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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

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SECOND MONDAY MEDITATION

APRIL 8, 1974

(Unknown channeling)

I ... I am ... I am ... I ... I am ... I ... I am ... I am ...
... I am ...
... I am ... *(inaudible)* I am ... I am with the
instrument. I am Oxal. I greet you, my friends, in
the love and the light of our infinite Creator. I am
the one known to you as Oxal. It is once more a
great privilege to speak with this group. I am Oxal. I
am at this time ... I am at this time in a craft above
your house. This craft is of a type that you
(inaudible) this type of craft *(inaudible)* small vehicle
used for short reconnaissance type of *(inaudible)*. We
are at this time in position to *(inaudible)*. We are at
all times available to serve, however it is impossible
for us at this time to meet with you in a direct
physical way. We realize that you would wish to
meet with us and we wish for the same *(inaudible)*.
However, at this time it is not possible for us to do
this.

(Unknown channeling)

(Inaudible).

(Unknown channeling)

As new channels are developed you will find degrees
of difference in communicating. This is natural, my
friends. Be patient. *(Inaudible)* I am *(inaudible)* we
are here to help you in any way that we can. We are
here to serve your peoples, to aid your growth and
development of your planet's consciousness.

(Inaudible) it pleases ... as it pleases us to have the
opportunities for communicating to a small degree.

(Pause)

As I was saying, a small degree. A small degree of
infinite knowledge that is in store for you as you
grow with the new vibrations of your planet. We are
here to offer our aid, to share our love, *(inaudible)*. I
am Oxal. I shall now leave this instrument and then
attempt to condition the various instruments
(inaudible). I am Oxal. *(Inaudible)*.

(Unknown channeling)

I am Oxal. I am with this instrument.

(Unknown channeling)

I am Oxal. I am with this instrument. I am having
(inaudible) difficulty. I am having some difficulty
with this instrument. I will attempt the instrument
known as D *(inaudible)*.

(D channeling)

I am ... I am ...

(Pause)

I am Oxal. I am with the instrument. I am sorry for
the delay. It is a great privilege to be with you this
evening. I am the one known to you as Oxal. I am
speaking through this instrument. I am of the
Confederation of Planets in the Service of the
Infinite Creator. I am in a craft above your house. I

am speaking to you directly from this craft. I am in this craft at this time for a particular purpose. You will become aware of this purpose as I speak to you. We of the Confederation of Planets in the Service of the Infinite Creator are here to serve. We are here to serve in more ways than one. We have primarily attempted to serve you in arousing the interest in seeking. However, shortly we must serve you in an additional way. This addition (*inaudible*) will be in a more direct way.

It will be necessary if we are to do this that you prepare yourselves for this meeting. This may be done by availing yourselves (*inaudible*) to meditation. We will not be able communicate with you unless you are able to avail yourself to our thoughts in meditation. We cannot contact you in the manner you are accustomed to using upon the surface of your planet. This would be of no avail. We do not have concepts in your language that we wish to convey; we have concepts that are not within your language. If you will avail yourself in meditation to us we will prepare for our (*inaudible*), but this is essential.

We are going to at this time prepare each of you in a certain way. It will be obvious to you. Please be patient for a few moments.

(Pause)

(Unknown channeling)

(Inaudible). As we do this, feel the rhythm ... the rhythm of your breath (*inaudible*) as it slowly becomes one with all that surrounds you. This realization is important. It is a major step towards reaching a new level of consciousness for the peoples of your planet. Only then can you begin to experience (*inaudible*) level of vibration of this planet ... of this planet Earth but only if there ... It is important to master the technique if we are truly communicating (*inaudible*). All the peoples of your planet have this potential if they so desire it. We realize that it is sometimes difficult for the level of your awareness (*inaudible*) is small beginning in the realm of the creation but, my friends, (*inaudible*) if you so desire it. There are no rules that omit any one of you (*inaudible*) with the growth if any within your group (*inaudible*) begin to feel.

This road is an individual road. The growth, my friends, is a vibration which can be felt by all of the peoples around you. We of the Confederation of

Planets in Service to the Infinite Creator are very concerned about the course your planet has chosen to follow. When we speak of planet we speak of the peoples of your planet for they do represent the vibration of the creative intelligence of life. My friends, if you are to survive you must grow. It is our wish to help you grow ... to transcend the vibration of hate and replace it with one of love. For love is all there is, my friends. This is the mainstay of all creation. We offer it to you. You must learn to offer it to all of you ... to all of those around you. Only as you begin this course will you help. Your planet, my friends, is in the midst of many changes. These changes will affect your lives in many ways. I know it is hard for you to understand, but you must trust for we do bring love.

(Tape ends.) ✽