a vocal channel since 1974 and was the instrument for the five *The Law of One* books. Carla continues to channel and offers personal counseling and channeling sessions. She presently lives in Anchorage, KY, with her husband Jim, their research associate, Gary L. Bean, and their three cats.

ACKNOWLEDGEMENTS

Firstly, thanks and praise to James Allen McCarty, who faithfully manned the recording equipment 470 times while I generated the short channelings in this volume and who originally transcribed some of the material.

Thanks to Morris Hoagland for encouraging me to finish this project! Morris, your nagging was quite necessary and much appreciated!

Thanks to Gary L. Bean, who took on the job of transcribing the “lost sessions” with skill and love.

Thanks to Ian Jaffray, who produced this handsome volume.

Thanks to Michele Matossian, whose inspired illustration graces this book’s cover.

Most of all, thanks, praise and blessing to my guidance, The Holy Spirit, who gave us these thoughts. Thank you, Holly!

INTRODUCTION

Come, Holy Spirit! Fill the hearts of your faithful, and kindle in us the fire of Your love. Send forth Your Spirit and we shall be created, and You shall renew the face of the earth! O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit we may ever be wise and enjoy Its consolation. Amen.

This prayer, which I learned at an Episcopal Cursillo weekend in 1983, inspires me still, every time I offer it. It helps me to remember that we do not have to depend entirely upon ourselves and our “street smarts” to live a life of faith, hope and peace. We can turn, each and every day, to the Holy Spirit and ask for Its guidance and consolation. And we can watch our lives become ever more meaningful and beautiful as the Holy Spirit enkindles our hearts and firms our intentions.

We all live in two worlds at once. The outside world is noisy and restless. We hear the engines on the road, the voices on the telephone and at the door, and the din of our own unsettled thoughts. And although I do see the beauty and the blessing of that outer life, I constantly yearn for my Redeemer and Its voice. I cannot rest until I rest in the Lord.

Daily, in utmost thankfulness, I turn to the inner world, and here I hear no sound except that “still small voice” which radically and daily transforms my life, tosses me into my service and learning moment by moment and serenely guides me through every circumstance I encounter.

In offering to you these daily thoughts which I have collected, I offer you some of the fruits of my inner life. I make no claims for them whatsoever. I do not claim that this material is from the one and only Holy Spirit and therefore must be

believed by all. I do not claim that this material is sacred or divinely inspired. I wish only to share these thoughts with those who may find them comforting and enlivening in their own lives.

A word about the format of these readings. The opening and closing greetings are artefacts of my channeling process. When I converse with the Holy Spirit, as I do sometimes using pencil and paper and writing down my questions, the responses are offered to me with less formality.

The readings as you see them begin after I have finished the challenging process and have accepted the contact with the Holy Spirit, who opens by greeting me. Because the channeling is being offered aloud, there is also a closing greeting when the reading is done.

Generally speaking, the meat of the reading lies between the opening greeting and the closing greeting. If you find these greetings repetitive, you can move directly to the thought for the day.

If you are interested in learning more about the research behind this book, please consult Appendix A, in which I discuss this research.

May these thoughts for the day bless you richly.

Carla Lisbeth Rueckert

L/L Research
Louisville, Kentucky

July 26, 2007

JANUARY I

THE BANQUET OF LIFE

I am of the principle of Jesus the Christ and I greet you in the consciousness of divine love.

I greet you this day in merriment and laughter, joy and freedom. I invite you to the banquet of life. Gaze at the table spread before you: the delicious zest of challenges yet unmet; the wonderful nourishment of companions, friends and family; the spice of those whom you shall meet but not understand—those most contrary flavors that often make the meal and bless the feast—and, above all, the beauty of the banquet hall.

Gaze about you today in prayerful thanksgiving for the beauties that love has made.

You are a perfect and divine part of a perfect and divine creation. And that which you see before your eyes may be feast or famine. Ask of yourself that you choose what you shall see. And if you choose to see the riches of the creation of the Father, great riches indeed shall you see.

We leave you in peace, joy and laughter, now and ever.
Amen.

JANUARY 2

THE JOY IN LABOR

I am the spirit of the full consciousness of Christ, the principle expressed by Jesus Christ. I greet you in the love that creates, sustains, renews and transforms all of creation.

We see that your minds are much bent upon the prosecution of worldly duties. We suggest to you that all employment is gainful if it be centered on the love of the Creator, expressed in any way whatsoever that seems most fitting to you.

However, there is no employment which is gainful if there is removed from the doer of such work the consciousness of the true motivation of all labor; that is, the glory, the worship, and the rejoicing in the presence and the power of the love of Christ which lies behind and is the motivation for all labor.

There is no less joy in working over columns of figures or recalcitrant earth than there is in studying the most exalted thoughts and sayings, if both tasks be done in equal consciousness of the end of all labor. Be you, therefore, mindful, as you work and as you rest from work, that all things adumbrate to the glory of the Creator, or the hollow echo of your weary soul shall fail to satisfy, whatever your labor.

We leave you in the peace of the mind that dwells in love, now and evermore. Amen.

JANUARY 3

A DAY OF FORGIVENESS

I am of the principle of the consciousness of Jesus the Christ.
I greet you in whole and divine love.

The Master calls each to a day of forgiveness. Let this be such
a day.

During this day, note each to whom your heart has become
hard, that you may take this opportunity to call and pray for
grace; that you may know how to forgive; that you may learn
the gentility, the transformation, and the peace of forgiving.

For what is there to forgive between children in the same
family? Do not all families learn from rubbing against each
other, perhaps even causing friction but always working as a
family? Such is your condition as a soul in the creation in
which all of consciousness are children of one Father.

Let this day be your day of forgiveness of others, of yourself,
and of your Father. Many things are beyond understanding.
But the love and the peace of forgiveness are food for the
heart and drink for eternity.

We leave you in forgiveness, peace and divine love, this day
and evermore. Amen.

JANUARY 4

THE COLD OF HUMAN COMMONPLACE

I am of that principle which is the essence of divine love. I greet you in the full consciousness of that love which is in Jesus the Christ.

How tightly are the seeds furled against the cold of winter this day. And how tightly are your hearts guarded in their hope for growth. They contract, shrinking from the cold of the human commonplace.

Yet we say to you that within the spirit of the consciousness of love lies an eternal springtime. Seek in each daily activity this day the dance of joy which the spirit offers to unfurl the heart within and to join work and love.

May your day dance. May your heart know both winter and the goodness of nurturing and waiting and the eternal springtime of right action led in hope, love and peace. For as you call the spirit, so these qualities come in answer.

We leave you in that great peace, now and ever. Amen.

JANUARY 5

THE HOME OF THE HEART

I am of the spirit of Jesus the Christ, the vibration of the full consciousness of love which comforts this instrument. I offer greetings to you who come in the name of love, greetings of love, of wisdom, of understanding, of power, and of all the mysteries that cannot be grasped or solved within the world of your minds, hearts and hands.

Yet I come without a home, seeking the only home which the consciousness of love may ever have: the home of the heart, the mind, and the hand which seeks, accepts and worships those mysteries which, through faith, seem lovely and true.

Into your home we come to dwell, thanking you for your hospitality and sharing with you those light qualities that may illumine your home and structure and manifest the full consciousness of love into the world which you know and of which you must expect the giving and taking of many confused perceptions.

The spirit and you who seek the consciousness of love are one, incomplete without each other, united before time and after time. We thank each who invites love and to each we shall come in joy.

May peace be yours now and ever. Amen.

JANUARY 6

YIELDING TO UNMASTERED DESTINY

I am the Comforter of this child, the principle of the full consciousness of love. I come in the name of Jesus Christ and greet you in the consciousness of love.

Aforetimes it has often been said that men will do as they do for reasons unknown even to them and that the world is a various place, full of difficulties and unexpected pitfalls. And so there is no need to plan for the future; no need to attempt the goodness of spirit or a trusting quality in personality. For are not all things blown by the wind and destined to perish?

Indeed, this yielding to destiny will always be a temptation for those who strive to know the love of Jesus Christ. Such is the appearance of your mundane world. This is why the door is so often closed against our advent into your consciousness, The world you perceive is too much with you and the world you wish to perceive is invisible. What need would there be of faith if you could see the wind and fire of spirit and transformation?

Yet we ask that as each perception of unmastered destiny rises before you, you open the door to a new perception of that same destiny in order that your present moments may find all things possible and all hope gladdening your heart and encouraging your thoughts.

Seek us. Seek love. Seek the truth. For only through determination can such a measure of intelligence come through the doors of your perception.

May you seek and practice peace and may peace be yours, now and ever. Amen.

JANUARY 7

SPEND YOURSELVES WISELY

I am the spirit of the consciousness of love. I come in the name of Jesus the Christ, in the vibration which comforts this instrument.

It is an unhappy thing that your peoples find so much pleasure in vain recreations and idle pursuits. For the right use of the illusion may be seen to be that not of the path of least resistance but often the path of most resistance.

Yet it is no penalty to those who must rest from their labors. Rather, it shall be seen, in the context of larger life, that so much precious time was spent as a spendthrift spends money, not for gain but for gadgets.

Spend yourselves, my children, and do not count the cost. Insofar as your will is able to lead you, when the time comes for rest accept your limitations and lie down to be comforted in whatever distractions amuse you. Yet know that if there is energy within you and you spend it foolishly, you shall count it against yourself in the eternal now which is your birthright.

We wish you peace, yet peace which has the sword's edge; peace that shall forever remove the virginity of innocent delight from your days and replace it with the worshipful gaze of the lover. Amen.

JANUARY 8

THE HOLINESS OF HIGH PLACES

I am of Jesus Christ. The full consciousness of love is the principle which wings my being into the nexus of your own. We who are of the principle of Jesus Christ greet you in that consciousness of love which pervades all things.

It has long been in the consciousness of humankind that the high places, the mountains and hills, are holy. Is there superstition and false belief to the holiness of high places? Perhaps some, and yet it is most certainly true that the spirit of the one Lord of all things dwells more purely in less cluttered atmospheres and is more prevalent in the perceptions of those who seek to rise, literally and symbolically, from the miasma of thought pollution which infects any crowded community.

We are able to speak anywhere, under any conditions. Yet the voice of love is often silent. To hear the stillness, it is often most helpful that the distractions of noise from other minds and other hearts which seek after other faces of the Lord be somewhat removed, both literally and, shall we say, psychologically. If you cannot get yourself to a high place within your external world, be absolutely certain that the high places within your own hearts are kept.

We leave you in the peace of holy places and still thoughts, now and forever. Amen.

JANUARY 9

THE HEART OF WHAT YOU LEARN

I am the spirit of Jesus the Christ and I greet you in the full consciousness of divine love.

Much is not known to you. And because your minds ceaselessly seek knowledge, your ignorance is a burden. And you are concerned with learning more, gaining information and so controlling your environment.

The forces of love are not inimicable to the forces of mind. Rather, the voice of the spirit is that which, through and beneath all written and intellectual learnings, brings the heart of what you learn to the center of your own mind, thus ordering in a helpful and compassionate way that data which your mind would otherwise make into a maze into which it wanders, confused and uncertain.

By all means, seek that information which humankind has collected. But seek also that great judge and orderer of what is, for you and you alone, the creative and shaping force of the spirit of love. Thus peace and right knowledge shall be yours and your path shall be made clear. Trust your world, remembering to keep it in the hands of the spirit of Jesus the Christ.

We leave you in peace, now and ever. Amen.

JANUARY 10

BEHIND EVERY THOUGHT

I am the spirit of the Lord Jesus Christ in the vibration of the consciousness of love which is balanced fullness to this entity. We greet each in the full measure of love which is the Father's birthright to His children and the nature of the universe.

In measured steps did the Creator move upon the waters of your consciousness to create a consciousness of peace, an awareness of light, and a sensibility to detect and discern the creatures and ministers of light. Behind every thought and every concept waiting behind the closed door of emotion, there waits the spirit of a lively and all-consuming love, a spirit which engenders peace and joy. In no way can we sell at reduced rates the precious gift which has no price but must exact from each recipient a small awareness in welcoming.

The emotions of darkness are like a cloud around the spirit of those who cannot find enough faith to ask that love's consciousness be a gift in the darkness. Yet we pray and wait for the opportunity to shine like a beacon upon the inward thoughts of those who do seek peace. Though there is great mystery to the consciousness of love, yet the mystery lies not in the mechanics of connection with it.

My peace I leave with you, now and always. Amen.