

STUDY MATERIAL FOR THE CHAKRAS OF
MIND/BODY/SPIRIT

READING & DISCUSSION QUOTES

QUOTES FOR FURTHER STUDY

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L/L RESEARCH

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RED RAY

READING & DISCUSSION QUOTES

Session 31

RA: The first energy transfer is red ray. It is a random transfer having to do only with your reproductive system.

QUESTIONER: Could you define sexual energy transfer and expand upon its meaning, please?

RA: I am Ra. Energy transfer implies the release of potential energies across, shall we say, a potentiated space. The sexual energy transfers occur due to the polarizations of two mind/body/spirit complexes, each of which have some potential difference one to the other. The nature of the transfer of energy or of the blockage of this energy is then a function of the interaction of these two potentials. In the cases where transfer takes place, you may liken this to a circuit being closed. You may also see this activity, as all experiential activities, as the Creator experiencing Itself.

QUESTIONER: Could this then be the primal mechanism for the Creator to experience Itself?

RA: I am Ra. This is not a proper term. Perhaps the adjectives would be “one appropriate” way of the Creator knowing Itself, for in each interaction, no matter what the distortion, the Creator is experiencing Itself. 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 other-self, thus polarizing towards positive.

QUESTIONER: Can you expand somewhat on the concept that this action not only allows the Creator to know Itself better but also creates, in our density, an offspring or makes available the pathway for another entity to enter this density?

RA: I am Ra. The sexual energy transfers include the red-ray transfer which is random and which is a function of the second-density attempt to grow, to survive, shall we say. This is a proper function of the sexual interaction. The offspring, as you call the incarnated entity, takes on the mind/body complex opportunity offered by this random act or event called the fertilization of egg by seed which causes an entity to have the opportunity to then enter this density as an incarnate entity.

This gives the two who were engaged in this bisexual reproductive energy transfer the potential for great service in this area of the nurturing of the small-experienced entity as it gains in experience.

It shall be of interest at this point to note that there is always the possibility of using these opportunities to polarize towards the negative, and this has been aided by the gradual building up over many thousands of your years of social complex distortions which create a tendency towards confusion, shall we say, or baffling of the service to others aspect of this energy transfer and subsequent opportunities for service to other selves.

QUESTIONER: If a sexual energy transfer occurs in green ray—and I am assuming in this case that there is no red ray energy transfer—does this mean it is impossible for this particular transfer to include fertilization and the birthing of an entity?

RA: I am Ra. This is incorrect. There is always the red ray energy transfer due to the nature of the body complex. The random result of this energy transfer will be as it will be, as a function of the possibility of fertilization at a given time in a given pairing of entities each entity being undistorted in any vital sense by the yellow or orange ray energies; thus the gift, shall we say, being given freely, no payment being requested either of the body, of the mind, or of the spirit. The green ray is one of complete universality of love. This is a giving without expectation of return.

Session 39

RA: Firstly, the basic energy of so-called red ray. This ray may be understood to be the basic strengthening ray for each density. It shall never be condescended to as less important or productive of spiritual evolution, for it is the foundation ray.

QUESTIONER: In order to clarify a little bit I would like to ask this question: If we have a highly polarized entity polarized towards service to others and a highly polarized entity polarized towards service to self, what would be the difference in the red ray of these two entities?

RA: I am Ra. There is no difference in equally strongly polarized positive and negative entities as regards red ray.

Session 49

RA: 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.

Session 84

QUESTIONER: I am guessing that what happens is that when a transfer takes place the energy is that light energy that comes in through the feet of the entity and the voltage or potential difference is measured between the red energy center and, in the case of the green ray transfer, the green energy center and then must leap or flow from the green energy center of one entity to the green energy center of the other, and then something happens to it. Could you clarify my thinking on that?

RA: I am Ra. 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.

Session 87

QUESTIONER: In our particular illusion the sexual potential for the male seems to peak somewhere prior to the age twenty and the female's peak is some ten years later. What is the cause of this difference in peaking sexual energy?

RA: I am Ra. We must make clear distinction between the yellow-ray, third-density, chemical bodily complex and the body complex which is a portion of the mind/body/spirit complex. The male, as you call this polarity, has an extremely active yellow-ray desire at the space/time in its incarnation when its sperm is the most viable and full of the life-giving sperm. Thusly the red ray seeks to reproduce most thickly at the time when this body is most able to fulfill the red-ray requirements.

The yellow-ray, chemical body complex of the female, as you call this polarity, must needs have a continued and increasing desire for the sexual intercourse for it can only conceive once in one fifteen to eighteen month period, given that it carries the conceived body complex, bears it, and suckles it. This is draining to the physical body of yellow ray. To compensate for this the desire increases so that the yellow-ray body is predisposed to continue in sexual congress, thus fulfilling its red-ray requirement to reproduce as thickly as possible.

March 4, 2001

Q'UO: In dealing with the energetic body, the relationship of the energy body to the physical body is not as straightforward as it may seem to be when thinking in a linear fashion concerning issues connected with the various chakra energies.

It is the tendency of this instrument, and certainly many who work with the concepts of the chakra centers, to tend to categorize energies as to chakra and to analyze them as to chakra source. This is in some cases of a limited amount of help. It is sometimes quite possible to analyze a situation in terms of chakra origination when it comes to blockage or over-activation. However, the limitations of this way of gazing at or analyzing chakra energies is that the chakras do not work separately, but rather work as a system and in addition have important and significant connections between finer bodies within higher densities as the process of learning by faith and receiving by faith now goes on.

We would begin then by suggestion that it is well, when faced with a perceived imbalance in the energy body, to realize that the situation is non-local, no matter how local it may seem. That is, it may seem that there is a red-ray over-activation or a red-ray blockage and that this is then removing energy from the red ray. In actuality, the energies of the system are seldom blocked in only one ray because of the interrelationships between the rays, especially between the primary rays and also because of the centrality of the heart to those who are working in service-to-others polarity.

In the case of perceived red-ray blockage, for instance, it is well to gaze carefully at the nature of red ray. It is that first gateway of the energetic body. It is that first gateway that allows in the infinite energy of the one infinite Creator. The easy way to gaze at energy systems is to look at the blockages and, one by one, to remove them.

However, the subtleties of each chakra move beyond the stated venue or placement of that chakra. That is to say, certainly the red-ray blockage has to do with sexuality in a linear sense, but in a very significant non-linear sense it has far more to do with the processes of love and fear as regards survival. Survival is a vital and hidden issue for an entity that is well fed, decently clothed, warm and with a roof over the physical head.

It does not occur to the waking consciousness that there is a survival issue with regards to sexuality, for sexuality is clearly not necessary for survival. However, in the gateway to the metaphysical body or energy body one also is gazing at the gateway to the physical body, and this connection between physical and metaphysical bodies creates the situation in which the instincts of the physical body have a sometimes striking and, again, hidden effect upon the perceived experience of blockage in red ray, so that that which is perceived as sexual frustration is actually the cry of the heart to survive.

There is no issue tougher than the red-ray issue because that natural function is so strong in the physical body, and the emotional need for connection and companionship, to which sexuality is the door within your peoples, is so very strong. There is, certainly, no way that any can control and, by doing or not doing some physical thing, solve the discomfort of the physical body when its natural sexual functions are denied.

When this occurs, according to the nature of the individual and its energy system, there will be some degree of suffering. For some entities it is negligible, unnoticeable, or minor. For others it is an enormous and very substantial problem and certainly one that cannot be ignored.

April 9, 1995

Q'UO: Any plant begins its life within the soil; and although you no longer are attached to the earth by roots that are visible, yet the physical body which carries you about has its origin, its life, and its energy because of its oneness with the earth plane.

The amount of sheer energy vibrating betwixt earth and physical vehicle is astounding. Yet it cannot be acknowledged and used nearly so well by one who is working upon upper chakras unless that entity has the patience, the humility, and the determination to come into contact with that earth, that soil of self; for the sexual identity is as powerful and as completely unique a part of the individual spirit or soul as any other incarnationally expressed energy.

This is the energy which creates a healthy plant, a healthy body, the energy that gives a primal "yes" to being. This is moreover (as are all energies), a sacred, a holy energy; and the sexual intercourse is as the Eucharist of red ray, the holy communion of the body. This union recapitulates the oneness of earth and sky, the oneness of male and female, the oneness of reaching and waiting.

Now, when we speak of sexuality, we do not simply speak of sexual acts, for this energy is constant; and though its appearance in the conscious mind is cyclical, its place in the scheme of things, shall we say, is constant.

How does one work upon the red ray? First, one simply has to become able to express to the self precisely what the attitude is, for we find among your peoples a great ability

to gloss over uncomfortable subjects with generalities and half thought-out concepts. There is inevitable damage done, if one would call it that.

There is, shall we say, inevitable distortion that has taken place for each and every entity within incarnation. For like the rest of the incarnational tools and resources, sex is intended to cause great catalyst, to cause entities to feel all kinds of befuddlement, anger, grief, and so forth. That is one of the great virtues of sexual intercourse and the relationship between two entities concerning their sexuality and their expression, one with the other. One is intended to find this a difficult thing, at least from time to time, for the journey from head to heart must be taught at every level of energy.

So, one may work on the issue of becoming more balanced in red-ray energy whether or not one is in relationship; whether or not one is sexually active. In terms of doing one's homework, shall we say, it does not matter what the situation is, for each entity's sexuality lies at the very heart of its individuality, and each entity must needs work upon its own issues, its own sexuality. It is well to attempt, then, gently to part the strands that are tangled in the process of perceiving one's relationship to another sexually so that the other entity's issues stay with that entity, so the self works completely upon the self; and perhaps its reactions may offer that catalyst for thinking which does create lessons learned and the strength of vital energy improved.

As the Creator intended, third density is always concerned with the dualities of dynamic opposites; and the male reaching and the female waiting is the strongest dynamic of red ray. So let us look briefly at the reaching and the waiting.

It is not just the mind and the spirit that are involved in the processes of reaching, for the physical vehicle has instincts that are very clear. The perpetuation of the species, as this instrument would call it, is completely dependent upon that male necessity for reaching. Thus it is, that the body itself has the instinct to reach; and of course, those females who have an abundance of male energy shall also find themselves involuntarily reaching out to the sexuality of a male that has caught the eye. This energy can be perceived as being very negative because it can be confrontive, and because the deepest instinct of one who awaits reaching is protection.

Now, what is it for which the male reaches, beyond that is, the obvious? What is it that is at the heart, spiritually speaking, of this energy? As always, it is unity. The prize is great for those who wish to purify and strengthen this energy until it finds balance within the self. Thusly, males have the necessity of dealing with the catalyst of attraction to any attractive and available female. Indeed, that male energy is capable of reaching in fantasy, in thought. There does not even need to be the stimulus of the female which is present. This ensures that the species will survive as long as the planet is viable.

Meanwhile, for the female energy, there is the opposite side of this dynamic. Unity there is, but an articulated unity. Males who have much female energy also find themselves involuntarily drawn into the contractions of one who protects one's self. This energy is so powerful that there is the necessity for the female or negative energy to be watchful, cautious, and protective. It is not for the female energy to seek the indiscriminate reaching, but rather, the careful protection. For the unity that is articulated betwixt male and female is that mystery which is the One Great Original Thought. Female energy potentiating male energy equals subconscious energy run through conscious channels.

So each becomes a channel for the one great original Thought which is love. And in the sexual mating betwixt two who grasp the profundity and centrality of the energies of love-making, there is the possibility of touching intelligent energy; and in this fusion, the two truly are one. From this rise male and female, blessed, balanced, and healed.

We ask each to consider the archetype known as "The Lovers". In this figure, a male stands with a female on each side; to one side, the virginal; upon the other side, the worldly and prostituted female energy. It is the first choice, the most obvious choice, for the male who comes into possession of that sexuality which shall be its catalyst for a lifetime, to reach for that sexuality in the female which is obvious; and indeed, there is that portion of any male energy which shall always be attracted to the prostituted and the shallow. This is natural. Yet, to the man who seeks until he finds that female which he feels he can work with in all humility, to this entity is given a great deal of aid. For if male and female wish equally to work together at this energy level, then there is for both a constant supply of transferred energy—to the man the mental and emotional inspiration, to the female, that physical, vital energy—each giving what each has in abundance and receiving what each has not enough of.

We mention this archetype because there is a continuing need for entities to reconfigure and re-balance themselves, for there is little probability that a seeker may become perfect in this or any practice of disciplining the self again and again. That male energy which is such a blessing in its abundance and its strength may well fall into a season wherein images come and come and come into the mind and it seems that there is nothing but lasciviousness within. And for the female there is that tendency to allow the protectiveness that is appropriate to degenerate into bitterness and fear; and the separation that occurs because of these things is substantial.

Therefore, in working with each other in relationship, that energy we would call forgiveness is most important.

March 25, 2007

Q'UO: The power of sexuality does not go away because there is no intention to reproduce the species. That reproductive function is an helpful function to a certain extent but it is not that with which spirit has anything whatsoever to do. That instinct of reproducing the species as thickly as possible is a pure red-ray instinct. When you begin talking about the power of sexuality and you are not talking about having children, then you are beginning to talk about the possibility of sacred sexuality.

There is no function for the woman having an orgasm during sexual relations if the desire begins and ends in the sacred mission of creating a child. Therefore, the easy access, shall we say, to stimulation which would result naturally in orgasm, was covered over by folds which one could think of as petals of a rose. They are not defensive but they are protective and in an archetypal way. Just as the archetype of the Potentiator of the Mind has a cover over the book of wisdom that she holds to her heart, so a woman's womanhood has a veil that protects it from the casual stimulation of sexual congress.

In order to create a female orgasm, it is most often necessary for the mated pair to go about that in a careful and conscious manner. You have heard the phrase about pearls before swine, and we do not mean to insinuate or in any suggest that your physical bodies are swine. What we do mean to suggest is that the energy of red ray is an energy that cannot function as an energy transfer in the same sense in which we speak when we are talking about sacred sex.

Indeed, for the untutored entity who may indeed be fond of this lover, or even have decided to marry and take a spouse, these orange- and yellow-ray activities of personal relationship and legal relationship are not yet enough to create a true energy exchange. The only kind of energy exchange that is possible at this level is a one-way exchange from one entity to another. This has been experienced by many within personal relationships and within marriages.

If you are a man, your mate is the feminine energy of the Creator. If you are a woman, your mate is the male energy of the Creator. Together, you make the full 360 degrees of Creatorship that takes in all the polarities that you both express. You have shared all that you are and you have become one with the Creator.

How can you, then, value the female orgasm? You value it by creating a safe atmosphere in which such a thing can take place. You value it by continuing an atmosphere of gentleness, honor, romance, if you will: those small things that, to the feminine temperament, indicate a genuine and deep interest and not simply the red-ray sexual energy of lust.

If you are a woman, you treasure yourself. You do not worry about having an orgasm, as if it were the same thing as a man's orgasm for, my friends, it is not. Certainly it can

be made rough and primitive. It can have the energy simply of sexual congress in the red ray. However, it is far more likely for the feminine temperament to appreciate what's going on when that orgasm happens to her. For a woman tends to have more of a connection with the unseen world. So, she is actually more aware of the kind of energy that is pouring through her when she is expressing an orgasm physically.

Consequently, a woman in that position is a priestess, just as a man is a priest, in sexual intercourse when they are working together sacredly. But to the man goes that kind of energy that is called by this instrument "yang," to the woman goes the energy that is considered by this instrument "yin," so that, in the sexual energy exchange that is sacred in nature, from the man comes that powerful energy of physical wellness and vitality—that which you think of when you think of the word "masculine."

What the feminine offers is the inspiration from spirit. That is the other portion of that male expression of strength, power and virility. The woman is expressing acceptance, unconditional love, and the energy of the Creator Itself. For you see, the woman, unlike man, is possessed of a direct route or connection to the womb of, shall we say, Mother Nature or the red-ray energy of planet Earth.

The woman has that sea of infinity and eternity flowing through her. She is much closer to her priestliness because she must tend to the circumstances of her menses monthly and she feels the pull of the moon, the tides, and her passions in a way that, generally speaking, men are not encouraged to do in your culture.

Consequently, if two entities choose to become magical in their sexual practice, they have the ability to become great ambassadors, if you will, of light. For as they consciously call up this power that they have together and give it to each other, when they are completely saturated and filled up with this energy of orgasm, they then allow that orgasm to shine, both into the world of time/space and the world of space/time.

February 19, 1996

Q'UO: Perhaps the most skillful expression of strong red-ray energy is the allowing of the self to rejoice in the feeling of health and life, to feel the vivid energy of the blood moving through the physical body, of the organs doing their balanced working, and of the nervous system opening and relaxing and turning towards the light of the physical world or that world of entities in which the expression of light, perhaps the lamp in the window or the smile that lights up the face, can express, for the red ray is, in its pure form, the energy that created all things, moving in its first expression into the individual splinter of the love and the light of the one infinite Creator that is each of you.

March 4, 2001

Q'UO: There is much more connection between the chakras and the effect of one chakra upon another than this instrument, and many perhaps, give the energy body credit for possessing. So in truth, a blockage in red ray, in the most linear sense, does block energy so that it cannot rise up into the heart chakra and, therefore, be available for work in consciousness.

But more than that, it is a non-physical energy that is not a sexual energy, nor is it survival energy, but it is, rather, energy. In truth, you see, the energy body does not respond to physical stimuli. In an energetic sense the body is completely a creature of the mind and the spirit and the emotions. So those feelings that are within, those desires and thirsts, as complex and interrelated as they usually are, are actually, at the heart, a blockage within the energy body. And because the needs of an incarnational being are complex, the blockages, over-activations and other distortions within the energy body, are significantly more complex than can be determined by analysis using the intellectual mind.

RED RAY

QUOTES FOR FURTHER STUDY

Session 31

RA: There is what you may call great aura infringement among your crowded urban areas in your more populous countries, as you call portions of your planetary surface. Under these conditions the confusions will occur.

QUESTIONER: Why does density of population create these confusions?

RA: I am Ra. The bisexual reproductive urge has as its goal, not only the simple reproductive function, but more especially the desire to serve others being awakened by this activity.

In an over-crowded situation where each mind/body/spirit complex is under constant bombardment from other-selves it is understandable that those who are especially sensitive would not feel the desire to be of service to other-selves. This would also increase the probability of a lack of desire or a blockage of the red ray reproductive energy.

Session 34

QUESTIONER: Would the red ray, an intense red ray, then be used as an index for seniority in incarnation as well as an intense violet ray?

RA: I am Ra. This is partially correct. In the graduation or harvesting to fourth-density positive, the red ray is seen only as that, which being activated, is the basis for all that occurs in vibratory levels, the sum of this being violet- ray energy.

ORANGE RAY

READING & DISCUSSION QUOTES

Session 15

RA: The next energy complex which may be blocked is the emotional or personal complex, also known as the orange-ray complex. This blockage will often demonstrate itself as personal eccentricities or distortions with regard to self-conscious understanding or acceptance of self.

Session 32

Ra, Session 32, February 27, 1981: RA: I am Ra. The orange ray is that influence or vibratory pattern wherein the mind/body/spirit expresses its power on an individual basis. Thus power over individuals may be seen to be orange ray. This ray has been quite intense among your peoples on an individual basis. You may see in this ray the treating of other-selves as non-entities, slaves or chattel, thus giving other-selves no status whatever.

Session 39

RA: The strong red/orange/yellow triad springboards the entity into the center ray of green.

Session 41

RA: Red ray is the foundation; orange ray the movement towards yellow ray which is the ray of self-awareness and interaction. Green ray is the movement through various experiences of energy exchanges having to do with compassion and all-forgiving love to the primary blue ray which is the first ray of radiation of self regardless of any actions from another.

Session 74

QUESTIONER: I was assuming that the discipline of the personality to, shall we say, have a balanced attitude toward a single fellow entity would properly clear and balance, to some extent, the orange-ray energy center. Is this correct?

RA: I am Ra. We cannot say that you speak incorrectly but merely less than completely. 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.

Session 41

RA: Those reverting to orange ray, and we may add these are many upon your plane at this time, are those who feel the vibrations of true color green and, therefore, respond by rejecting governmental and societal activities as such and seek once more the self.

However, not having developed the yellow ray properly so that it balances the personal vibratory rates of the entity, the entity then is faced with the task of further activation and balancing of the self in relation to the self, thus the orange ray manifestations at this space/time nexus.

Session 33

QUESTIONER: What I would like for you to do is list all the major mechanisms designed to provide catalytic experience that do not include interaction with other-self.

RA: I am Ra. We grasp from this question that you realize that 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.

QUESTIONER: Can you list any sub-headings under self or ways the self is acted upon catalytically which would produce experience?

RA: I am Ra. Firstly, the self unmanifested.

Secondly, the self in relation to the societal self created by self and other-self.

Thirdly, the interaction between self and the gadgets, toys, and amusements of the self, other-self invention.

Fourthly, the self relationship with those attributes which you may call war and rumors of war.

Session 34

QUESTIONER: Can you give me the same type of information that we have been getting here with respect to the unmanifested interacting between self and gadgets and toys and inventions?

RA: I am Ra. In this particular instance we again concentrate for the most part in the orange and in the yellow energy centers. In a negative sense many of the gadgets among your peoples, that is what you call your communication devices and other distractions such as the less competitive games, may be seen to have the distortion of keeping the mind/body/spirit complex unactivated so that yellow and orange ray activity is much weakened, thus carefully decreasing the possibility of eventual green ray activation.

Others of your gadgets may be seen to be tools whereby the entity explores the capabilities of its physical or mental complexes and in some few cases, the spiritual complex, thus activating the orange ray in what you call your team sports and in other gadgets such as your modes of transport. These may be seen to be ways of investigating the feelings of power; more especially, power over others or a group power over another group of other-selves.

QUESTIONER: What is the general overall effect of television on our society with respect to this catalyst?

RA: I am Ra. Without ignoring the green ray attempts of many to communicate via this medium such information of truth and beauty as may be helpful, we must suggest that the sum effect of this gadget is that of distraction and sleep.

QUESTIONER: Can you give me the same type of information that we are working on now with respect to war and rumors of war?

RA: I am Ra. You may see this in relationship to your gadgets. This war and self relationship is a fundamental perception of the maturing entity. There is a great chance to accelerate in whatever direction is desired. One may polarize negatively by assuming bellicose attitudes for whatever reason. One may find oneself in the situation of war and polarize somewhat towards the positive activating orange, yellow, and then green rays by heroic, if you may call them this, actions taken to preserve the mind/body/spirit complexes of other-selves.

Finally, one may polarize very strongly in green 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.

Session 32

RA: The green-ray activation is always vulnerable to the yellow or orange ray of possession, this being largely yellow ray but often coming into orange ray. Fear of possession, desire for possession, fear of being possessed, desire to be possessed: these are the distortions which will cause the deactivation of green ray energy transfer.

RA: This yellow-ray vibration is at the heart of bellicose actions in which one group of entities feels the necessity and right of dominating other groups of entities and bending their wills to the wills of the masters.

The negative path, as would call it, uses a combination of the yellow ray and the orange ray in its polarization patterns. These rays, used in a dedicated fashion, will bring about a contact with intelligent infinity.

The usual nature of sexual interaction, if one is yellow or orange in primary vibratory patterns, is one of blockage and then insatiable hunger due to the blockage. When there are two selves vibrating in this area the potential for polarization through the sexual interaction is begun, one entity experiencing the pleasure of humiliation and slavery or bondage, the other experiencing the pleasure of mastery and control over another entity. This way a sexual energy transfer of a negative polarity is experienced.

Session 31

QUESTIONER: Is there an imprint occurring on the DNA coding of an entity so that sexual biases are imprinted due to early sexual experiences?

RA: I am Ra. This is partially correct. Due to the nature of solitary sexual experiences, it is in most cases unlikely that what you call masturbation has an imprinting effect upon later experiences.

This is similarly true with some of the encounters which might be seen as homosexual among those of this age group. These are often, instead, innocent exercises in curiosity.

However, it is quite accurate that the first experience in which the mind/body/spirit complex is intensely involved will indeed imprint upon the entity for that life experience a set of preferences.

QUESTIONER: Does the Orion group use this as a gateway to impress upon entities preferences which could be of a negative polarization?

RA: I am Ra. Just as we of the Confederation attempt to beam our love and light whenever given the opportunity, including sexual opportunities, so the Orion group will use an opportunity if it is negatively oriented or if the individual is negatively oriented.

QUESTIONER: Is there any emotional bias that has nothing to do with male/female sexual polarity that can create sexual energy buildup in an entity?

RA: I am Ra. The sexual energy buildup is extremely unlikely to occur without sexual bias upon the part of the entity. Perhaps we did not understand your question, but it seems obvious that it would take an entity with the potential for sexual activity to experience a sexual energy buildup.

QUESTIONER: I was thinking more of the possibility of the Orion group influencing certain members of the Third Reich who I have read reports of having sexual gratification from the observation of the gassing and killing of entities in the gas chambers.

RA: I am Ra. We shall repeat these entities had the potential for sexual energy buildup. The choice of stimulus is certainly the choice of the entity. In the case of which you speak, these entities were strongly polarized orange ray, thus finding the energy blockage

of power over others, the putting to death being the ultimate power over others; this then being expressed in a sexual manner, though solitary.

In this case the desire would continue unabated and be virtually unquenchable.

You will find, if you observe the entire spectrum of sexual practices among your peoples, that there are those who experience such gratification from domination over others either from rape or from other means of domination. In each case this is an example of energy blockage which is sexual in its nature.

QUESTIONER: Would the Orion group be able, then, to impress on entities this orange ray effect? Is this the way that this came about? If we go back to the beginning of third-density there must be a primal cause of this.

RA: I am Ra. The cause of this is not Orion. It is the free choice of your peoples. This is somewhat difficult to explain. We shall attempt it.

The sexual energy transfers and blockages are more a manifestation or example of that which is more fundamental than the other way about. Therefore, as your peoples became open to the concepts of bellicosity and the greed of ownership, these various distortions then began to filter down through the tree of mind into body complex expressions, the sexual expression being basic to that complex. Thus these sexual energy blockages, though Orion influenced and intensified, are basically the product of the being-ness chosen freely by your peoples.

Session 32

QUESTIONER: The subject is how sexual polarity acts as a catalyst in evolution and how to best make use of this catalyst.

Can you tell me the difference between orange and yellow ray activation?

RA: I am Ra. The orange ray is that influence or vibratory pattern wherein the mind/body/spirit expresses its power on an individual basis. Thus power over individuals may be seen to be orange ray. This ray has been quite intense among your peoples on an individual basis. You may see in this ray the treating of other-selves as non-entities, slaves, or chattel, thus giving other-selves no status whatever.

October 22, 1995

Q'UO: You work upon the relationship chakra by working within the self to come into more awareness of what you are feeling and thinking concerning the self in relationship to the self and to other selves.

Often it is that an entity that truly does not wish to advance or finds it too painful to advance further will turn from yellow-ray work and move back into orange-ray work,

that which is strictly between one entity and another, or between the self and the self in order to be more comfortable.

However, at this end time of your present third-density cycle it is entirely appropriate that each set for the self the task of finding new ways of coming into harmony with other cultures, other races, and other structures of thought, logic, and being.

The end result of this planetary effort to come into spiritual convergence shall be that social memory complex that is the basic structure for fourth-density work. You are attempting to learn how to be one people, sharing each other's thoughts, hopes, and fears, carrying each other's joys as if they are your own.

December 18, 2005

Q'UO: The lower chakras, having to do with the self, its survival issues, its sexuality, its relationships with self and other selves personally and its relationship with groups, are all energies that may seem to be in need of balancing and clearing so that they are neither under-activated nor over-activated. But one cannot share energy between red ray and red ray, or orange ray, or yellow ray.

One may impress those energies upon another self, and because of the strength of your energy system, it is possible for energy to be impressed from you to another person, or for another person to impress you with their energy. It is, however, an overlay. It is time-bound in its effect and will wear off naturally.

Many of your faith healers, so called, are those who are healing either from the orange or the yellow-ray chakra and they are impressing their understanding and their environment upon another. Those who are able to accept those impressions are able to experience quite a bit of release from various ailments for a certain time period. However, in every case where it is at the level below the heart, those energies will not persevere and will fade away naturally.

Only when one moves into the open heart can one begin to share energy; to exchange energy with another; to give love and to receive love. The great blessing of opening the heart and keeping it open is that, working from the open heart, all of the functions of the lower energy centers are recreated as sacred.

December 5, 1999

Q'UO: Communication may come from any of the centers within your physical and finer bodies. When you experience substantial difficulties in communication, know immediately that you are not in blue ray. And take the time in your mind to contemplate the conversation that was not clear, looking for the signature of the energy center that is blocked, over-stimulated or in some way distorted. Often you will find an orange-ray blockage when the conversation is between two people and

about something that is between those two people. In this situation you are literally looking in a mirror and that which you think that the other has said is a reflection of that which you have said.

More and more, as you take responsibility for yourself; as you bring your energy centers to a real balance, you will become more skilled at feeling the point at which the communication has bogged down. Where is the energy that is tangled? Is it in the orange ray of personal communication or is it in the yellow ray of communicators working with institutions like marriage, work, and groups of all kinds?

October 21, 2001

Q'UO: If you will think for a moment of your energy body, you may see that each center of energy within your body is vulnerable to distortion in a particular way, and we use that term, distortion, to indicate fear. For fear is a very common distortion of love. Within the red-ray the energy tends to be blocked if there is a fear of survival. Within the orange ray in the lower belly the natural distortion of that energy comes with the experience of attempting to relate to other energy fields, to other people. When there is a difficulty and there seems to be a threat from the personal relationship, this lower belly energy can be blocked or otherwise uncomfortably distorted.

June 14, 2002

Q'UO: The questioner wonders why the bulk of its thoughts and concerns at this time revolve about the self and about personal relationships. And yet, we would say that in each entity's life experience there is a constant and never-ending need for the processes of investigation into the nature of the self, and those relationships about one that have been so carefully chosen before times.

In each life experience, no matter what the expectation has been beforehand of how enjoyable this experience would be, the illusion itself creates a most efficient feeling of being completely overwhelmed by the ocean of experience. The waves mount upon one another, seemingly often without rhyme or reason, and when one is washed up upon a shore in this archipelago, that shore may well be created from confusion and unanswered questions.

We can only suggest to each of you that this is precisely the position in which you desired to be before incarnation. Carefully, studiously and with great love and compassion for the self, each of you planned this descent into seeming madness and chaos. Not to punish yourself, but to give yourself the opportunity to be lost within the body, the mind, and the experience of being fully vulnerable, fully blinded, fully submerged in this puzzle which is never fully worked but which cycles around, so that once the puzzle is worked one way, the pieces are tossed into the air and come down

to form a new pattern, a new maze, a new puzzle, in order that the incarnational lesson may be viewed once again, and then once again, and then yet again.

Again, this is not meant to punish but to provide a continuing classroom in which the self begins to know the self; begins to know the mind and the heart of the self and begins at last to refine the self in the sense of coming to a new balance in that winding road of love and light.

For balance there needs to be, and it has been your judgment before incarnation that just these lessons and just these relationships would give a rich and varied diet to the soul of choices to make, of puzzles to solve, of keys that unlock chosen doors within.

April 14, 2007

Q'UO: It is easy to think of the energy body as having some dynamic between mind and heart. However, in terms of the movement of energy through the body, there is not an entity which could be called "mind." Rather, there are various kinds of energy within the energy body. The energy of the mind could be seen primarily to be that energy of the orange-ray chakra and the yellow-ray chakra which, together, form what is known among your peoples as the ego.

The ego or the personality shell dwells within those two energies. The energy of the orange-ray energy center is that energy in which the individual expresses its power as an individual. The orange-ray chakra can be blocked by the feeling that one does not like oneself or does not feel that oneself is worthy. It can also be blocked by feeling that other selves are not likeable or are not worthy.

Session 35

RA: (Speaking of FDR) This entity had lost some positive polarity due to excessive use of the orange and yellow ray energies at the expense of green and blue ray energies, then had regained the polarity due to the catalytic effects of a painful limitation upon the physical complex.

Session 35

QUESTIONER: If an entity were to be strongly biased toward positive societal effects, what would this do to his yellow ray in the aura as opposed to an entity who wanted to create an empire of society and govern it with an iron fist?

RA: I am Ra. Let us take two such positively oriented active souls no longer in your physical time/space. The one known as Albert went into a strange and, to it, a barbaric society in order that it might heal. This entity was able to mobilize great amounts of energy and what you call money. This entity spent much green ray energy both as a healer and as a lover of your instrument known as the organ. This entity's yellow ray was bright and crystallized by the efforts needed to procure the funds to promulgate

its efforts. However, the green and blue rays were of a toweringly brilliant nature as well. The higher levels, as you may call them, being activated, the lower, as you may call them, energy points remaining in a balance, being quite, quite bright.

The other example is the entity, Martin. This entity dealt in a great degree with rather negative orange ray and yellow ray vibratory patterns. However, this entity was able to keep open the green ray energy and due to the severity of its testing, if anything, this entity may be seen to have polarized more towards the positive due to its fidelity to service to others in the face of great catalyst.

QUESTIONER: Could you give me the last names of Albert and Martin?

RA: I am Ra. These entities are known to you as Albert Schweitzer and Martin Luther King.

Session 31

RA: The orange and the yellow ray attempts to have sexual intercourse create, firstly, a blockage if only one entity vibrates in this area, thus causing the entity vibrating sexually in this area to have a never-ending appetite for this activity. What these vibratory levels are seeking is green ray activity. There is the possibility of orange or yellow ray energy transfer; this being polarizing towards the negative: one being seen as object rather than other-self; the other seeing itself as plunderer or master of the situation.

December 5, 1999

Q'UO: But above all, know yourself to be a child of the one infinite Creator. Rest in that identity. Rest in that love. And let that love feed your heart, your faith, and your will, so that you may once again give a gladsome smile and try again to say things clearly and with love.

ORANGE RAY

QUOTES FOR FURTHER STUDY

Session 51

RA: The orange energy center in the flower shape containing three petals.

Session 47

RA: The orange-ray body is the physical body complex. This body complex is still not the body you inhabit but rather the body formed without self-awareness, the body in the womb before the spirit/mind complex enters. This body may live without the inhabitation of the mind and spirit complexes. However, it seldom does so.

Session 40

RA: In second density the orange ray is that of movement and growth of the individual, this ray striving towards the yellow ray of self-conscious manifestations of a social nature as well as individual

Session 41

QUESTIONER: Does this polymorphous dynaflagellate have an orange energy center?

RA: I am Ra. This is correct.

In second density the orange ray is that of movement and growth of the individual, this ray striving towards the yellow ray of self-conscious manifestations of a social nature as well as individual in third-density, at this time, those clinging to orange ray have a much more complex system of distortions through which orange ray is manifested. This is somewhat complicated. We shall endeavor to simplify.

Session 32

QUESTIONER: Would the red ray, an intense red ray, then be used as an index for seniority in incarnation as well as an intense violet ray?

RA: I am Ra. This is partially correct. In the graduation or harvesting to fourth-density positive, the red ray is seen only as that, which being activated, is the basis for all that occurs in vibratory levels, the sum of this being violet ray energy.

This violet ray is the only consideration for fourth-density positive. In assessing the harvestable fourth-density negative, the intensity of the red as well as the orange and the yellow rays is looked upon quite carefully as a great deal of stamina and energy of this type is necessary for the negative progression, it being extremely difficult to open the gateway to intelligent infinity from the solar plexus center. This is necessary for harvest in fourth-density negative.

October 22, 1995

Q'UO: The energies that are being worked on in third density are potentially all energies, from the basic red-ray or sexual energy center through that rainbow of energies. However, it is the function of third density to complete work on that orange ray of personal relationships and to study and attempt to absorb ways of learning to love within the yellow-ray energy center, that ray which is involved when group-oriented energies are shared between individuals.

The instinct to gather together in groups is deep. The instinct to include some and exclude others is very deep. And it is extremely easy for the seeker to become quite lost in the sea of confusion in which all of these energies are experienced, for your world is indeed a sea of confusion.

Now if it is understood that the primary work of third density is in tuning and balancing those lower three energy centers of red, orange, and yellow and then of opening and finding ways to maintain an openness and fullness of the heart, then it may be seen that those energies are not instinctual. The refinement has begun. For you stand, as a third-density entity, as a kind of rough diamond with unpolished edges and without sparkling facets. And through lifetime after lifetime within your third-density experience the self that is inherent within, that crystalline entity that you truly are, begins to become visible as the friction of everyday living works to smooth and refine that crystalline self.

April 14, 2006

Q'UO: We would gladly speak a word to those whose profile matches the service-to-self energy pattern of well developed red, orange and yellow-ray energy centers, and well developed blue and indigo energy centers, but poorly developed green ray.

We would suggest that such entities experiencing this pattern of energy expenditure may profitably consider that they may well have chosen to incarnate in third density upon the Earth at this time in order to effect a more harmonious and full balancing of the energies which you may call love, light, power and peace. We offer these words to indicate the dimensions of love and wisdom, or the lessons of fourth density and fifth density, that are studied in sixth density in order to unify and solidify the point of awareness that contains all of the consciousness that is granted to all aspects of the creative principle.

YELLOW RAY

READING & DISCUSSION QUOTES

Session 39

RA: The next foundation ray is yellow. This is the great steppingstone ray. At this ray the mind/body potentates to its fullest balance. The strong red/orange/yellow triad springboards the entity into the center ray of green.

Session 32

RA: The yellow ray is a focal and very powerful ray and concerns the entity in relation to, shall we say, groups, societies, or large numbers of mind/body/spirit complexes. This orange—we correct ourselves—this yellow ray vibration is at the heart of bellicose actions in which one group of entities feels the necessity and right of dominating other groups of entities and bending their wills to the wills of the masters.

June 28, 2002

Q'UO: Beauty from the yellow-ray energy becomes a far more subtle and rich-textured thing, for within the yellow-ray energy lie family and the mated relationship, and it is within the safety and intimacy of such continuing and prolonged relationships that those who become spiritually mature are able greatly to broaden and enhance their concept of beauty. The qualities of a mate, a mother, a father, a child, or a sibling can be imperfect in the extreme, and yet, with the blessing of ever-lengthening shared history, the entities within the family group or within the mated relationship become so over-drawn with the patina of loving and being loved, that even the homeliest entity becomes perfectly itself and therefore beautiful because it is that person. And finally the leaden and heavy weight of physical opinion of beauty becomes that which can take off like the kite in the wind, soaring with the energy of the wind of love.

February 19, 2003

Q'UO: Within that which is called the yellow ray or yellow-ray chakra by this instrument, the culture within which you now dwell is likely to bring to the conscious attention of each the over-stimulations and desires for avoidance which are part of the relations of the self such as the family group of birth, the family group created by the marriage of self and other self, the group created by the working for the living and so forth.

Again, these interactions are the stuff of gossip as well as the material for learning within the curricula of the school of Earth in third density. However, within these group systems, may we say that nothing is as it seems, in terms of the value of group

structures within the learning processes of the self. We can only say that the value of this system of learning which is bound up in the concept of family, clan and other group concepts cannot be overestimated.

It is in this direction that progressive concepts may open new ways of seeing that indeed strengthen and further open the yellow-ray chakra in such a way as to improve the orientation towards the green-ray energy center and that tremendous shift of energy which may come as the heart opens.

March 3, 2006

Q'UO: You are capable of embodying that which you can pull through from above by your desire. If your desires are for lust, then you shall leave your kundalini in red ray.

If your desires focus upon personal relationships, then you shall raise your kundalini to the orange ray.

If your true desire is for marriage and a good work situation, then you shall raise your kundalini to the yellow-ray level.

If your deepest desire is to open your heart, then you shall raise the kundalini to the green-ray level.

If your deepest desire is to learn how to love with wisdom and to know what it is to have compassion while invoking justice, then you move into those energies of acceptance and of justice that are invoked in blue ray.

And when you finally desire above all things to be devoted ultimately and completely to the one infinite Creator and live in the precincts of faith, then by your desire you have pulled up the energy into indigo.

March 25, 2007

Q'UO: For the untutored entity who may indeed be fond of this lover, or even have decided to marry and take a spouse, these orange- and yellow-ray activities of personal relationship and legal relationship are not yet enough to create a true energy exchange. The only kind of energy exchange that is possible at this level is a one-way exchange from one entity to another. This has been experienced by many within personal relationships and within marriages.

And we feel it is safe to say that, in most people's experience, this kind of sexual intercourse, left at the level of the relationship and without opening the heart to a great deal more than is suggested by the simple running of orange or yellow-ray energy, results in the typical exchange of energy, where one entity manipulates, uses or otherwise dominates another entity. Therefore, one is indeed giving energy to the other and the other is accepting that energy. It is an exchange of a kind but is tremendously prone to being abused and becoming a toxic kind of energy exchange

where the honor, dignity and self-worth of the entity that is being controlled and manipulated comes into question by both mates.

November 11, 2005

Q'UO: A promise within space/time is, in actuality, and in terms of energy expenditure, connected to the yellow-ray chakra, that chakra which works with the energies involved in dealings between yourself and groups. When you make a promise such as marriage within consensus reality, you are in effect making a contract. The ways of contracts are binding within the limitations of those contracts and can be unbound in the ways of your worldly or cultural systems.

January 19, 2007

Q'UO: The concerns of yellow ray, this being a yellow-ray density, take on a good deal of centrality of importance. This is the heart, shall we say, of third density—the relating of self to groups, the opening of self that will in fourth density become the social memory complex when thoughts are shared, private thoughts simply skirted about, seen, appreciated, respected and left alone. There will be other lessons to learn in fourth density, but this lesson that you now work upon, of opening the self without fear, this one you will work upon until you are able to feel that contact with other selves as an identity of one to one, heart to heart, and love to love.

February 11, 2001

Q'UO: The yellow-ray chakra is the chakra where the rubber hits the road in terms of everyday experience. It may render the everyday experience sublime, but it shall not render it completely peaceful, for peace is not the nature of the passing Passion Play that is life.

Session 66

RA: It is from the green center that the healing prana moves into the polarized healing right hand and therefrom to the one to be healed.

We may note that there are some who use the yellow-ray configuration to transfer energy and this may be done but the effects are questionable and, with regard to the relationship between the healer, the healing energy, and the seeker, questionable due to the propensity for the seeker to continue requiring such energy transfers without any true healing taking place in the absence of the healer due to the lack of penetration of the armoring shell of which you spoke.

Session 75

RA: 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.

January 9, 2006

Q'UO: It is very difficult to walk that razor's edge between using your will from the yellow-ray position and making things happen, and allowing the energy to move up into the heart and from that heart into the blue-ray chakra and so forth. For you are attempting to work with blue, green and indigo in your chakra system in bringing forth and manifesting spiritually oriented information without significant distortion.

January 19, 2007

Q'UO: Those issues of red ray, orange ray, and yellow ray are neatly designed and most tidily packaged to maximize your confusion and to limit the power that you may bring and allow up to the heart center, the next one after red, orange and yellow.

Each time that you put yourself down, each time that you are harsh, each time that you feel so isolated and alienated that you deny your brotherhood with all that is, you close down a little bit of that channel which is bringing in infinite creative energy to your body, and each time that occurs there is less energy into the heart.

So, basically, those who have not worked through the issues that confront them at these three levels—self, self with another, and self with its groups—each time that you allow these issues to come and to be feared you have shut off some of the power that you need in your heart in order to live the life that you wish to live.

Session 54

RA: There is an energy in each of the centers needed to keep the mind/body/spirit complex, which is the vehicle for experience, in correct conformation and composition. Both negative and positive entities do well to reserve this small portion of each center for the maintenance of the integrity of the mind/body/spirit complex. After this point, however, it is correct that the negative will use the three lower centers for separation from and control over others by sexual means, by personal assertion, and by action in your societies.

Contrary-wise, 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.

February 18, 2006

Q'UO: The third-density expression of the yellow-ray energy, taken to the more advanced end of the scale, would see entities working harmoniously with each other in the groupings of the daily round of activities, each moving into more and more harmony, compassion and understanding of those with whom the illusion is shared, this done in a more and more conscious fashion.

February 11, 2001

Q'UO: The difficulty with this tremendous panoply of assets and resources is that entities will remain within the higher centers without bringing the lower centers into balance with this work in consciousness. This weakens the integrated self and we suggest to those who wish to seek along the path to Buddhism that care be taken in a persistent and continuing way to reintegrate into the practice those lower energies of orange and yellow ray and of green ray so that there is not simply talk, discussion, thinking about the Creator, and the releasing of the illusion, but also the awakening of the heart and the valuing of the structures of the illusion. For the structures of the illusion, the relationships, the families, the friendships in groups are an elegant and eloquent design for learning.

Into each relationship has been poured a tremendous amount of preincarnative thought. You may see each relationship as a carefully prepared lesson in the giving and receiving of love. And it is well to reconnect persistently with these lower chakra energies as one works within clear communication, the reading of material, and all of the work in consciousness that is so delightful to those who seek after wisdom as opposed to love.

Session 15

RA: The third blockage resembles most closely that which you have called ego. It is the yellow-ray or solar plexus center. Blockages in this center will often manifest as distortions toward power manipulation and other social behaviors concerning those close and those associated with the mind/body/spirit complex. Those with blockages in these first three energy centers, or nexi, will have continuing difficulties in ability to further their seeking of the Law of One.

February 11, 2001

Q'UO: In the disciplines or myths of the Orient, such as Shintoism, the energy which is most involved in the system is the yellow-ray or solar plexus chakra. This is the chakra of the illusion. It is the chakra of relationships like marriage and family that

have to do with the groups with which one associates one's self as a human being, as opposed to the individuals with which one associates oneself in a relationship.

The great advantage of the religions that move from the yellow-ray energy is that there is no translation needed between the holy and the everyday. Each entity within a family, a clan, a village or a nation is specifically and frequently honored as a part of a valuable whole. Thus the family is seen as sacred. Age, itself, is seen as a sacred and holy thing. Events within the life take on the glow of the revealed Creator in bodily form.

While it is not a system of seeking that specifically opens the heart, what it does in terms of the human experience is render it into a kind of liquid in which the elements of everyday life are specifically seen to be holy. And thus the life experience of everybody can be taken by one who has worked in this discipline as having a resonance of rightness that is profound, and there is a peace that this produces that is similar to that feeling of groups of entities at one of your games where instead of two sides there is only one side, and all portions of the game are winning.

September 16, 2006

Q'UO: When one does not distinguish between tasks and when one does one's tasks with love, all tasks are equal. Pour your pride, then, into a new vessel and let it be transformed into the will to serve at whatever lies before you in this day.

If you are able to find an exalted place of employment that stretches your creative abilities and offers you a great deal of the world supply, then do that work with absolute love and passion, do your best.

And if fortune sends you labor that you feel is beneath you, yet you can do it, and it can pay the bills, then find the love and the pride that you would take in that exalted work and apply it with utmost integrity to the work that lies before you to this day.

Do not distinguish between kinds of work but rather focus, in all that you do, on creating a poem of your love and your movements in the work of your hands, your mind, and your heart.

September 26, 1993

Q'UO: In addition to the use of silence, we encourage each to examine the self for its gifts, whether they be of the arts or the sciences or any gift whatsoever. For all things may be used to spiritual good in those whose gifts are dedicated to the infinite One.

And lastly, as the expanded system becomes comfortable within and when things begin to be seen with new priorities, that long and level plain which is the routine day may begin increasingly to be perceived in more and more of an upraised and joyful posture until this level plain becomes full of the foothills and amazingly craggy

mountains which are so interesting, and which so rest the weary eye. Going to the place of employment, working through the day, coming home to do the chores and put the weary self to rest may well be all of the room you need in which to create the accurate perception of heaven with all of its glorious houses and mansions.

Here is high romance as well as greatest difficulty. Here is light inexpressible as well as spiritual moonlight. And as you walk the paths of your days, you may move up and down the scales of perception with increasing ease as you begin to find the pure freedom of that logic which transcends distinction and partakes more and more of the values of love.

March 21, 1993

Q'UO: The next center can be described as being at that position within the physical vehicle where if you were punched you would bend over. This yellow-ray energy center expresses how the entity is managing and using the relationships of self to groups such as the nation state, the basketball team or the family.

October 15, 2005

Q'UO: The yellow-ray or solar plexus chakra deals with issues of groups and the self. If you have married your mate, for instance, that energy has moved from an orange to a yellow-ray vibration. Family, work environment, your relationship with groups such as churches and other communities, all have the characteristics of yellow-ray work.

November 22, 1995

Q'UO: As your third density further draws towards its conclusion you shall experience more and more of the yellow-ray or group-to-group catalyst. That solar plexus chakra comes in for much use and abuse in working with these lessons. This is the time when one discovers what it feels like to be pulled at emotionally, mentally, and spiritually. These are the times when you find out how to cut the cord that develops between two people or two groups that limits their freedom. If you can approach dealing with groups with faith then we feel it is not so long until you can observe the dynamics of the various groups of entities upon your planet and see all peoples as one.

Session 66

RA: If the entity, at any level, desires to remain in the configuration of distortion which seems to need healing it will do so. If, upon the other hand, the seeker chooses the novel configuration, it is done through free will.

This is one great difficulty with other forms of energy transfer in that they do not carry through the process of free will, as this process is not native to yellow-ray.

October 21, 2001

Q'UO: In the upper part of the belly, in the solar plexus, the yellow-ray energy center can easily be blocked by fears having to do with the family, the society, one's place within that family or society; in short, one's dealings with the larger groups that go beyond personal relationships and move into the roots of being, the family, the mated relationship, and so forth. And a great deal of that which many are experiencing during this particular autumn season among your peoples has to do with the energies that became manifest on the 11th of September of this year. These are basically yellow-ray fears, and the solar plexus of many, many entities within your culture has been punched, shall we say, hard and given the opportunity to choose fear, not just once but many times.

When fear closes or even partially blocks the energy that is flowing through the energetic body, energy moving into the heart becomes less and less, depending upon how bad the blockage is. Consequently, the natural effect of allowing fear into the energy body in any settled way is to close the heart. When the heart center is not receiving very much energy, then it is that there is not sufficient energy to do work in consciousness. It may be said that one cannot hear when one is screaming, and in a way that is what fear does: it deafens the ears of the heart.

May 25, 2003

Q'UO: The train of yellow-ray third-density Earth has been shunted into a lateral experience by the determined and repeated actions of what this instrument would call the Sons of Light and the Sons of Darkness, or those who promote peace and joy and those who promote war and suffering. In the outer sense, these few entities have again and again, upon other planets and upon this one, in many different societies, chosen the ways of war and chosen them for reasons unknown to themselves; being manipulated by those far cleverer than they, who use the suffering and the pain of third density, in its endless repetition of war, as food.

It is time to stop feeding fifth-density entities who feed on fear. The only way to move back onto the normal time track of this planet is to find ways to lose fear and to respond to all situations not with hesitation but with confidence, not with the feeling that something needs to be done but with the knowledge that something is being done. It is being done with the mind and with the heart. The power of each to help each in these realizations is great.

YELLOW RAY

QUOTES FOR FURTHER STUDY

December 5, 1999

Q'UO: More and more, as you take responsibility for yourself, as you bring your energy centers to a real balance, you will become more skilled at feeling the point at which the communication has bogged down. Where is the energy that is tangled? Is it in the orange-ray of personal communication, or is it in yellow-ray of communicators working with institutions like marriage, work, and groups of all kinds? But above all, know yourself to be a child of the One Infinite Creator. Rest in that identity. Rest in that love. And let that love feed your heart, your faith, and your will so that you may once again give a gladsome smile and try again to say things clearly and with love.

October 22, 1995

Q'UO: The energies that are being worked on in third density are potentially all energies, from the basic red-ray or sexual energy center through that rainbow of energies. However, it is the function of third density to complete work on that orange ray of personal relationships and to study and attempt to absorb ways of learning to love within the yellow-ray energy center, that ray which is involved when group-oriented energies are shared between individuals. The instinct to gather together in groups is deep. The instinct to include some and exclude others is very deep. And it is extremely easy for the seeker to become quite lost in the sea of confusion in which all of these energies are experienced, for your world is indeed a sea of confusion.

Session 31

RA: There is always the red-ray energy transfer due to the nature of the body complex. The random result of this energy transfer will be as it will be, as a function of the possibility of fertilization at a given time in a given pairing of entities each entity being undistorted in any vital sense by the yellow or orange ray energies.

RA: The orange- and the yellow-ray attempts to have sexual intercourse create, firstly, a blockage if only one entity vibrates in this area, thus causing the entity vibrating sexually in this area to have a never-ending appetite for this activity. What these vibratory levels are seeking is green-ray activity. There is the possibility of orange- or yellow-ray energy transfer; this being polarizing towards the negative: one being seen as object rather than other-self; the other seeing itself as plunderer or master of the situation.

Session 34

RA: One may find oneself in the situation of war and polarize somewhat towards the positive, activating orange, yellow, and then green rays by heroic, if you may call them this, actions taken to preserve the mind/body/spirit complexes of other-selves.

Session 47

RA: The yellow-ray body is your physical vehicle which you know of at this time and in which you experience catalyst. This body has the mind/body/spirit characteristics and is equal to the physical illusion, as you have called it.

Session 51

RA: The yellow center again in a rounded shape, many faceted, as a star.

Session 40

QUESTIONER: I was also wondering if the first-density corresponded somehow to the color red, the second to the color orange, the third to the color yellow and so on through the densities, perhaps corresponding to the colors in a way so that the basic vibration which forms the photon that forms the core of all atomic particles would have a relationship to the color in the density and that that vibration would step up for second, third, and fourth density corresponding to the increase in the vibration of the colors. Is any of this correct?

RA: I am Ra. This is more correct than you have stated. Firstly, you are correct in positing a quantum, if you will, as the nature of each density and further correct in assuming that these quanta may be seen to be of vibratory natures corresponding to color as you grasp this word.

However, it is also true, as you have suspected but not asked, that each density is of the metaphysical characteristic complex of its ray. Thus in first-density the red ray is the foundation for all that is to come. In second density the orange ray is that of movement and growth of the individual, this ray striving towards the yellow ray of self-conscious manifestations of a social nature as well as individual; third-density being the equivalent, and so forth, each density being primarily its ray plus the attractions of the following ray pulling it forward in evolution and to some extent coloring or shading the chief color of that density.

November 22, 1996

Q'UO: This [yellow ray] is the plane of your Earth. This is the social energy center where the self deals with society and its associations, whether experiencing as a member of a family, as a citizen of a country, in any group in which you are working with distortions of the yellow-ray energy center; and again, the choices that you make

can, through the incarnative experience, help to crystallize and make transparent this center.

Session 32

RA: The negative path, as would call it, uses a combination of the yellow ray and the orange ray in its polarization patterns. These rays, used in a dedicated fashion, will bring about a contact with intelligent infinity.

Session 41

RA: The appropriate true color for third-density is, as you have ascertained, yellow. However, the influences of the true color, green, acting upon yellow ray entities have caused many entities to revert to the consideration of self rather than the stepping forward into consideration of other-self or green ray. This may not be seen to be of a negatively polarized nature, as the negatively polarized entity is working very intensively with the deepest manifestations of yellow ray group energies, especially the manipulations of other-self for service to self.

Those reverting to orange ray, and we may add these are many upon your plane at this time, are those who feel the vibrations of true color green and, therefore, respond by rejecting governmental and societal activities as such and seek once more the self.

Session 40

QUESTIONER: Thank you. Taking as an example the transition between second and third density, when this transition takes place, does the frequency of vibration which forms the photon (the core of all the particles of the density) increase from a frequency corresponding to second density or the color orange to the frequency that we measure as the color yellow? What I am getting at is, do all the vibrations that form the density, the basic vibrations of the photon, increase in a quantum fashion over a relatively short period of time?

RA: I am Ra. This is correct. Then you see within each density the gradual up-grading of vibratory levels.

Session 63

RA: At this time the cosmic influxes are conducive to true color green core particles being formed and material of this nature thus being formed. However, there is a mixture of the yellow-ray and green-ray environments at this time necessitating the birthing of transitional mind/body/spirit complex types of energy distortions.

At full activation of the true-color green density of love the planetary sphere will be solid and inhabitable upon its own and the birthing that takes place will have been transformed through the process of time, shall we say, to the appropriate type of

vehicle to appreciate in full the fourth-density planetary environment. At this nexus the green-ray environment exists to a far greater extent in time/space than in space/time.

RA: The fourth-density entities which incarnate at this space/time are fourth-density in the view of experience but are incarnating in less dense vehicles due to their desire to experience and aid in the birth of fourth density upon this plane.

You may note that fourth-density entities have a great abundance of compassion.

February 18, 2006

Q'UO: For the second density to express the beginning grasp of yellow ray is to become enough individualized that the entity can give and receive that quality known as love. A primary example of such would be the pets which many within this culture enjoy, each pet becoming more individualized with the loving care of the third-density entity.

Session 70

RA: After the death of the physical complex in yellow-ray activation the mind/body/spirit complex moves to a far different portion of time/space in which the indigo body will allow much healing and review to take place before any movement is made towards another incarnative experience.

Session 48

RA: Upon the bodily complex's death, as you call this transition, the entity will immediately, upon realization of its state, return to the indigo form-maker body and rest therein until the proper future placement is made.

Here we have the anomaly of harvest. In harvest the entity will then transfer its indigo body into violet-ray manifestation as seen in true-color yellow. This is for the purpose of gauging the harvestability of the entity. After this anomalous activity has been carefully completed, the entity will move into indigo body again and be placed in the correct true color locus in space/time and time/space at which time the healings and learn/teachings necessary shall be completed and further incarnation needs determined.

Session 62

RA: There is red, orange, yellow, and there will soon be a completed green color vibratory locus for fourth-density entities which they will call Earth. During the fourth-density experience, due to the lack of development of fourth-density entities, the third-density planetary sphere is not useful for habitation since the early fourth-density entity will not know precisely how to maintain the illusion that fourth-density cannot be seen or determined from any instrumentation available to any third-density.

Thus in fourth-density the red, orange and green energy nexi of your planet will be activated while the yellow is in potentiation along with the blue and the indigo.

Session 63

RA: I am wondering about the transition through this period so that the green is totally activated and the yellow is in potentiation. What will we lose as the yellow goes from activation into potentiation, and what will we gain as green comes into total activation, and what is the process?

RA: I am Ra. It is misleading to speak of gains and losses when dealing with the subject of this cycle's ending and the green-ray cycle beginning upon your sphere. It is to be kept in the forefront of the faculties of intelligence that there is one creation in which there is no loss. There are progressive cycles for experiential use by entities. We may now address your query.

As the green-ray cycle or the density of love and understanding begins to take shape, the yellow-ray plane or Earth which you now enjoy in your dance will cease to be inhabited for some period of your space/time as the space/time necessary for fourth-density entities to learn their ability to shield their density from that of third is learned. After this period there will come a time when third density may again cycle on the yellow-ray sphere.

Meanwhile there is another sphere, congruent to a great extent with yellow ray, forming. This fourth-density sphere coexists with first, second, and third. It is of a denser nature due to the rotational core atomic aspects of its material. We have discussed this subject with you.

Session 47

QUESTIONER: What stimulus would create what we call an Earth-bound spirit or a lingering ghost?

RA: I am Ra. The stimulus for this is the faculty of the will. If the will of yellow-ray mind/body/spirit is that which is stronger than the progressive impetus of the physical death towards realization of that which comes, that is, if the will is concentrated enough upon the previous experience, the entity's shell of yellow-ray, though no longer activated, cannot either be completely deactivated and, until the will is released, the mind/body/spirit complex is caught. This often occurs, as we see you are aware, in the case of sudden death as well as in the case of extreme concern for a thing or an other-self.

Session 34

RA: This violet ray is the only consideration for fourth-density positive. In assessing the harvestable fourth-density negative, the intensity of the red as well as the orange

and the yellow rays is looked upon quite carefully as a great deal of stamina and energy of this type is necessary for the negative progression, it being extremely difficult to open the gateway to intelligent infinity from the solar plexus center. This is necessary for harvest in fourth-density negative.

GREEN RAY

READING & DISCUSSION QUOTES

Session 15

RA: The center of heart, or green-ray, is the center from which third-density beings may springboard, shall we say, to infinite intelligence. Blockages in this area may manifest as difficulties in expressing what you may call universal love or compassion.

Session 87

RA: I am Ra. The root cause of blockage is the lack of the ability to see the other-self as the Creator, or to phrase this differently, the lack of love.

Session 39

RA: The strong red/orange/yellow triad springboards the entity into the center ray of green. This is again a basic ray but not a primary ray..

This is the resource for spiritual work. When green ray has been activated we find the third primary ray being able to begin potentiation. This is the first true spiritual ray in that all transfers are of an integrated mind/body/spirit nature. The blue ray seats the learnings/teachings of the spirit in each density within the mind/body complex animating the whole, communicating to others this entirety of being-ness.

December 18, 2005

Q'UO: The green-ray or heart chakra is associated with opening the heart and discovering one's own sacred nature.

January 23, 2006

Q'UO: The crux that faces you at this time lies within the green-ray or heart chakra. There would seem to be, to the untutored eye, a unified and holistic heart that awaits the one who approaches the gateway to the open heart. However, in point of fact, the heart chakra has two distinct levels. We would call them the outer courtyard of the heart and the inner sanctum of the heart.

You come into the outer courtyard of your own heart when you are ready at last to face your shadow self. Whatever you have not yet recognized or developed within your full personality, meets you in the courtyard of the open heart. It is here that you will find your shadow self. In order to enter the inner sanctum of your own heart, you must do the work of greeting, understanding, accepting, feeling compassion for, and eventually redeeming every bit of undeveloped light that is a part of yourself.

February 6, 2005

Q'UO: When one is attempting to move into the heart, one is attempting to enter a sacred space. Even more than the gates of a city or the gates of a library which are supposed to protect knowledge and wisdom, the gates of the heart protect you, your essential self. If you barge into that sacred space drinking and wenching and swearing and making a great deal of rude noise, you have entered a sacred space inappropriately and the heart chakra does not wish to be entered inappropriately. Consequently, if you attempt to move into your heart chakra, to come through that door into that sacred space, when you are not appropriately tuned, you shall, in one way or another, be kicked out by the lions at the gate. That is the meaning of that figure.

Session 85

RA: To the student of the balancing process we may suggest that the most stringent honesty be applied. As compassion is perceived it is suggested that, in balancing, this perception be analyzed. It may take many, many essays into compassion before true universal love is the product of the attempted opening and crystallization of this all-important springboard energy center. Thus the student may discover many other components to what may seem to be all-embracing love. Each of these components may be balanced and accepted as part of the self and as transitional material as the entity's seat of learn/teaching moves ever more clearly into the green ray.

October 5, 2003

Q'UO: In reality, much of getting to know the self is not pushing the self around as much as it is gently sitting around the campfire with all of these different parts of self and allowing each to tell its story. For there is good in many different points of view within, all of which may come together in ways that are not helpful. Yet each item within the mix is helpful to consider, helpful to gaze at, perhaps over time. It is a subtle thing to become more familiar with the self without judging the self, and this is the goal of one who is attempting to free up those stuck places within. Once one is relatively balanced within the energy body from red, orange and yellow then the heart is able to get full energy and that full blast of unconditional love that the Creator puts out in infinite quantity and quality at all times. Energy is finally able to move through into the heart in a powerful way.

November 27, 2002

Q'UO: The enjoyment of [the] light of fourth density is dependent upon being able to move into a state of consciousness in which all other selves are seen as the self and all crimes and achievements are seen as a portion of the universal self and to move that 180 degrees [until] the self is seen as all things and as the Creator. That unification of

consciousness opens the self to loving and being loved in a way that the body loves itself rather than the way entities who are separate units love each other.

Session 42

QUESTIONER: 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.

Session 41

RA: Green ray is the movement through various experiences of energy exchanges having to do with compassion and all-forgiving love to the primary blue ray which is the first ray of radiation of self regardless of any actions from another.

The green-ray entity is ineffectual in the face of blockage from other-selves. The blue ray entity is a co-Creator.

Session 42

RA: 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.

November 27, 2002

Q'UO: The very heart of third-density existence is the experience of utter confusion. It is the goal of this density to create an atmosphere in which only by faith can one see the health and rightness of the present moment. The purpose of this confusion is to wean the infant spirit from its biological choice-making brain and into the fourth-density gateway, shall we say, which is the fourth chakra of the energy system of the human vehicle, the green-ray energy center or heart chakra. Once the seeker is able to grasp the value of this opened heart and the limitations of both intellect and personality, the seeker is far more able to retain a certain sector of consciousness which

is devoted to refining the accuracy and lack of emotional bias with which it receives the incoming information.

May 7, 2000

Q'UO: Difficult emotions often can be placed within certain energy centers and can be seen as messages expressing to the heart the need for working with those aspects of those emotions which are disturbing in such a way as to be able to balance and clarify those feelings. For there is a deeper truth within each emotion. The key to working on emotions is to realize the seat of emotion, shall we say, as being the green-ray energy center or heart chakra.

If one attempts to work with blocked and negative emotions from the energy in which they originate without moving into the heart chakra there is little chance or opportunity for self-forgiveness. Therefore, while it is very important to assess and evaluate such negative emotions as probably stemming from certain energy centers it is well to model the working with these essential and energetic nexi which are emotions with the model of keeping the energy in flow, moving again and again into the heart chakra and resting in that primary emotion which is called faith.

November 22, 1996

Q'UO: The opening of the heart is possible only when the seeker gives up on the intellect and moves in unknowingness. The seeker lives in faith.

February 11, 1990

Q'UO: The nature of the heart center is for the adept as the foundation is for the carpenter. This is the foundation upon which the structure of any effort shall be placed.

Session 83

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.

September 15, 1996

Q'UO: We encourage each, when thinking about the right use of time, to remember to consider before all else whether the self is tuned to match the vibration of love. Each feels this constant within, and we would pause for a moment at this time to allow each person to move into the heart, to move the attention into that place within

that is the metaphysical equivalent of the heart, the green-ray energy center. Here is the seat of love coming into the created body. Here is that holy of holies where love dwells fully, undistorted, and pure. Moving into this sacred place within, open the heart and feel the love of the One Infinite Creator.

Like the sun lights up the sky, the Creator rests in full strength within you, lighting your way. The key that opens the door into your own sacred heart is silence, a turning within to listen to the silence. And this habit of turning within, of centering first upon the Creator which is Love, shall stand each in very good stead as each attempts to seek the truth of its own being and its own journey.

November 22, 1996

Q'UO: Come with us into the heart, just for a moment, where we feel that there is the need to experience love; and we wish to tell you that you can do this at any time. But come with us now. Feel that energy coming through those distortions in each center, yet moving upwards to the heart. See that energy coming from above, as it were, that calls for inspiration and flows like liquid into the heart; and these two meet where lions guard the door. And you bow to the lions and you do not say, "I deserve to be here"; you say, "Have mercy on me, for I seek love." And the lions bow to you and the door opens and you walk into this room, this holy of holies. This is the open heart. Sit down. Take your shoes off. You are upon holy ground. Now you are with the Creator, who can give you rest. You are loved with a passion that creates and destroys worlds. Oh, how you are loved.

February 19, 2003

Q'UO: The heart chakra is not that which is worked with as much as it is that which is entered, as one with great gratitude enters the holy place in which one is safe, loved, cared for, and appreciated as a child of the one infinite Creator, a child and an heir, a rightful and loving heir, and, indeed, a co-Creator. The space of the heart is that which is filled with the balm of Gilead. It is that which beams and radiates as the sun. It is that in which there is no effort, strife, or worry but only the feeling of loving arms, a strong and loving chest and shoulders to rest [the head] upon when one is weary; a capacious lap to sit in, to nestle in, to curl into and to go to sleep in when one is exhausted within the heart. This is the energy of healing, the energy of unbridled and unstinted compassion. This energy is that energy that is the steady state of the creation of the Father, that vibration which is the essence of the one great original Thought of the infinite Creator.

Session 31

RA: In green ray there are two possibilities. Firstly, if both vibrate in green ray there will be a mutually strengthening energy transfer, the negative or female, as you call it,

drawing the energy from the roots of the being-ness through the energy centers, thus being physically revitalized; the positive, or male polarity, as it is deemed in your illusion, finding in its energy transfer an inspiration which satisfies and feeds the spirit portion of the body/mind/spirit complex, thus both being polarized and releasing the excess of that which each has in abundance by nature of intelligent energy, that is, negative/intuitive, positive/physical energies as you may call them; this energy transfer being blocked only if one or both entities have fear of possession or of being possessed, of desiring possession or desiring being possessed.

The other green ray possibility is that of one entity offering green ray energy, the other not offering energy of the universal love energy, this resulting in a blockage of energy for the one not green ray thus increasing frustration or appetite; the green ray being polarizing slightly towards service to others.

Session 32

RA: 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.

RA: 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.

Session 54

RA: 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.

February 4, 2007

Q'UO: When entities are mated, they have awakened and shared with each other one of the most primal means of expressing the unity of the one infinite Creator that is available to the incarnate being within third density. And as they allow the harmony between them to be absolutely primary in their concerns, they are creating an energy pathway which leads to not only a mutual experience of sacred oneness as the Holy

Eucharist of the red ray is shared and brought up into the heart in green-ray energy exchange, there is also that which stems from such substantial energy exchange, that being the ability to offer understanding, compassion and shared worship.

Worship, my friends, devotion, those deep levels of feeling that is purified: these things explode into a blooming of energies that is as the light upon the hill. And those mated entities who are able to sustain the challenges of the ever-advancing ego and its self-centered concerns will find themselves able, without even intending to do so, to be a light for others that is very helpful to them.

July 7, 2006

Q'UO: As the interpenetrating energies of green ray buffet this planet more and more, the challenge to all entities is to be able to face the truth of themselves clearly and straightforwardly. Double-activated entities have a head start in being able to become completely honest with themselves. This creates an atmosphere in which they may be more calm and serene under conditions which may seem challenging.

October 5, 2003

Q'UO: Many who attempt to do work in consciousness are working on that green ray, working to get the heart to open, without taking the tedious and often unrewarding time to enter into the self in an ever deeper way, making the connections that explain patterns that are long-standing and gradually finding ways to remove the triggers that are hidden within everyday experiences and processes.

November 27, 2002

Q'UO: The responsibility of the open heart is to love unconditionally that which it sees and to see each and every thing and person as the self or a part of the self. In times of disquiet and conflict, entities are offered a sharpened opportunity to behold the shadow portion of the self, the wolf that bites at the heart within. This forthcoming year may contain disquiet. We can only encourage each to open the arsenal of inner and outer gifts towards the third-density situation, finding ways to respond appropriately in service to others as inspired and as able.

With this concern reduced to that which is its actual nature, that is, that which can only be affected positively by knowing all is well or negatively by worry, the concern can then be turned to that which is the true business of this hour, this year, and indeed the decade to come. That is aiding the planet itself and aiding the self and each other self to achieve the ability to enjoy an increased density of [the] light that lights your physical sphere. The nature of that light is changing, and it will become less and less possible for third-density physical vehicles to dwell in that light, not because it is damaging to the physical body but because the energy is hardened in a way into a state

of mind that is characteristic of third density and is connected with the concept of self-protection and survival.

May 12, 1996

Q'UO: With the heart energy comes, in one sense, a fruition, a place of rest and repose where one can gain an overview of the nature of being, the nature of being in an incarnative body, and the nature of that great road which the heart walks.

The heart is that seat of wisdom that is bathed in compassion. That is its eventual destiny, and often the wanderer is able to feel that deeper centrality which is the property of the tuned heart. Yet the heart energy is also very vulnerable to mismatches of energy which block, over-activate or in other ways distort the red, orange and yellow ray energy centers. Furthermore, even when the seeker has become balanced to a high degree in the lower three chakras, still the heart, in offering information to the senses, does in most instances generate a good deal of noise along with those deep and true signals that are the essence of the open heart information.

We pointed out previously how vulnerable the green-ray energy center is to low energy coming through the lower three chakras. This is a cardinal point, for each wishes so deeply to experience that blessed open heart energy and to move into the higher energy centers that the wanderer has the natural tendency to wish to move on from the work of the lower energies into the heart, then into those energies of communication and work in consciousness which offer so much blessing and are the balm to so many wounds experienced by the wanderer.

And so there are two reasons why it is well for the seeker to go slowly and to monitor the self so that the self does not spin its wheels, shall we say, attempting the work of higher energy centers while experiencing low energy into the green-ray center. The lessons of love seem to be more uplifting in the higher energy centers. To the intellect especially this is true. However, it is our opinion that the advent of true openhearted energy takes place only when the seeker has begun to value each energy center equally and begins any conscious work with a brief examination of each center so that imbalances can be seen by the self and attended to before the self.

We stand within the open heart, gazing backwards at those powerful energies that make us strong, and gazing forwards at those energies which more and more merge with the metaphysical. This green-ray center has but one true polarity, and indeed those who seek in the path of service to self must needs bypass the green-ray energy center. So, for each who wishes to serve the Creator by serving others, we say spend as much time as you can within the open heart, for it is central and the light that it sheds moves backwards to the root and forward to the crown of all possible energies. The word passion, like the word love, has far too many connotations to be a pure word, and yet we say to you that the passion-pure heart is the greatest power within the

universe. It is that seat where manifestation moves from within your incarnational experience. Its keeping clean and clear is a task that cannot be overdone.

Session 73

RA: The sexual energy transfer 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.

Session 84

RA: 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.

Session 86

RA: 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.

GREEN RAY

QUOTES FOR FURTHER STUDY

Session 41

RA: Each center may be seen to be activated potentially in third-density, the late second-density entities having the capability, if efficient use is made of experience, of vibrating and activating the green ray energy center.

The third-density being, having the potential for complete self-awareness, thus has the potential for the minimal activation of all energy centers. The fourth, fifth, and sixth densities are those refining the higher energy centers. The seventh density is a density of completion and the turning towards timelessness or foreverness.

Session 47

RA: As we have previously stated, all beings have the potential for all possible vibratory rates. Thus the potential of the green and blue energy center activation is, of course, precisely where it must be in a creation of Love. However, the negatively polarized entity will have achieved harvest due to extremely efficient use of red and yellow/orange, moving directly to the gateway indigo bringing through this intelligent energy channel the in-streamings of intelligent infinity.

Session 21

RA: At some point in third density, the green-ray energy center becomes activated and at that point incarnation ceases to be automatic.

QUESTIONER: When incarnation ceases to be automatic I am assuming that the entity can decide when he needs to incarnate for the benefit of his own learning. Does he also select his parents?

RA: I am Ra. This is correct.

QUESTIONER: At this time in our cycle, near the end, what percentage of the entities incarnating are making their own choices?

RA: I am Ra. The approximate percentage is fifty-four percent.

May 12, 1996

Q'UO: The fourth chakra, the green-ray chakra, is known as the heart chakra and we would say that it is important to realize that there is between the yellow-ray chakra and the green-ray chakra what we are showing to this instrument as a right angle turn. But it is a right angle into time/space from space/time. It is impossible to describe or to draw in any physical form that this instrument is aware of or that we can give through this instrument.

Nevertheless, call it a jog, if you will, in the path. In order to turn the corner into the open heart, there is this matter of the lions that guard the gate to the temple. There is the path to be envisioned, whether it is a set of steps, or any other figure that helps you personally to move through this process. There is a genuine turning to the One and it cannot be done lightly or casually. Further, it is as if you were announcing to the inner planes through which this time/space portal passes that you have become a magical being. You take on the greater identity, the “I” that is all that there is or, in this instrument’s way of saying it, the Christ Consciousness.

February 9, 1997

Q’UO: The concept of distortion is sometimes not an easy one to get the mind around because there is that feeling in the mind that says that there must be something that is unchangeable, that is without distortion. However, we do not know anything that does not contain some distortion. Our only perception of undistorted truth is that state of being where one is lost in awareness of the Creator that speaks within the silence of the heart. So perhaps we could say that the most light-filled distortion available to one in third density is that state of mind where the attention is focused upon that which is known to be holy ground. That inner sanctum lies within your green-ray energy center, the heart chakra. This is why when entities are moving from the open heart that they seem to have a healing influence regardless of what they are saying and the relative wisdom of it, for that energy of the open heart contains the sanctification that is available to that opened heart.

February 19, 2003

Q’UO: The next energy center, moving upwards, to consider in terms of the experiences of the day, is that known as the green-ray energy center and in this wise we may say that this is the beginning of work in consciousness. When one has been able to address the issues and look into the feelings and distortions and energies experienced within that portion of the lower energy body, then the entity is ready to move into the open heart, having secured a good flow of energy, that energy of the one infinite Creator, through the roots of the energy system of the physical vehicle into that energy system which does indeed open to the gateway of intelligent infinity as that infinite energy roars through in its ceaseless dance of upward spiraling light.

Session 31

QUESTIONER: If a sexual energy transfer occurs in green ray—and I am assuming in this case that there is no red ray energy transfer—does this mean it is impossible for this particular transfer to include fertilization and the birthing of an entity?

RA: I am Ra. This is incorrect. There is always the red ray energy transfer due to the nature of the body complex. The random result of this energy transfer will be as it will

be, as a function of the possibility of fertilization at a given time in a given pairing of entities each entity being undistorted in any vital sense by the yellow or orange ray energies; thus the gift, shall we say, being given freely, no payment being requested either of the body, of the mind, or of the spirit. The green ray is one of complete universality of love. This is a giving without expectation of return.

Session 84

RA: The circuitry of two mind/body/spirits or mind/body/spirit complexes in sexual or other energy transfer the circuit opens always at the red or base center and moves as possible through the intervening energy centers. If baffled, it will stop at orange. If not, it shall proceed to yellow. If still unbaffled it shall proceed to green.

RA: The uncrystallized, lower centers cannot deliver the higher voltage. The crystallized centers may become quite remarkable in the high voltage characteristics of the energy transfer as it reaches green ray and indeed as green ray is crystallized this also applies to the higher energy centers until such energy transfers become an honestation¹ for the Creator.

Session 54

RA: The green-ray type of radiation in this case is the healing, the blue ray the communication and inspiration, the indigo that energy of the adept which has its place in faith.

Session 57

RA: The healing work to which each is apprentice may be used as desired.

It is to be noted that a crystal is available.

QUESTIONER: Which crystal is that?

RA: I am Ra. The flawed but sufficient crystal which rests upon the digit of this instrument's right hand.

QUESTIONER: Would you tell me how to use that crystal for this purpose?

RA: I am Ra. This is a large question.

You first, as a mind/body/spirit complex, balance and polarize the self, connecting the inner light with the upward spiraling in-pourings of the universal light. You have done exercises to regularize the processes involved. Look to them for the preparation of the crystallized being.

¹ Honestation: n. adornment; grace. [Obs.]

Take then the crystal and feel your polarized and potentiated balanced energy channeled in green ray healing through your being, going into and activating the crystalline regularity of frozen light which is the crystal. The crystal will resound with the charged light of incarnative love, and light energy will begin to radiate in specified fashion, beaming, in required light vibrations, healing energy, focused and intensified towards the magnetic field of the mind/body/spirit complex which is to be healed. This entity requesting such healing will then open the armor of the overall violet/red ray protective vibratory shield. Thus the inner vibratory fields, from center to center in mind, body, and spirit, may be interrupted and adjusted momentarily, thus offering the one to be healed the opportunity to choose a less distorted inner complex of energy fields and vibratory relationships.

December 18, 2007

Q'UO: The green-ray or heart chakra is the first energy center in which the possibility of a true energy exchange exists.

The lower chakras, having to do with the self, its survival issues, its sexuality, its relationships with self and other selves personally, and its relationship with groups, are all energies that may seem to be in need of balancing and clearing so that they are neither under-activated nor over-activated. But one cannot share energy between red ray and red ray, or orange ray, or yellow ray.

One may impress those energies upon another self, and because of the strength of your energy system, it is possible for energy to be impressed from you to another person, or for another person to impress you with their energy. It is, however, an overlay. It is time-bound in its effect and will wear off naturally.

Session 2

RA: A crystalline structure such as a diamond or ruby can be used by a purified channel who is filled with the Love/Light of One, in almost any application. This, of course, takes initiation, and there never have been many to persevere to the extent of progressing through the various distortion leavings which initiation causes.

Session 66

RA: The energy which is used is brought into the field complex of the healer by the outstretched hand used in a polarized sense. However, this energy circulates through the various points of energy to the base of the spine and, to a certain extent, the feet, thus coming through the main energy centers of the healer spiraling through the feet, turning at the red energy center towards a spiral at the yellow energy center and passing through the green energy center in a microcosm of the King's Chamber energy configuration of prana; this then continuing for the third spiral through the blue

energy center and being sent therefrom through the gateway back to intelligent infinity.

It is from the green center that the healing prana moves into the polarized healing right hand and therefrom to the one to be healed.

Session 47

RA: The green-ray body is that body which may be seen in séance when what you call ectoplasm is furnished. This is a lighter body packed more densely with life. You may call this the astral body following some other teachings. Others have called this same body the etheric body. However, this is not correct in the sense that the etheric body is that body of gateway wherein intelligent energy is able to mold the mind/body/spirit complex.

Session 50

RA: 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.

Session 51

RA: The green energy center is sometimes called the lotus-shape, the number of points of crystalline structure dependent upon the strength of this center.

Session 59

RA: The, shall we say, true-color green orientation would be the 20° east of north. There is a mixture of the yellow-ray and green-ray environments at this time, necessitating the birthing of transitional mind/body/spirit complex types of energy distortions.

Session 63

RA: The creation of green-ray density bodily complexes will be gradual and will take place beginning with your third-density type of physical vehicle and, through the means of bisexual reproduction, become by evolutionary processes the fourth-density body complexes.

RA: The influxes of true-color green energy complexes will more and more create the conditions in which the atomic structure of cells of bodily complexes is that of the density of love. The mind/body/spirit complexes inhabiting these physical vehicles will be, and to some extent, are, those of whom you spoke and, as harvest is completed, the harvested entities of this planetary influence.

March 3, 1997

Q'UO: This planetary sphere has entered the fourth-density vibration approximately fifty of your years ago and continues to move into this green-ray vibration at a steady rate. This planetary sphere is indeed to become the home planet to fourth-density positive entities within the near future, with some aid from elsewhere.

Session 40

RA: The vibratory nature of your environment is true color, green. This is at this time heavily over-woven with the orange ray of planetary consciousness. However, the nature of quanta is such that the movement over the boundary is that of discrete placement of vibratory level.

BLUE RAY

READING & DISCUSSION QUOTES

Session 15

RA: The blue-ray center of energy streaming is the center which, for the first time, is outgoing as well as in-pouring. Those blocked in this area may have difficulty in grasping the spirit/mind complexes of its own entity and further difficulty in expressing such understandings of self. Entities blocked in this area may have difficulties in accepting communication from other mind/body/spirit complexes.

Session 39

RA: The blue ray seats the learnings/teachings of the spirit in each density within the mind/body complex animating the whole, communicating to others this entirety of being-ness.

Session 41

RA: The red, yellow, and blue rays are primary because they signify activity of a primary nature.

Red ray is the foundation; orange ray the movement towards yellow ray which is the ray of self-awareness and interaction. Green ray is the movement through various experiences of energy exchanges having to do with compassion and all-forgiving love to the primary blue ray which is the first ray of radiation of self regardless of any actions from another.

Session 48

RA: There is always some difficulty in penetrating blue primary energy for it requires that which your people have in great paucity; that is, honesty. Blue ray is the ray of free communication with self and with other-self.

Session 34

RA: When green ray has been activated we find the third primary ray being able to begin potentiation. This is the first true spiritual ray in that all transfers are of an integrated mind/body/spirit nature. The blue ray seats the learnings/teachings of the spirit in each density within the mind/body complex animating the whole, communicating to others this entirety of being-ness.

Session 41

RA: The green-ray entity is ineffectual in the face of blockage from other-selves. The blue ray entity is a co-Creator. This may perhaps simply be a restatement of previous activity, but if you consider the function of the Logos as representative of the Infinite Creator in effectuating the knowing of the Creator by the Creator you may perhaps see the steps by which this may be accomplished.

December 12, 2004

Q'UO: There is a way to know when you have finally accessed a point of childhood pain in the green ray, energetically speaking. Because when you have been able to access it, to see it in all of its detail, and to lay it down, you will find yourself laughing. You will find yourself full of laughter and seeing the incredible humor of this effort. We cannot tell you in great detail how to come to that moment but we can tell you where to start: opening to your own pain, coming to know it—its heft, its shape, its density, its color, and most of all its texture within your life.

We suggest working with these energies from the blue-ray standpoint as well because calling upon the energies of blue ray is calling upon clear and honest communication. How do you communicate with yourself? Do you feel that you do a good job of communicating? Is there an edge to your communication with yourself?

There usually are many edges to the way entities communicate with themselves; many ways in which the point of view is not straight-ahead but has a slant, an angle, or an edge to it so that perhaps you are not seeing a good picture. The power of blue ray, when called upon and asked in deep humility to come into your experience, is that power to throw light on a situation in such a way that you can see where you have an edge, where you have an angle, so that you are, perhaps, cheating yourself of a full and clear view of what your situation is.

August 30, 2004

Q'UO: There is no shame in perceiving as negative, or undesirable, that level of disharmony which makes words mean nothing. The ways of entities who use words to hurt are such that words lose their meaning. Words cannot be used logically or with common sense, for they are but markers or symbols for unspoken and perhaps unknown biases which drive the entity to use language in ways that are not consonant with logic.

This is not an experience unique to his family system. It is relatively rampant within human society, in general, that words are used not to communicate but to control or to wound. Blessed indeed is the family system in which this is not true.

The Questioner has now found his way into a spiritually-based family which holds the value of words used only for communication and not for control or for wounding. However, each of those in that family system makes frequent errors and has those moments when it does use words not purely to communicate but also to control, to persuade, or to wound.

For the Questioner and for all of those within this family system, we could encourage careful thought when using words with the Questioner, realizing that this entity's wounds are of the nature of words being used as sticks and stones. If there is an energy there that can be perceived and that can be talked about, then we encourage, any time that such a slip from communication to persuasion to wounding is perceived, for there to be an honest and immediate effort to clean up communication and to reestablish communication as a clear and sweet channel of energy between two people.

That is the beautiful thing about communicating in clear blue ray, as this instrument would call it. When the heart is open and words are used well, each word carries that energy of the heart and can be perceived not as that which comes to wound but that which comes to aid. Gradually, through the time spent with this family system, the Questioner has found it more possible to listen to speech without becoming nervous or desiring to get away. And this is because that subconscious portion of the self recognizes the health and the attractiveness of these good words.

December 5, 1999

Q'UO: There are many times when that which should be expressed, if truth were told, is that which the other does not want to hear. An example is the word, no, when permission is asked to do something. Another example is the words, "I don't know," when someone wishes you to have all the answers.

These things are difficult to say. These things are even difficult to say to the self, and yet it does remarkably improve communication if the self does not edit to remove negative responses. Rather, we would suggest that when a situation arises that the self becomes aware that negative seeming truth must be told that there is a calm and quiet peace within.

Perhaps even a small prayer may be uttered within, tuning the self toward the light, hoping that within that additional light there will be found ways to tell the truth that will be softer and yet still clearer than the abrupt, "I don't know," or, "The answer is no."

When the person facing this situation can realize the degree of fear that is distorting the challenge at hand, then it is that that entity becomes more and more skillful at looking straight at the fear involved and taking that fear within the heart and forgiving the self for being fearful.

This work upon the self, over a period of time, begins to build up for the self a concept of the self as being flexible, able to learn new ways, unafraid to speak regardless of the consequences. It is as if you take a comb and comb through the difficulties and brambles that seem to be surrounding communication with this other self, combing away the tightness of spirit, combing the fear of ridicule, combing away the fear of making a mistake, combing away all the fear-based limitations that hedge you about as a communicator, until all that is left in your blue-ray energy field is an honest and open desire to give and receive information and love. Remember that communication itself is vibration. It has its own energy center, that blue-ray chakra in the throat.

Now, communication may come from any of the centers within your physical and finer bodies. When you experience substantial difficulties in communication, know immediately that you are not in blue ray. And take the time in your mind to contemplate the conversation that was not clear, looking for the signature of the energy center that is blocked, over-stimulated, or in some way distorted. Often you will find an orange-ray blockage when the conversation is between two people and about something that is between those two people. In this situation you are literally looking in a mirror and that which you think that the other has said is a reflection of that which you have said.

May 12, 1996

Q'UO: With the movement into the throat chakra, or the blue-ray energy center, we move into that area wherein gifts of the Creator have often been given generously, for wanderers are communicators. It is ironic that the usual experience of the wanderer is one of frustration at being unable to communicate. This is, however, not because the wanderer cannot communicate, but because the wanderer is not speaking on the level at which others may be listening.

The skill of communication is certainly in a large part simply the thinking and expressing of thoughts, knowing what is thought and finding the way to say it. However, the penalty for communicating in ways in which the other is not presently thinking is a failure to communicate.

Therefore, a signal skill of a communicator is the listening ear that is able to distinguish just where the other entity is dwelling within its own mind and heart. It is obvious that one cannot communicate to most six-year-olds as one can communicate to a sixty-year-old. Yet the differences between the consciousnesses of various entities within your density is such that a six-year-old wanderer may be able to understand what you say better than a sixty-year-old entity who sleeps still in third-density unawakened bliss.

Therefore, we encourage each to practice the skill of listening and of attempting to tailor that which is communicated to the needs of that particular entity. This is careful, subtle work, yet we feel that it is a good discipline and one which is badly needed by the wanderer, for it is a wonderful gift to share one's essence with another. Yet if that speaking does not hit the mark because the entity has been careless in giving to that individual to whom it is speaking, then those powerful energies have to some extent been misspent.

Therefore, we do not say simply hold the tongue, but seek to assess the needs of that entity to whom you speak and then attempt to communicate directly into the heart of that energy. That gives the other full respect, and it shall aid in effective communication.

Session 31

RA: The blue-ray energy transfer is somewhat rare among your people at this time but is of great aid due to energy transfers involved in becoming able to express the self without reservation or fear.

Session 32

QUESTIONER: Could you tell me the difference that occurs between green ray and blue ray with the emphasis on blue ray?

RA: I am Ra. 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.

Session 84

RA: 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.

Session 84

RA: 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 insight has been experienced, the energy has been refined to the blue-ray energy center.

March 25, 2007

Q'UO: When true affection has been established in a sexual relationship and when that sexuality has been dedicated to the Creator, to each other, and to planet Earth, then the path of progression, for a sexually maturing mated pair, is to spend a good deal of time working with the blue-ray energy of communication.

Each entity that is involved in personal relationships and sexual relationships is an oddity, a one-of-a-kind item. That is why entities are so specific about whom they love. They become used to a certain flavor of being that this entity exudes or vibrates. And so they prefer that entity's company.

Therefore, in communicating with each other, history is shared. The reasons for this quirk and that quirk become available, either because the mate understands herself or himself, or because you observe and become able to understand your mate all on your own.

Every piece of intelligence that you have, then, you see, is a kind of piece of power, as this song today was suggesting, "a golden feather, a heart of stone" [3]. What shall you do with this knowledge of each other? Shall you use it kindly or shall you use it to make points the next time you become upset over a trifle?

When working with sexual energy, it is very important to realize that you are dealing with enormously powerful forces, and therefore, as you become more intimate with your partner, you need to become ever more careful, ever more affectionate, and ever more thoughtful about how you say things as well as what you say. For you have

become a powerful person to your mate and you wish to treat this mate with all the honor and respect that you would give to the Creator Himself or Herself.

You see, if you are a man, your mate is the feminine energy of the Creator. If you are a woman, your mate is the male energy of the Creator. Together, you make the full 360 degrees of Creatorship that takes in all the polarities that you both express. You have shared all that you are and you have become one with the Creator.

How can you, then, value the female orgasm? You value it by creating a safe atmosphere in which such a thing can take place. You value it by continuing an atmosphere of gentleness, honor, romance, if you will: those small things that, to the feminine temperament, indicate a genuine and deep interest and not simply the red-ray sexual energy of lust.

If you are a woman, you treasure yourself. You do not worry about having an orgasm, as if it were the same thing as a man's orgasm for, my friends, it is not. Certainly it can be made rough and primitive. It can have the energy simply of sexual congress in the red ray. However, it is far more likely for the feminine temperament to appreciate what's going on when that orgasm happens to her. For a woman tends to have more of a connection with the unseen world. So, she is actually more aware of the kind of energy that is pouring through her when she is expressing an orgasm physically.

Consequently, a woman in that position is a priestess, just as a man is a priest, in sexual intercourse when they are working together sacredly. But to the man goes that kind of energy that is called by this instrument "yang," to the woman goes the energy that is considered by this instrument "yin," so that, in the sexual energy exchange that is sacred in nature, from the man comes that powerful energy of physical wellness and vitality—that which you think of when you think of the word "masculine."

What the feminine offers is the inspiration from spirit. That is the other portion of that male expression of strength, power and virility. The woman is expressing acceptance, unconditional love, and the energy of the Creator Itself. For you see, the woman, unlike man, is possessed of a direct route or connection to the womb of, shall we say, Mother Nature or the red-ray energy of planet Earth.

The woman has that sea of infinity and eternity flowing through her. She is much closer to her priestliness because she must tend to the circumstances of her menses monthly and she feels the pull of the moon, the tides, and her passions in a way that, generally speaking, men are not encouraged to do in your culture.

Consequently, if two entities choose to become magical in their sexual practice, they have the ability to become great ambassadors, if you will, of light. For as they consciously call up this power that they have together and give it to each other, when they are completely saturated and filled up with this energy of orgasm, they then allow that orgasm to shine, both into the world of time/space and the world of space/time.

[3] This Robbie Robertson lyric, in part, goes like this:

*In the autumn night,
When there's no wind blowing,
I could hear the stars falling in the dark.
When you find what's worth keeping,
With a breath of kindness
Blow the rest away.
I gave my love a golden feather
I gave my love a heart of stone
And when you find a golden feather
It means you'll never lose your way back home.*

Session 48

RA: There are adepts who have penetrated many, many of the energy centers and several of the true colors. This must be done with utmost care while in the physical body for as we noted when speaking of the dangers of linking red/orange/yellow circuitry with true color blue circuitry the potential for disarrangement of the mind/body/spirit complex is great. However, the entity who penetrates intelligent infinity is basically capable of walking the universe with unfettered tread.

RA: Having accepted that an harvestable or nearly harvestable entity will be working from this green-ray springboard, one may then posit that the experiences in the remainder of the incarnation will be focused upon activation of the primary blue ray of freely given communication, of indigo ray, that of freely shared intelligent energy, and if possible, moving through this gateway, the penetration of violet-ray intelligent infinity. This may be seen to be manifested by a sense of the consecrate or hallowed nature of everyday creations and activities.

Session 54

RA: It is correct that radiation without the necessity of response begins with blue ray, although the green ray, being the great transitional ray, must be given all careful consideration, for until transfer of energy of all types has been experienced and mastered to a great extent, there will be blockages in the blue and indigo radiations.

May 7, 2000

Q'UO: If the way of wisdom contains a linear structure so that one can follow one's processes and talk logically about them, it also holds the energy within the higher

chakras or energy centers. Working with wisdom is not working with heart or with the lower energies but, rather, largely, the indigo-ray, and to some extent, the blue-ray energy centers.

While it is good to do work in consciousness in this manner it is also somewhat imbalanced because there is no encouragement of the flow of energy through the system but, rather, the holding of energy in the higher chakras. Conversely, when one is working in the way of the open heart one is constantly faced with the entire spectrum of self, from the lowest and most primitive emotion, the desire for survival, the desire for sexual reproduction, the desire for food and safety, upwards throughout the system, touching all of the energy centers, rising as high as indigo ray, but again and again spring-boarding from the heart. So that instead of the seeker moving into and maintaining as a steady state reliance on the higher chakras, the seeker in the way of love has released the preference for work in the higher energy centers and has accepted the self as a full energy system and reconfigured the goal from staying in the higher energies to accelerating the flow of energy throughout the entire system.

Instead of a safe but somewhat turgid and slow moving path of energy refinement the brother and sister of the open heart are attempting to take the whole self as it is and through blind faith alone and the processes of self-acceptance and self-forgiveness blessing, forgiving, redeeming, transforming and offering each and every emotion and sensation to the one infinite Creator.

This invigorates, energizes and enlivens the entire system. It is as if the owner of an automobile began running the engine through its paces in such a way that it began to burn off the carbon from the valves. The way of wisdom collects detritus, shall we say, the carbon on the valves that is not easily dealt with from the way of wisdom. The way of love is a rough and tumble way in comparison, but it also is the fast and cleaner way to use the energy system of the body, mind and spirit. For the emotions that are the responses to catalyst are the shadows, symbols, or increasingly as one progresses, the essence of deep and purified rivers of energy that abide within what your psychologist would call the unconscious mind.

At the roots of consciousness lie rivers of purified emotion that are as gems, perfectly and regularly refracting from the white light of unlimited energy the colorations of energy which are called emotion which express essences which the Creator has previously learned about Itself. These essences are as great truths into which the seeker taps, however imperfectly and however distortedly, as it moves through catalyst and encounters difficulties and meets challenges.

December 12, 2004

Q'UO: When you have laid down your burden and said, "Yes, I give this back to the infinite," then there is that moment of embrace, of acceptance of the self as it was, as it is, and as you have every high hope that it will be.

This is a heartbreak to do in terms of an entity feeling that he has made progress. It is very difficult to feel that one has indeed made progress [when] working with psychic resistance, because there is nothing that is "out there." It is all going on within the inner processes of the self. So there is no way to check against some objective standard and say, "Well, I have achieved Point 1 and Point 2; I am now on Point 3, and I am progressing through this process and at the end of it I will have succeeded." As most entities upon your surface experience, and as certainly those within this circle experience, the greeting is dealt with for the moment and then, at the next opportunity, it simply resurfaces and the work is there to do all over again.

We would encourage each of you not to be discouraged at the apparently cyclical nature of psychic resistance. Try to understand about yourself the multi-level nature of your being. You can find those pockets of pain and empty them and not realize that there is yet a deeper level from which that pocket of pain is being filled so that one pocket full of pain is found and emptied but that hollow remains within the energetic web, functioning as a kind of attractant hole into which more content is poured from those dark places that have not yet been found deep within the self.

Some places of pain there are within the energetic body which cannot even be found doing work consciously because they were never experienced consciously. These include areas of pain that were deliberately brought into the incarnation from previously unbalanced incarnations, and pain to which the unborn child was subjected prior to physical incarnation but not prior to metaphysical incarnation. Of such pain there is no actual memory because those processes of memory do not properly begin until the entity is breathing the air and has formally embarked upon the incarnation.

So it is as though there are springs of pain within you that come from so deep underground within your nature that you cannot root them out. And, for most entities, in one or two cases at least, these springs can be expected to function throughout the incarnation. It is to be noted that in these cases there is a purpose and a use for the work that must be done in response to these experiences of the pain springing forth from these deep fountains within.

About suffering in general we may say that it is a part of the "refining fire" that this instrument is used to calling the incarnation. An incarnation for one who is attempting to learn does partake of the pain of that learning. Before incarnation this was understood by you and accepted. The reason for this careless and seemingly casual acceptance of future pain was that from before incarnation or from after incarnation,

gazing into incarnation and knowing the full spectrum of the Creator and the nature of creation and of the process that one is embracing in coming into incarnation, it seemed like child's play. It seemed so obvious that there would be these moments of challenge and certainly there would be discomfort but there would always be this knowledge of the way things really are.

March 21, 1993

Q'UO: Beyond this heart chakra, within the physical area of the throat, is the blue-ray energy center or chakra. Its expression concerns communication, whether that be communion with the Creator and learning therefrom, any communication in words to others or the non-verbal communications of song, poetry, art and all alternative ways of sharing the self without stint.

Session 54

RA: 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.

BLUE RAY

QUOTES FOR FURTHER STUDY

September 3, 2006

Q'UO: The energy that comes down through the gateway to intelligent infinity, down through indigo and then from indigo to green or to blue or staying in indigo, is that energy you have called forth by your desire and your will. Therefore, hone your desire with every fiber of your being. Keep the edge of appetite keen for the truth. Call upon the energies of justice, fairness, beauty, truth and equality. Bring to mind the qualities of compassion, mercy, hope and faith. Know that these are the elements upon which those who wish to serve cut their eyeteeth. These are the structures—or beings, if you will, for they are living structure—that stand like sentinels along the path of light, through your body and through your spirit.

You are capable of embodying that which you can pull through from above by your desire. If your desires are for lust then you shall leave your kundalini in red ray. If your desires focus upon personal relationships, then you shall raise your kundalini to the orange ray. If your true desire is for marriage and a good work situation, then you shall raise your kundalini to the yellow-ray level. If your deepest desire is to open your heart, then you shall raise the kundalini to the green-ray level. If your deepest desire is to learn how to love with wisdom and to know what it is to have compassion while invoking justice, then you move into those energies of acceptance and of justice that are invoked in blue ray. And when you finally desire above all things to be devoted ultimately and completely to the one infinite Creator and live in the precincts of faith, then by your desire you have pulled up the energy into indigo.

Session 54

RA: The violet emanation is, in this context, a resource from which, through indigo, intelligent infinity may be contacted. The radiation thereof will not be violet ray but rather green, blue, or indigo depending upon the nature of the type of intelligence which infinity has brought through into discernible energy.

The green ray type of radiation in this case is the healing, the blue ray the communication and inspiration, the indigo that energy of the adept which has its place in faith.

Session 66

RA: The energy which is used is brought into the field complex of the healer by the outstretched hand, used in a polarized sense. However, this energy circulates through the various points of energy to the base of the spine and, to a certain extent, the feet,

thus coming through the main energy centers of the healer, spiraling through the feet, turning at the red energy center towards a spiral at the yellow energy center and passing through the green energy center in a microcosm of the King's Chamber energy configuration of prana; this then continuing for the third spiral through the blue energy center and being sent therefrom through the gateway back to intelligent infinity.

It is from the green center that the healing prana moves into the polarized healing right hand and therefrom to the one to be healed.

Session 51

RA: The blue energy center is capable of having perhaps one hundred facets and capable of great flashing brilliance.

Session 47

RA: The light body or blue-ray body may be called the devachanic body. There are many other names for this body especially in your so-called Indian Sutras or writings, for there are those among these peoples which have explored these regions and understand the various types of devachanic bodies. There are many, many types of bodies in each density, much like your own.

Session 39

RA: The violet ray of the positive fourth-density will be tinged with the green, blue, indigo triad of energies. This tinge may be seen as a portion of a rainbow or prism, as you know it, the rays being quite distinct.

RA: The negative ray pattern is the red/orange/yellow moving directly to the blue, this only being used in order to contact intelligent infinity.

In positively oriented entities the configuration is even, crystallinely clear, and of the seven ray description.

INDIGO RAY

READING & DISCUSSION QUOTES

Session 15

RA: The next center is the pineal or indigo-ray center. Those blocked in this center may experience a lessening of the influx of intelligent energy due to manifestations which appear as unworthiness. As you can see, this is but one of many distortions due to the several points of energy influx into the mind/body/spirit complex.

The indigo-ray balancing is quite central to the type of work which revolves about the spirit complex, which has its influx then into the transformation or transmutation of third density to fourth density, it being the energy center receiving the least distorted outpourings of love/light from intelligent energy and also the potential for the key to the gateway of intelligent infinity.

Session 32

RA: 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.

Session 34

RA: The indigo ray, though precious, is that ray worked upon only by the adept, as you would call it. It is the gateway to intelligent infinity, bringing intelligent energy through. This is the energy center worked upon in those teachings considered inner, hidden and occult, for this ray is that which is infinite in its possibilities.

As you are aware, those who heal, teach, and work for the Creator in any way which may be seen to be both radiant and balanced are those activities which are indigo ray.

Session 88

QUESTIONER: What if a mind/body/spirit complex feels a feeling in meditation at the indigo center? What is he feeling?

RA: I am Ra. One who feels this activation is one experiencing in-streamings at that energy center to be used either for the unblocking of this center, for its tuning to match the harmonics of its other energy centers, or to activate the gateway to intelligent infinity. We cannot be specific for each of these three workings is experienced by the entity which feels this physical complex distortion.

Session 50

QUESTIONER: Each of us feels, in meditation, energy upon the head in various places. Could you tell me what this is, what it signifies, and what the various places in which we feel it signify?

RA: I am Ra. The in-streamings of energy are felt by the energy centers which need, and are prepared for, activation. Thus those who feel the stimulation at violet-ray level are getting just that. Those feeling it within the forehead between the brows are experiencing indigo ray and so forth.

Those experiencing tingling and visual images are having some blockage in the energy center being activated and thus the electrical body spreads this energy out and its effect is diffused.

Those not truly sincerely requesting this energy may yet feel it if the entities are not well-trained in psychic defense.

Those not desirous of experiencing these sensations and activations and changes even upon the subconscious level will not experience anything due to their abilities at defense and armoring against change.

QUESTIONER: Is it normal to get two simultaneous stimulations at once?

RA: I am Ra. The most normal for the adept is the following: the indigo stimulation activating that great gateway into healing, magical work, prayerful attention, and the radiance of being; and the stimulation of the violet ray which is the spiritual giving and taking from and to Creator, from Creator to Creator.

This is a desirable configuration.

October 15, 2005

Q'UO: The indigo-ray or brow chakra deals with issues with work in consciousness. If you are a person that enjoys meditation, for instance, you are doing indigo work. If you enjoy walks in nature, the reading of inspirational materials, or work in visualization, these are also indigo-ray works.

November 23, 1996

Q'UO: Some entities have little strength compared to others, yet because they have somehow found the balance within and have harmonized that scale of being, that melody arrests the listening ear with delight.

March 19, 2000

Q'UO: Each is working with the concept of self, with the concept of self in relationship, and with the concept of self in groups, in ways that distort and filter that

energy. And each, being unique, is doing that distorting and partial blocking in her own way. And, therefore, each has what this instrument calls a knot to untangle that is unlike anyone else's knot, has the confusion to unravel that is not precisely not like anyone else's confusion.

And while these processes are going on it is not wise to attempt to work in the higher energy centers. This means that there are many times in each day where remedial and centering work in balancing the lower energy centers and clearing them is called for. There is not the work that is done once and then left but, rather, the metaphysical housework of clearing and re-clearing and re-clearing, cleansing and cleaning the energy centers, encouraging them by various means to be crystallized, balanced and energized so that more and more energy can be taken in and processed and transmuted as the energy moves up the energy system of the body. Each then must determine, daily, hourly, if it is an appropriate time to do work in consciousness. If it is an appropriate time to be looking at the discipline of the personality.

Now that we have expressed our cautionary hope that each will refrain from doing such higher energy work until full energy is pouring into the heart we can take into consideration the discipline of the personality.

As a background to work in consciousness in general, it may be noted that that energy which is called the rising of the kundalini is an energy placement that is heavily dependent upon the intensity and purity of desire and the type of desire that you as a soul or spirit are naturally and inherently feeling the need to express.

In other words, there is energy entering the bottom of the energy system, coming up from the feet and into the root chakra and moving from there upwards. But there is also the inner light of the one infinite Creator that is called into the energy system through the gateway of intelligent infinity through the violet ray and into the green, blue and indigo energy centers.

Work in the discipline of the personality is indigo-ray work. And it is facilitated greatly by persistent daily work on one's desire. For the more intense that desire, the more powerful will be that energy moving through the gateway to intelligent infinity from above. And the more powerful will be the pull that pulls that energy up from the root chakra and to the meeting with that inner light that is called by the metaphysical worker in consciousness.

What one hopes for from the energy system in this regard is to have an intensification of the full power that is coming into the heart meeting in the indigo-ray center, and this is a goal which cannot be followed as a goal but, rather, lived as a process. For, again, this will not be work that is done once and never again. This is in no wise a work that after one has done it one may rest upon one's laurels. Rather, this is a continuing effort throughout the incarnation.

Session 32

QUESTIONER: What is the difference between indigo and blue ray transfer?

RA: I am Ra. The indigo ray is the ray of, shall we say, awareness of the Creator as self; thus one whose indigo ray vibrations have been activated can offer the energy transfer of Creator to Creator. This is the beginning of the sacramental nature of what you call your bisexual reproductive act. It is unique in bearing the all-ness, the wholeness, the unity in its offering to other-self.

Session 31

RA: The indigo-ray transfer is extremely rare among your people. This is the sacramental portion of the body complex whereby contact may be made through violet ray with intelligent infinity. No blockages may occur at these latter two levels, due to the fact that if both entities are not ready for this energy it is not visible and neither transfer nor blockage may take place. It is as though the distributor were removed from a powerful engine.

March 25, 2007

Q'UO: It is a long way from the red-ray disturbance of the senses that adds fire and color to the life by creating sexual desire to giving a way for it to be fulfilled to the work in indigo, where entities become sacred to each other in a very formal way, so that what they offer to the Creator and to the world is very consciously offered.

This female orgasm, then, is hidden on purpose from easy access and it is immediately available to the mated pair who chooses to value the creation of the female orgasm as something that is not simply an add-on, shall we say, to the experience of sexual intercourse, but is part of an extended, romantic and affectionate time together in which the Creator is very much present.

November 28, 2004

Q'UO: Those coming into incarnation at this time are often very able to vibrate fourth-density values and ways of thinking, so that as your children are growing up, they are representing individual cases where they have been more and more able to welcome fourth-density energies. They are seen by their own parents often as amazing beings and much has been spoken of these young entities, which are sometimes called Indigo Children or Crystal Beings. There are many terms for them but their difference is that they have come into incarnation with some features of their fourth-density inner bodies activated as well as being activated in third density.

We would encourage you to see yourself as a secret agent of fourth density at this time. Have you heard the phrase, "Perform random acts of kindness"? This is the very essence of being a secret agent for love. The ones known as Ra long ago channeled

through this instrument, “When faced with a situation, ask yourself the question, “Where is the love in this moment?” And we say to you, be an agent of that love, and be an instrument of peace. In all situations, there is at least a tiny peephole, a tiny window that lets in the light and the love of the one infinite Creator. Do what you can to find it. Make this transition into fourth density personal.

If you think in terms of world powers and world wars, you have no control and you can do no useful thing. However, that is a mental projection. You are the center of your universe and you have power. You are a magical being and you are the face of the Creator in the little place that you occupy in this vast creation. Be an agent. Be proud and happy to be an agent of the Creator and part of the creative principle. And let your light shine, let your love embrace.

Session 54

RA: The violet emanation is a resource from which, through indigo, intelligent infinity may be contacted. The radiation thereof will not be violet-ray but rather green, blue or indigo, depending upon the nature of the type of intelligence which infinity has brought through into discernible energy.

The green-ray type of radiation in this case is the healing; the blue ray the communication and inspiration and the indigo that energy of the adept which has its place in faith.

March 19, 2000

Q’UO: Each entity will have deeply personal areas where the energy is drawn and leached away from metaphysical pursuits. And it is to these rough places of the personality that the worker in consciousness will go in thought, not to condemn the self, not to attempt with the knife to excise surgically parts of the self, but, rather, to see these places as places where the earth is covering the jewels in such a deep way that the focus of service and learning is shifted to trivial concerns.

In no wise do we recommend that entities simply cut out those activities which the self considers beneath metaphysical notice. Rather, we would encourage each to come into a vision or an attitude concerning the self that is epitomized in the phrase, “My Funny Valentine.” We find the words to this song very pointed in this regard. “My funny valentine, you looks are laughable; unphotographical, yet you’re my favorite work of art.” This is how you may see yourself as a spiritual entity, as a funny, but very, very sweet work of art.

Each entity in incarnation, especially in third density, is a puzzle, a mystery, and an enigma with funny quirks and uncommon lapses that don’t seem to add up to a totally sensible human being. And, yet, with all of the preferences and biases and

funny places included, each of you is a beautiful and perfect, sublimely complex set of vibrations that is unique and most beloved by the infinite Creator.

When you can have this attitude towards yourself, rather than a condemnatory or a judging attitude towards the self, this in turn frees the self to be the self without apology or guilt. And at the same time it frees the self to begin to consider where lies love in the personality and where lies fear.

For fear is part of that dirt that covers the gems of the true and authentic self. What you are doing is panning for gold in a way. You don't want to take great chunks of your self and toss them to one side. You might miss a gem. You want to take a sieve and sieve each part of that earth, gazing at all that is you to see where the glimmer of treasure truly is. And as you sieve and discard the earth, you do not judge the earth but, rather, thank it for protecting that authentic self and offering it a haven within incarnation which is relatively safe, no matter what the outer circumstances, difficulties or tragedies in a worldly sense that the self may be going through.

September 3, 2006

Q'UO: The use of the chakra system is that use which clears the pathway through which energy flows from the soles of the feet and the base chakra at the base of the spine through all of the chakras, one after the other, and finally out through the top of the head.

Now, this basic flow goes on all the time in everyone. When one attempts to improve the flow, one is not simply tinkering with the physical system. One is working with the metaphysical system. The model of the energy flow through the energy body in space/time is that of a self-contained system. However, in the metaphysical view of this pipeline, while on the level of consensus reality or space/time it is indeed a self-contained system, on the level of time/space it is an open system. At each point it is open to the density that equals that color and to the entities that people that true color.

Further, when entities are working on a certain difficulty, they may be working in two or more chakras at one time. The Questioner gave the example of having low self-worth, which is worked within the orange ray as well as in the indigo ray and, indeed, to some extent, that low self-worth shall be worked on by each and every one of the chakras in one way or another.

Consequently, when one takes up the goal of clearing the chakras, one is doing a great deal more than clearing a physical system. One is doing more than clearing a pipeline. One is asking the self to perform the mental actions necessary to create a change in the way one sees the self.

If one is blocked in a certain way in one of the chakras, one is seeing the self in a certain way. In working to clear the chakra, then, one becomes vulnerable to the need to rest and examine that blockage; to sit with it and to gaze into the workings of that blockage. When does it occur? How does it arise? What was the first thing that you thought of that made you realize you were caught? How have you experienced this before? What pattern surrounded this thought when you had it before? What about the time before that? Can you find the first time that you were blocked in this way? What was the exact circumstance of that blockage?

The closer that you can get to the source of your blockage or your over-activation, the more chance that you have of unearthing the ore that contains this gem of information, this piece of crystallized pain. When you do this, you hold in your hand the gift of much suffering. Wash it! Polish it! It is a gem you have earned, but it is not a gem that you need weighing you down.

There comes a time to lay down a piece of crystallized pain that is emotional in nature, mental in nature, or spiritual in nature. You will know when that time comes. We do not encourage you to hurry yourself. However, it is indeed a wise person who harvests such crystallized pain, realizes it, thanks it, and moves on. It is not necessary to carry behind you that great sack which bears the accumulated pain of your incarnation.

October 5, 2003

Questioner: Assuming that the work of power is the work of higher energy centers, I know that green ray is the great resource of all spiritual work and that the blue and indigo-ray activities await only the will of the seeker once green ray has been activated. My question is: the moment that love is felt, can an entity “move up,” so to speak, and immediately do blue and/or indigo-ray work in that moment, if only for what I would call a short period of time? Or does the state of the open heart need to be reliable and consistent for work to proceed into the higher rays?

Q’UO: We are those of Q’uo, and are aware of your query, my brother. The ability to do work in consciousness is momentary and there can be times of brilliance and clarity for any soul who is able even momentarily to enter the heart. It is to be noted, however, that the more work that is done in the first three energy centers, and that on a daily basis, the more opportunity that a soul may have to rest within the open heart.

The stumbling blocks to living open-heartedly are only partially “out there,” only partially the effect of catalyst that is incoming to the consciousness of the seeker. Again, the places where energy is held in the energy body often have to do with the past and those things that are, to all intents and purposes, dead. Yet, somehow, the function of memory has enabled them to have a spurious and untrue life within an

entity, which has for the most part moved from those stumbling-block areas of misperception concerning the self.

When the evening of the day comes we have recommended before through this instrument that it is well to examine, as one may, the points which hooked one during the previous day's experience, either for happiness or for woe. Gaze into the way the mind works when it is triggered. Find those triggers. Name them. Get to know them. Begin accepting yourself for having them. Begin attempting to create for the self a safe place where these things can be looked at for however long they need to stay.

In reality, much of getting to know the self is not pushing the self around as much as it is gently sitting around the campfire with all of these different parts of self and allowing each to tell its story. For there is good in many different points of view within, all of which may come together in ways that are not helpful. Yet each item within the mix is helpful to consider, helpful to gaze at, perhaps over time.

It is a subtle thing to become more familiar with the self without judging the self, and this is the goal of one who is attempting to free up those stuck places within. Once one is relatively balanced within the energy body from red, orange and yellow then the heart is able to get full energy and that full blast of unconditional love that the Creator puts out in infinite quantity and quality at all times. Energy is finally able to move through into the heart in a powerful way.

Session 48

RA: Entrance into incarnation requires the investment or activation of the indigo-ray or etheric body for this is the "form-maker". The young or small physical mind/body/spirit complex has the seven energy centers potentiated before the birthing process. There are also analogs in time/space of these energy centers corresponding to the seven energy centers in each of the seven true color densities. Thus in the microcosm exists all the experience that is prepared. It is as though the infant contains the universe.

November 16, 2006

Q'UO: The first generation of wanderers was made up of those such as this instrument, which responded to the call of Earth by coming from a higher density to move into incarnation and share the love and the light of the one infinite Creator with those of this planet in an attempt to shift the planetary energies more towards the light.

The second generation of wanderers was comprised of those who also were interested in helping planet Earth. However, this second generation of wanderers is characterized by more confidence than the first generation of wanderers, but also less of a dedication of service to others in that their chief motivation for coming into incarnation at this

latter hour of your third density was to use the boot-camp-like atmosphere of planet Earth to do what they would consider quick and dirty work in adjusting the balance of their energies between love and wisdom. For some, this means emphasizing the heart and the opening of the heart. For others, who already have their hearts opened, it means emphasizing wisdom and asking the open heart to receive that highest and best self's wisdom which comes from guidance and informs loving compassion in such a way that there is equanimity to match the passion of your dedication to service. The third generation of wanderers is made up of what this instrument and many others call the indigo children. There are many other terms for these children. However, in general, they are the first graduates in this harvest from the third density of planet Earth.

These souls have moved through the gates into larger life. They have dropped their physical bodies and entered into a healing process with their guidance and with all of those forces which protect and nurture entities in the inner planes who are moving through the processes of death and rebirth. Further, they have moved through the steps of light and have passed their graduation test.

These are fourth-density wanderers, whose first act, upon choosing what would please them the most to do next, was to return to their beloved home planet in order to assist not only the people of planet Earth, but also, and perhaps more principally, the planet itself.

These entities are characterized by a thinner veil, which enables them to remember more about who they are and why they are here. The sense of mission or destiny is very common in third-generation wanderers. Indigo children are people who, when they have achieved a mental and emotional maturity to match their spiritual gifts, will be far tougher by nature than many among your people, able to deal with difficult times and situations and able to absorb rapid change. These abilities are appropriate for these indigo children.

In dealing with indigo children—and indeed, most of those being born into your Earth at this time are indigo children—it is well to keep in mind that these entities, though wise in their way, are indeed children. There is as much need in them as in any other child for good, stable, consistent guidance. However, you are also correct in noting the extreme interrelatedness of yourself and your son in the terms of the motion and rhythm of your moods and the behavior that stems from such moods.

INDIGO RAY

QUOTES FOR FURTHER STUDY

Session 48

RA: An harvestable or nearly harvestable entity will be working from this green-ray springboard. One may then posit that the experiences in the remainder of the incarnation will be focused upon the activation of the primary blue-ray of freely given communication and of indigo ray, that of freely shared intelligent energy.

Session 50

RA: The in-streamings of energy are felt by the energy centers which need, and are prepared for, activation. Thus those who feel the stimulation at violet-ray level are getting just that. Those feeling it within the forehead between the brows are experiencing indigo ray, and so forth.

Those experiencing tingling and visual images are having some blockage in the energy center being activated and thus the electrical body spreads this energy out and its effect is diffused.

Session 54

RA: Radiation without the necessity of response begins with blue ray, although the green ray, being the great transitional ray, must be given all careful consideration, for until transfer of energy of all types has been experienced and mastered to a great extent, there will be blockages in the blue and indigo radiations.

November 23, 1996

Q'UO: To have a more powerful indigo ray, for instance, has less virtue than to have an indigo ray which is euphonious and promotes travel between it and the other energy nexi.

In working with the self in this regard, we find it helpful to ask that which the one known as Ra first offered to this instrument: "Where is the love in this moment?" By turning to this universal question; by asking; by desiring that quality, that question, you open doors within your deeper self—that self which abides in the awareness you do not have access to in your conscious mind.

This deeper self knows where the love is. Therefore, by asking that question and then by abiding in faith with patience and an inner knowing, that which is sought shall come to you. The thousand and one specific details of everyday occurrences are taken from that world of manifestation and handed up as a noble and holy offering to the

Creator: “Here is my confusion; here is my pain; here are all my emotions; here is my confusion; here is my mental anguish.”

And that great being which lies within embraces the self, the concern, the anguish of unknowing, and responds in silence with love.

Session 54

RA: 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.

Session 57

RA: The indigo-ray body may be used by the healer once the healer becomes able to place its consciousness in this etheric state.

Session 10

RA: The Atlantean race was a very conglomerate social complex which began to form approximately 31,000 years in the past of your space/time continuum illusion. It was a slow growing and very agrarian one until approximately 15,000 of your years ago. It reached quickly a high technological understanding which caused it to be able to use intelligent infinity in an informative manner. We may add that they used intelligent energy as well, manipulating greatly the natural influxes of the indigo or pineal ray from divine or infinite energy. Thus, they were able to create life forms. This they began to do instead of healing and perfecting their own mind/body/spirit complexes, turning their distortions towards what you may call negative.

Session 51

RA: The indigo center is a more quiet center which has the basic triangular or three-petalled shape in many, although some adepts who have balanced the lower energies may create more faceted forms.

RA: The indigo body may be seen to be an analog for intelligent energy. It is, in microcosm, the Logos. The intelligent energy of the mind/body/spirit complex totality draws its existence from intelligent infinity or the Creator. This Creator is to be understood, both in macrocosm and microcosm, to have, as we have said, two natures: the unpotentiated infinity which is intelligent; this is all that there is.

Free will has potentiated both the Creator of us all and our selves as co-Creators with intelligent infinity which has will. This will may be drawn upon by the indigo or form-making body and its wisdom used to then choose the appropriate locus and type

of experience which this co-Creator or sub-sub-Logos you call so carelessly a person will take.

Session 47

RA: The first body which activates itself upon death is the “form-maker” or the indigo-ray body. This body remains—you have called it the “ka”—until etherea has been penetrated and understanding has been gained by the mind/body/spirit totality. Once this is achieved, if the proper body to be activated is green-ray, then this will occur.

RA: The normal procedure, given an harmonious passage from yellow-ray bodily manifestation, is for the mind and spirit complex to rest in the etheric or indigo body until such time as the entity begins its preparation for experience in an incarnated place which has a manifestation formed by the etheric energy molding it into activation and manifestation.

This indigo body, being intelligent energy, is able to offer the newly dead, as you would term it, soul a perspective and a place from which to view the experience most recently manifested. Is there a short query we may answer at this time?

Session 48

RA: Upon the bodily complex death, as you call this transition, the entity will immediately, upon realization of its state, return to the indigo, form-maker body and rest therein until the proper future placement is made.

Here we have the anomaly of harvest. In harvest the entity will then transfer its indigo body into violet-ray manifestation as seen in true-color yellow. This is for the purpose of gauging the harvestability of the entity. After this anomalous activity has been carefully completed, the entity will move into indigo body again and be placed in the correct true color locus in space/time and time/space at which time the healings and learn/teachings necessary shall be completed and further incarnation needs determined.

Session 33

RA: The violet ray of the positive fourth-density will be tinged with the green, blue, indigo triad of energies. This tinge may be seen as a portion of a rainbow or prism, as you know it, the rays being quite distinct.

The violet ray of fourth-density negative has in its aura, shall we say, the tinge of red, orange, yellow, these rays being muddied rather than distinct.

Session 47

RA: The indigo-ray body, which we choose to call the etheric body, is, as we have said, the gateway body. In this body, form is substance and you may only see this body as that of light, as it may mold itself as it desires.

VIOLET RAY

READING & DISCUSSION QUOTES

Session 19

RA: Instead of one magnet with one polarity you have, in the body/mind/spirit complex, one basic polarity expressed in what you would call violet-ray energy, which is the sum of the energy fields, but which is affected by thought of all kinds generated by the mind complex, by distortions of the body complex, and by the numerous relationships between the microcosm which is the entity and the macrocosm in many forms which you may represent by viewing the stars, as you call them, each with a contributing energy ray which enters the electromagnetic web of the entity due to its individual distortions.

Session 34

RA: Our perception of red ray and violet ray is that they are fixed. Thus the inner rays are those which are varying and are to be observed as those indications of seniority in the attempts to form an harvest.

Session 34

QUESTIONER: Would the red ray, an intense red ray, then be used as an index for seniority in incarnation as well as an intense violet ray?

RA: I am Ra. This is partially correct. In the graduation or harvesting to fourth-density positive, the red ray is seen only as that, which being activated, is the basis for all that occurs in vibratory levels, the sum of this being violet ray energy. This violet ray is the only consideration for fourth-density positive.

In assessing the harvestable fourth-density negative, the intensity of the red as well as the orange and the yellow rays is looked upon quite carefully as a great deal of stamina and energy of this type is necessary for the negative progression, it being extremely difficult to open the gateway to intelligent infinity from the solar plexus center. This is necessary for harvest in fourth-density negative.

Session 38

QUESTIONER: Could you tell me how each of the rays, red through violet, would appear in a perfectly balanced and undistorted entity?

RA: I am Ra. We cannot tell you this for each balance is perfect and each unique.

RA: In the violet ray we see this unique spectrograph, if you will, and at the same time the pure violet surrounding the whole; this in turn, surrounded by that which mixes

the red and violet ray, indicating the integration of mind, body, and spirit; this surrounded in turn by the vibratory pattern of this entity's true density.

This description may be seen to be both unbalanced and in perfect balance. The latter understanding is extremely helpful in dealing with other-selves. The ability to feel blockages is useful only to the healer. There is not properly a tiny fraction of judgment when viewing a balance in colors.

Of course when we see many of the energy plexi weakened and blocked, we may understand that an entity has not yet grasped the baton and begun the race. However, the potentials are always there. All the rays, fully balanced, are there in waiting to be activated.

Session 39

RA: The violet ray is constant and does not figure into a discussion of the functions of ray activation in that it is the mark, the register, the identity, the true vibration of an entity.

Session 41

RA: Each energy center has a wide range of rotational speed or, as you may see it more clearly in relation to color, brilliance. 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.

April 14, 2007

Q'UO: We ask that you consider the possibility that dwelling within one chakra or another is not the goal of a spiritual seeker. Rather, the spiritual seeker's goal is to

serve the one infinite Creator. In doing so, all of the notes of this instrument shall be played.

None of the chakras is more important than any other. They are all necessary for the functioning of the energy body. It is just as important to have a strong red ray or a strong orange ray as it is to have a strong indigo ray. It is impossible to do work in consciousness before you have begun to have a holistic view of your energy, valuing every aspect of your feelings.

We use this term, feelings or emotions, in a general way, being unable to dig deep down beneath surface emotion to the archetypal rivers of emotion that are true or hold the truth within their flow. Think of it in terms of vibration. Overall, your energy body vibrates at a certain rate. It is a conglomerate rate and the read-out of that rate is your violet-ray chakra.

What you are attempting to do in opening the heart is not to leap from the heart into indigo ray but simply to find yourself able to use the resources of the heart chakra which make work in consciousness ever more possible. As that heart not only opens but is persuaded by the constant tuning of the individual to stay open, more and more, finally there is a habitual default setting of open heart and dependence upon the concept of love and a need to be a part of the principle of love and light upon planet Earth.

In such a way shall you be able to keep your system open and ready to speak the words of love, to sing the melodies of wisdom, and to reach out, hand to hand and heart to heart, to each other, as you practice being one in love.

Session 48

RA: The patterns of activation of an entity of high seniority will undoubtedly move with some rapidity to the green-ray level which is the springboard to primary blue. There is always some difficulty in penetrating blue primary energy for it requires that which your people have in great paucity; that is, honesty. Blue ray is the ray of free communication with self and with other-self.

Having accepted that an harvestable or nearly harvestable entity will be working from this green-ray springboard, one may then posit that the experiences in the remainder of the incarnation will be focused upon activation of the primary blue-ray of freely given communication, of indigo ray, that of freely shared intelligent energy, and if possible, moving through this gateway to the penetration of violet-ray intelligent infinity. This may be seen to be manifested by a sense of the consecrate or hallowed nature of everyday creations and activities.

Session 54

RA: The energy ingress ends with indigo. The violet ray is a thermometer or indicator of the whole.

June 7, 1990

Q'UO: (In response to a question about psychic protection) Violet ray appears at the head. It is as it is, you cannot manipulate it, but it does represent the balance that you have just created.

Take this color and, in your mind, visualize it. Swirl it around to meet the red ray, mixing to become a red violet color, the very essence and vitality that is your identity as a body. Take that color and seal your body completely with this color. Now visualize dunking it into a cup of something, painting it on, or asking it to form an armor, missing no part of you.

You are now a protected body which is working with spirit. It is therefore time to invoke what this instrument would call the armor of light. Ask the white light of infinite love to cover you completely, and in love ask that it extend around the circle, covering each of your beloved brothers and sisters, growing and eventually becoming bright enough that you almost disappear because [of] the light within, around and about the circle as well as upon the surface of your own physical body. You are now in a protected globe of white light, in a position of sacred trust with those within the circle.

March 27, 1983

OXAL: With the violet ray we find a center which is not consciously altered by incarnational experience, in that it is the register or the mark of the entity, revealing the balance of mind, body and spirit. When the entity has sufficiently cleared each of the energy centers within the physical vehicle, then it is possible for the entity to reach from indigo ray through violet to the eighth energy level, and contact those portions of the one infinite Creator known as intelligent energy and intelligent infinity, the latter producing the experience of unspeakable joy as the entity knows the full presence of the one infinite Creator.

Session 53

RA: 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.

Session 84

RA: 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.

Session 32

RA: The violet ray, just as the red ray, is constant in the sexual experience. Its experience by other-self may be distorted or completely ignored or not apprehended by other-self. However, the violet ray, being the sum and substance of the mind/body/spirit complex, surrounds and informs any action by a mind/body/spirit complex.

Session 31

RA: The indigo-ray transfer is extremely rare among your people. This is the sacramental portion of the body complex whereby contact may be made through violet ray with intelligent infinity. No blockages may occur at these latter two levels due to the fact that if both entities are not ready for this energy it is not visible and neither transfer nor blockage may take place. It is as though the distributor were removed from a powerful engine.

Session 29

QUESTIONER: Is it possible for you to tell me how an entity who has satisfactorily achieved the necessary violet-ray qualification should use the crystal?

RA: I am Ra. The gateway to intelligent infinity is born of, shall we say, the sympathetic vibration in balanced state accompanying the will to serve, the will to seek.

RA: The necessity is for the mind/body/spirit complex to be of a certain balance, this balance thus enabling it to reach a set level of lack of distortion. The critical difficulties are unique for each mind/body/spirit complex due to the experiential distillations which in total are the, shall we say, violet-ray being-ness of each such entity.

This balance is what is necessary for work to be done in seeking the gateway to intelligent infinity through the use of crystals or through any other use. No two mind/body/spirit crystallized natures are the same. The distortion requirements, vibrationally speaking, are set.

Session 72

RA: The development of the psychic greeting is possible only through the energy centers starting from a station within the violet-ray, moving through the adept's energy center and therefrom towards the target of opportunity. Depending upon the

vibratory nature and purpose of greeting, be it positive or negative, the entity will be energized or blocked in the desired way.

The entity of Orion pierces the same violet ray and moves to two places to attempt most of its non-physical opportunities. It activates the green-ray energy center while further blocking indigo-ray energy center. This combination causes confusion in the instrument and subsequent over-activity in unwise proportions in physical complex workings. It simply seeks out the distortions pre-incarnatively programmed and developed in incarnative state.

Session 73

QUESTIONER: What was the orientation with respect to 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: All invocations and evocations are drawn through the violet energy center. This may then be continued towards whatever energy centers are desired to be used.

Session 14

RA: The harvest is now. At this time it is good 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.

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.

May 2, 2004

Q'UO: We speak repeatedly of balance and usually it is a balance that is between love and wisdom; between the green ray and the blue/indigo/violet trinity of rays. It is very attractive to many wanderers, especially in incarnation upon planet Earth, to stay within the upper triad of energies, using this system of seven chakras and an octave.

It is similarly attractive to others who have come into incarnation from a point of different balance to lean into the green-ray open heart and to see everything in terms of keeping the heart open.

Either focus, if taken to the extreme of not invoking the other, is unbalanced. So there are entities who are attempting to balance their energies more into the green ray, into an integration with green ray of their blue-ray strengths, and there are others who are doing precisely the opposite, attempting to soften their green ray with wisdom.

Session 49

QUESTIONER: I have a question here from Jim first. He says: "For the past nine years I have had what I call frontal lobes experiences in the pre-conscious state of sleep when I wake up in the morning. They are a combination of pleasure and pressure which begins in the frontal lobes and spreads in pulses through the whole brain and feels like an orgasm in the brain. I have had over 200 of these experiences and often they are accompanied by voices and visions which seldom make much sense to me. What is the source of these frontal lobes experiences?"

Ra: I am Ra. The experiences described are those distillations which may be experienced after a concentration of effort upon the opening of the gateway or indigo mind complex, so that experience of a sacramental or violet ray nature may occur. These experiences are the beginnings of that which, as the body, the mind, and the spirit become integrated at the gateway or indigo level, may then yield not only the experience of joy but the comprehension of intelligent infinity which accompanies it. Thus the body complex orgasm and mind complex orgasm, becoming integrated, may then set forth the proper gateway for the spiritual complex integration and its use as a shuttle for the sacrament of the fully experienced presence of the one infinite Creator.

Session 54

RA: The violet emanation is a resource from which, through indigo, intelligent infinity may be contacted. The radiation thereof will not be violet-ray but rather green, blue, or indigo depending upon the nature of the type of intelligence which infinity has brought through into discernible energy.

The green ray type of radiation in this case is the healing, the blue ray the communication and inspiration, the indigo that energy of the adept which has its place in faith.

VIOLET RAY

QUOTES FOR FURTHER STUDY

Session 33

QUESTIONER: Is there any difference in violet-ray activity or brightness between entities who are at entrance level, both positive and negative, to fourth-density?

RA: I am Ra. The violet ray of the positive fourth-density entity will be tinged with the green/blue/indigo triad of energies. This tinge may be seen as a portion of a rainbow or prism, as you know it, the rays being quite distinct.

The violet ray of fourth-density negative has in its aura, shall we say, the tinge of red, orange, yellow, these rays being muddied rather than distinct.

Session 48

RA: Each mind/body/spirit complex has its own patterns of activation and its own rhythms of awakening. The important thing for harvest is the harmonious balance between the various energy centers of the mind/body/spirit complex. This is to be noted as of relative import.

We make a most general answer, stressing the unimportance of such arbitrary generalizations.

The entity, before incarnation, dwells in the appropriate, shall we say, place in time/space. The true-color type of this location will be dependent upon the entity's needs. Those entities, for instance, which, being Wanderers, have the green, blue, or indigo true-color core of mind/body/spirit complex will have rested therein.

Entrance into incarnation requires the investment or activation of the indigo-ray or etheric body for this is the "form-maker." The young or small physical mind/body/spirit complex has the seven energy centers potentiated before the birthing process. There are also analogs in time/space of these energy centers corresponding to the seven energy centers in each of the seven true color densities. Thus in the microcosm exists all the experience that is prepared. It is as though the infant contains the universe.

April 21, 1996

Q'UO: When we are asked to join any entity such as yourself in the meditative state it is our ability and our honor to attempt to blend our vibrations with yours in a fashion which tends to reduce the peaks and valleys of alertness, the beta waves of your brain's working. This allows the perceived environment to move by your notice in a much more peaceful fashion. It is as though we were taken upon the back of your brain

activity and given the opportunity to ride the waves, bringing each more nearly to the point of harmony or that which would be seen as more of a ripple than a wave in the physical sense.

When we do this blending of vibrations we tend to work from the violet ray or crown chakra down to the heart chakra and work with the reservoir of accumulated love that is the essence of your being by blending our love vibrations with yours and aiding the opening of the meditative state or the reduction of the conscious state. We then hope to offer a more calm and peaceful environment in which you may practice of the one infinite Creator.

The responsibility that you and we share in this blending of vibrations is the responsibility to use this blending in service to others. Whatever essence or kernel of love you may feel and connections you may make in your own understanding is a fruit, shall we say, that may be of service to others as you put it to work in your own life pattern. The same is true for us.

April 9, 1995

Questioner: Ra used the term, “the Buddha body,” and also “the higher self,” for one of the aspects of individuals. Is the Buddha body a sheath-covering for the soul? Or, what is the relationship of the Buddha body and the higher self and the soul?

Q’UO: I am Q’uo, and am aware of your query, my brother. In the attempt to speak to this query, there is the difficulty of your language and your linear perception of time that we must deal with, for the higher self, as it is often called, is the soul at another portion of its experience in a succeeding higher density. Thus, that which is your soul—that essence of self around which all experience orbits—becomes aware of its fullness. It becomes the higher self.

This is also in close relationship to that which you have called the “Buddha body,” that body which is associated with the violet-ray or crown chakra energy center. This expression of the self is that portion that stands within the light at the graduation to determine the ability of the soul to accept a greater and greater light and thus be, shall we say, graduated to the fourth density. Thus, you may see a loose identity between Buddha body, soul and higher self that begins to become a closer and closer equality as the soul progresses from density to density.

Session 29

RA: The use of the crystal in physical manifestation is that use wherein the entity of crystalline nature charges the regularized physical crystal with this seeking, thus enabling it to vibrate harmonically and also become the catalyst or gateway whereby intelligent infinity may thus become intelligent energy, this crystal serving as an analog of the violet ray of the mind/body/spirit in relatively undistorted form.

Session 47

RA: The indigo-ray body may be used by the healer once the healer becomes able to place its consciousness in this etheric state. The violet-ray or Buddhic body is of efficacy to the healer, for within it lies a sense of wholeness which is extremely close to unity with all that there is.

These bodies are part of each entity and the proper use of them and understanding of them is, though far advanced from the standpoint of third-density harvest, nevertheless useful to the adept.

Session 67

RA: The entity requesting such healing will then open the armor of the overall violet/red ray protective vibratory shield. Thus the inner vibratory fields, from center to center in mind, body, and spirit, may be interrupted and adjusted momentarily, thus offering the one to be healed the opportunity to choose a less distorted inner complex of energy fields and vibratory relationships.

Session 85

RA: We of Ra communicate through a narrow-band channel through the violet-ray energy center. We are not, as you would say, physically indwelling in this instrument. Rather, the mind/body/spirit complex of this instrument rests with us.