
CHAPTER FIVE: OUR ENERGETIC SELVES AND HOW WE EVOLVE

THE ENERGY SYSTEM OF THE BODY

We began this handbook looking from the surface or outside of our lives inward, looking at how we, as wanderers, seem different from the norm, and at the nature of our discomfort and discontent. We have oriented ourselves to the new age. In this chapter, we will take a look at the way we and our creation are metaphysically made, so that we will begin to see the reason we seem so athwart of the surface things of “normal” life or consensus reality. In doing this, I am offering not a dogma but a way of viewing things that has been of help to me, and that I hope may also be of aid to you. We will look at how our body’s energy system works, and then at how the creation in which these bodies live works.

The physical body’s energy comes from what we might call the electrical body or the energetic body, which can be thought of as a light body interpenetrating and enlivening our physical bodies. In talking about this electrical body’s energy system, we can begin with the concept of chakras that we have from eastern religions such as Hinduism and Buddhism. This is so similar to the Ra’s energy centers or rays that the terms are interchangeable. What are the energy centers? They lie along the spine, from the root of the spine to the top of the head, following the rainbow colors of red through violet seriatim: red, orange, yellow, green, blue, indigo, violet. Each of these centers is a filter and propeller that greets the incoming energy, either allowing it through the center unchanged, intensifying and energizing, crystallizing, balancing or blocking it to varying degrees. This concept of energy centers is intimately connected to the concept of the universe as a group of fields of energy. For example, the stars are centers of energy of the same kind as our chakras:

In the case of the galactic systems, the first manifestation of the Logos is a cluster of central systems which generate the outward swirling energies producing, in their turn, further energy centers for the Logos or what you would call stars.¹

Stars are really BIG energy centers. We are seemingly much smaller complexes of energy centers, but we recapitulate the entire creation and its energies just as do stars. What fuels the stars and us is the infinite love and

light of the one Creator. This love and light comes to the Earth plane from our star and other cosmic influences, entering in infinite supply into the body at the feet, and then moving upwards in a line of spiraling light. It enters the root or red-ray chakra first and then the rest of the chakras in turn. We either project it outward through lower energy centers or allow it to exit through the top of the head after we are through using and changing it.

What energy do the energy centers process? Those of Ra say:

The action of the upward spiraling light drawn by the will to meet the inner light of the one infinite Creator may be likened to the beating of the heart and the movement of the muscles surrounding the lungs and all the other functions of the parasympathetic nervous system. The calling of the adept may be likened to those nerve and muscle actions over which the mind/body/spirit complex has conscious control.²

In other words, we get energy flowing into our body through the feet and bottom of the spine without doing a thing to encourage it. We all receive this same unlimited energy. Once it enters our energy field, however, what we do to alter or distort this light energy is unique to us and to the way we think and live. At each energy center on its trip up the spine, the light will need to feed through the patterns of the centers themselves. The reference to the “inner light” is a reference to the kind of energy brought into the body’s energy field from the top of the head down by meditation or other work in consciousness. In enough force, it can greatly facilitate and accelerate the speed at which the upward spiraling light comes through the energy centers. This play of the upward spiraling light and the light called from above can be seen to resemble the eastern study mystics call the rising of the kundalini, in which lower energies are transmuted to higher:

The seeker seeks the One. The One is to be sought, as we have said, by the balanced and self-accepting self, aware both of its apparent distortions and its total perfection. Resting in this balanced awareness, the entity then opens the self to the universe which it is. The light energy of all things may then be attracted by this intense seeking, and wherever the inner seeking meets the attracted cosmic prana, realization of the One takes place.³

These centers can be seen to be in geometric shapes of energy flux. The goal is to open, balance and crystallize each of these energy centers so that they do not impede the progress of the light energy up the spine, especially

through the first triad of rays, red/orange/yellow, into the heart center. Those of Ra say:

QUESTIONER: How does an individual go about balancing himself?
What is the first step?

RA: I am Ra. The steps are only one; that is, an understanding of the energy centers which make up the mind/body/spirit complex.⁴

We will look at the statement about each center separately. Follow the rainbow imagery as we visualize these:

The first balancing is of the Malkuth, or Earth, vibratory energy complex, called the red-ray complex. An understanding and acceptance of this energy is fundamental.⁵

In this red-ray energy center, located between the legs at the base of the spine, lie our concerns about survival and sexuality. When this center is blocked or distorted, all incoming energy is immediately stepped down or blocked by the resistance. We then have diminished ability to handle all the rest of our concerns. Malkuth refers to a kabalistic and ceremonial magical system of energies called the Tree Of Life. Malkuth is number ten, the lowest station or earthiest energy nexus. Those of Q'uo say:

So, if each who seeks wishes to begin somewhere, it is well to begin at the red-ray chakra of generation, of survival. How blessed it is; how thankful we must all feel, to be breathing, to be living this day. If that joy is lost or removed, it still may be joy to one who has faith, just as those who live through the night have faith that the morning will come. The female in the culture in which you live is programmed to block the red-ray chakra to a great extent because the consequences of bearing children are much more devastating to an entity who has casually found oneself with a child. Therefore, we do not mean that to claim the red-ray energy and clear it, one must be sexually active. That is not so. However, one must be comfortable within one's body, within one's sexuality.⁶



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.⁷

Those of Q'uo add:

That second energy which is often associated with the belly is the orange ray or second chakra, and within this energy come the difficulties and the dynamics of the self's journey with the self and the self's interactions with other selves, one at a time. For the wanderer whose experiences of other selves are often difficult, the orange ray presents the challenge of remaining open in a hostile environment of, as this instrument would say, taking the slings and arrows of challenging fortune and still remaining eager for further contact with people. It is often true that the wanderer will not be completely aware of its difficulties of accepting itself. Therefore, the wanderer will project that difficulty outward and it will then feel that it cannot deal with other people. Yet other people are the mirrors which reflect the self to the self. It would be possible to work through the lessons of love without other entities but it would not be probable. It is the mirrors that touch your life that give you the information you need to turn within, and, little by little, find ways to deepen the love that you have for yourself.⁸

Note that the Ra's very description of the center is couched in terms of how this energy can be blocked. We are not worried about energy coming into the body. That is set in infinite supply. We are concerned with letting the energy come through each center without hindering its power. The orange ray is the center most concerned with relationships between ourselves and one other person, and our fights with ourselves as we try to become the image we want to appear to be before the world. Its location is in the lower belly. This is an amazingly important center in terms of the benefits of keeping it clear, and the difficulties of doing so. Work done to ease self-consciousness and awkwardness in this center echoes and helps all the higher centers, especially the much-valued ray of the adept, the indigo-ray center. The Q'uo have this to say about the yellow-ray energy center:

Moving up into the solar plexus we find the yellow ray that is the primary ray of this density, that is, the ray within which the greatest work of learning and service can be offered. This is that ray within which wanderers must learn to work within various groups and institutions of your peoples. The yellow-ray difficulties mirror and extend those difficulties of orange ray. However, dealing with group dynamics is in one sense simpler, but in the normal sense far more complex than the dealing of one person with another. Within this energy nations are built and destroyed. Religions are started and abandoned. Peoples move across continents and cultures evolve, mature and fall away. And within each group there is the more balanced and loving and compassionate path. Within this large assortment of groups that each entity will

encounter within a lifetime lie the matings, the marriages, the belongings, the revolutions that shape the present and the future. In this energy each comes into deeper contact with the group mind, the national mind, the racial mind and the archetypical mind. This is the seat of power within the entity. This is where the instincts of control and influence dwell. This is the place where the spider builds its web or decides to become another entity. This is the crucible of your lessons in love.⁹

So our lessons in love are couched, in this third density we now experience, as social, yellow-ray work. Those of Ra add:

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.¹⁰

This “Law Of One” has become a buzz word all on its own. Edgar Cayce and our group both received information about this Law Of One, a body of esoteric teaching that those of Ra speak of extensively in the five books of that name that our group received and published, which are footnoted many times in this handbook. I am honored to be part of the group that brought this information through. I could never overstate my sense of that. Most of the material we are covering in this part of this chapter is from this work, and this handbook is full of suggestions and thoughts from the Ra group. However, I have no desire for people to try to form some kind of church or dogmatic group following this material, or our group, in any way. That would seem to me the furthest thing from the thoughts and hopes of those of Ra with regard to this material. What is the Law of One? We may read the material and find out a good deal more, but in general, the Law Of One states that we are all one. Unity is the reality. All other perceptions are illusory. I stay away from the term for the most part because of its buzz word nature, preferring to focus on one point at a time.

The yellow-ray center is located in the upper belly and stomach, and can receive a lot of blockage from our responses to family and work situations, and other situations in which the social groups and society in general have their part. It is easy to be blocked in yellow and orange by the same stimulus or catalyst when a troubled relationship is with a close friend who is also a family member. I spend a small but continual trickle of time spotting and

unraveling knots that start right there. I think most of us do, as that is where so much of our learning is, in our relationships.

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.¹¹

We may read “infinite intelligence” to mean “love,” in the sense of the infinite love of the Creator, and “infinite energy” to mean “light,” in the same creative sense. Both love and light can be magically called by working through the indigo into the violet ray. The heart center that acts as this “springboard” is like the “five gold rings” in the Christmas song, “The Twelve Days Of Christmas.” I have sung this little song from childhood. I find it hard to remember, from year to year, in what verse order the dancers dance and the pipers pipe, but I always remember the “five golden rings.” In the body’s system of energy centers, the heart center is Grand Central Station for positively oriented seekers, because once energy has made it to the heart, the higher energy centers are powered, and the energy coming through is available for higher work or for energy transfers. This is why I so often talk about living with an open heart. If we can get power through this green-ray heart center, we have accomplished a good deal. Those of Q’uo add:

Moving into the heart, the green-ray chakra, that heart energy center, we stop and ask each to think upon the way in which energy works. Now, if there is a tightness, a stringency or a blockage within red, or orange, or yellow, to the extent that that energy is baffled, energy into the heart will not be as much, for there will be the energy bleed-off before the energy of the one Creator reaches the heart center. The energy that reaches this center is, in practice, that energy that the self has available to begin to work upon consciousness. The disciplines of the personality—learning to communicate, learning to find the sacredness of all things—these lessons of love are not well undertaken by those who have not come to some degree of balance within the lower energy centers, and this situation is perhaps the most typically devastating to the wanderer of all situations we could explore, for wanderers yearn so for the vibrations, the feelings and associations of home that they do not have the spirit and the energy to clear those blockages, to allow confusion to reign as it will without becoming enmeshed in that sea of confusion.¹²

The blue-ray center is located in the throat. Did we ever wonder why clear communication at times feels so very difficult? Try talking to a family member while both are blocking energy from coming through the orange-and yellow-ray centers, and we find no energy available for that blue-ray, clear communication. Honestly, we don't *want* to talk! And what a wonderful thing it is when those rays are cleared, desire is restored and we can speak our minds with heart and humor. Those of Qu'uo say:

The blue-ray center of energy streaming is the center which, for the first time, is outgoing as well as inpouring. 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.¹³

Indigo ray, home of the gateway to intelligent infinity, is located at the brow's center, and is the ray of work in consciousness. When we can get the rays clear up through the heart ray, we can begin to get in there and do some good spade work in blue and indigo. It is not an easy or simple thing to bring the mind into an awareness of the metaphysical universe. And yet, for wanderers this is our native universe, not the space/time or consensus-reality universe. This is the source of our being seen as abnormal and weird. The rest of the world is dealing with the surface of life without seeing the depths to which we are awake. When we work from the depths upward, the world and the issues of the world fall into place with relative ease. When we analyze situations in terms of energy center blockage, we can see into them, and how to work with them.

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. 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.¹⁴

This violet-ray energy center, located at the crown of the head, is like a spectrographic flower, showing the rainbow of energies that we are receiving, changing and expressing. We cannot work on it. It just is. It contains our energy signatures, our metaphysical names, our essences. Take all else away, and this expression of us would still be complete cosmic identification. Let

name and kindred, station and position, career and power, money and society, thoughts and plans go, that violet-ray expression is still us, the distillation of pure us-ness. When Confederation entities speak of appreciating the beauty of our vibrations, they are speaking of this reading or signature of our energy web.

The remaining center of energy influx is simply the total expression of the entity's vibratory complex of mind, body and spirit. It is as it will be. Balanced or imbalanced has no meaning at this energy level, for it gives and takes in its own balance. Whatever the distortion may be, it cannot be manipulated as can the others and, therefore, has no particular importance in viewing the balancing of an entity.¹⁵

We look now more closely at this "gateway to intelligent infinity" that those of Ra referred to in speaking of the indigo-ray center:

The indigo ray 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.¹⁶

There are two terms here, intelligent infinity and intelligent energy. We have identified them as the Creator's love and light; the creative idea and the light, literally, used to manifest the idea. Here is another definition:

There is unity. This unity is all that there is. This unity has a potential and kinetic. The potential is intelligent infinity. Tapping this potential will yield work. This work has been called by us, intelligent energy.¹⁷

Further, intelligent infinity can be seen to equal faith:

You are precisely correct in your understanding of the congruency of faith and intelligent infinity; however, one is a spiritual term, the other more acceptable perhaps to the conceptual framework distortions of those who seek with measure and pen.¹⁸

The seventh ray, the violet-ray energy center, here comes into play:

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.¹⁹

Intelligent energy, then, is intelligent infinity brought into manifestation from beyond our body's system of energy:

Intelligent energy is the energy of the Logos, and thus it is the energy which heals, builds, removes, destroys and transforms all other-selves as well as the self.²⁰

The eighth density, octave, or energy center of the body would logically be the eighth chakra of the oriental systems which they place just above the head at the crown, colored white. Those of Ra do not speak of it. Logically, however, the gateway would first come from the octave chakra into the violet ray, then into the indigo ray. This gateway to intelligent infinity, when contacted, can bring about many fruits, depending upon the intensity and the nature of the desire of the one contacting the gateway while doing work in consciousness. This can be wonderful. It can also go very awry, as when the Atlanteans made some wrong turns:

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.²¹

The right use of power has ever been a central concern! Be careful working around power lines! The energies of green, blue and indigo are called the higher energy centers for obvious reasons. To have the heart open and energies running clearly and unhindered into the higher triad of energy rays is to be free to do what I call work in consciousness. We will talk much more about this later, for this is work wanderers are naturally drawn to do but are not wise to pursue until the lower triad of energy centers is cleared and balanced and energy is running well into the heart center. And there is another reason for not doing higher center work till lower centers are clear and balanced: our physical health. Note here that "plane" and "level" are used as would be "energy center":

QUESTIONER: Is it necessary to penetrate one level at a time as we move through these planes?

RA: I am Ra. It has been our experience that some penetrate several planes at one time. Others penetrate them slowly. Some in eagerness attempt to penetrate the higher planes before penetrating the energies of the so-called more fundamental planes. This causes energy imbalance. You will find ill health, as you call this distortion, to frequently be the result of a subtle mismatch of energies in which some of the higher energy levels are being activated by the conscious attempts of the entity while the entity has not penetrated the lower energy centers or sub-densities of this density.²²

When energies are blocked, and we are attempting work with another person, the experience varies:

If both entities are blocked, both will have an increased hunger for the same activity, seeking to unblock the baffled flow of energy. If one entity is blocked and the other vibrates in love, the entity baffled will hunger still, but have a tendency to attempt to continue the procedure of satiating the increasing hunger with the one vibrating green ray, due to an impression that this entity might prove helpful in this endeavor. The green-ray active individual shall polarize slightly in the direction of service to others but have only the energy with which it began.²³

What does a typical wanderer's aura of colors look like? Those of Ra respond to Don's question about a perfect third-density being's aura by describing a wanderer's. In this particular example, the indigo ray is dimmer than the green ray, and between them lies the brightest of the rays in this aura, the blue ray. Then they say:

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. Perhaps another way to address your query is this: in the fully potentiated entity the rays mount one upon the other with equal vibratory brilliance and scintillating sheen until the surrounding color is white. This is what you may call potentiated balance in third-density.²⁴

I imagine we shall be a while getting to this point! But we can certainly work with these energies to balance them. Now that we have this picture of the system of energy centers clearly in mind, we can begin to see why those of Ra speak so often in terms of energy transfer. If we are working with the lower energy centers of red, orange and yellow, there is no energy transfer possible. We can impose or force our energy into another at those levels, but we cannot exchange energies in the positive sense, for the heart is not involved yet. Once the heart center is open and receiving unfettered power through the lower centers, energy exchanges become possible. And oh, how good these feel. Those of Q'uo say:

Work in consciousness proceeds from the heart. However, the heart's energy is entirely a creature of the power, shall we say, that is brought to the heart. Those who wish to skip working on the self in relationships, with regards to issues such as sexuality, survival and so forth, may wish that they could spend all of their time working on communication and consciousness itself, yet unless the energy centers of red, orange and yellow, of survival, self-identification and association with others are addressed, and that with respect, there will be a lessening of the flow of energy into the heart. And one can only work from the heart upward with that energy that has come through to the heart. Those who have experienced the rising of kundalini, that flow of energy up the spine, know that its origin is the root chakra, those organs of generation, reproduction and elimination that together form the great taboo, the great unspoken subject in your culture. Yet there is great need here for much balancing with regard to the issue of life itself. This is strictly red-ray. And so much depends upon that way in which you meet this opportunity for life.²⁵

Exchanging from the heart is a healing in itself. Clear communication feels like balm. And sharing at the indigo ray level is a most special and spiritual treat. Those of Ra say:

The spiritual energy transfers are at the heart of all energy transfers, as a knowledge of self and other self as Creator is paramount, and this is spiritual work.²⁶

Yes, this is what we all crave getting to. But we are wise not to do so before we have done our work with the lower energies. This is not work that is done once and then left behind, but rather work we do from moment to moment and day by day, refocusing our energies, refinding our centers, rebalancing ourselves many times in the process of our everyday living.

SEXUAL ENERGY TRANSFERS

At any moment, then, we are hopeful of meeting that moment with an open heart, and being ready for whatever energy transfers come our way. Energy transfer is the exchange or gift of energy from one entity to another. Positive transfers are felt as gifts of love. Negative transfers are felt as gifts of negative emotions and states of being such as anger, hatred and prejudice. Don asks those of Ra:

QUESTIONER: Could you tell me of the number of possible energy transfers between two or more mind/body/spirit complexes. Is it very large, or are there few?

RA: I am Ra. The number is infinite, for is not each mind/body/spirit complex unique?²⁷

Two things worth looking at about energy transfers: how hard they are when we begin and why, and how higher chakra energy exchanges differ. Those of Ra say:

After the veiling process,²⁸ it became infinitely more difficult to achieve green-ray energy transfer due to the great areas of mystery and unknowing concerning the body complex and its manifestations. However, also due to the great shadowing of the manifestations of the body from the conscious mind complex, when such energy transfer was experienced it was likelier to provide catalyst which caused a bonding of self with other-self in a properly polarized configuration. From this point it was far more likely that higher energy transfers would be sought by this mated pair of mind/body/spirit complexes, thus allowing the Creator to know Itself with great beauty, solemnity and wonder. Intelligent infinity having been reached by this sacramental use of this function of the body, each mind/body/spirit complex of the mated pair gained greatly in polarization and in ability to serve.²⁹



QUESTIONER: With respect to the green, blue and indigo transfers of energy, how would the mechanism for these transfers differ from the orange-ray mechanism in making them possible or setting the groundwork for them?

RA: The great key to blue, indigo and finally, that great capital of the column of energy transfer, violet energy transfers, is the metaphysical bond or distortion, which has the name among your peoples of uncon-

ditional love. In the blue-ray energy transfer, the quality of this love is refined in the fire of honest communication and clarity; this normally takes a substantial portion of your space/time to accomplish although there are instances of matings so well refined in previous incarnations and so well remembered that the blue ray may be penetrated at once. This energy transfer is of great benefit to the seeker in that all communication from this seeker is, thereby, refined and the eyes of honesty and clarity look upon a new world. Such is the nature of blue-ray energy and such is one mechanism of potentiating and crystallizing it. As we approach indigo-ray transfer, we find ourselves in a shadowland. We cannot give you information straight out or plain, for this is seen by us to be an infringement. We cannot speak at all of violet ray transfer as we do not, again, desire to break the Law of Confusion.³⁰

The green ray of the heart being open, there is power to the blue ray to refine that love with wisdom, and to the indigo ray, if blue stays open, for the sacred and lovely gifts of spirit. Don asks those of Ra:

QUESTIONER: Could you define this statement, “energy transfer between two mind/body/spirit complexes”?

RA: We shall give two examples. [In the first energy transfer of which we would speak,] each begins with some sense of the self as Creator or in some way the magical personality being invoked. This may be consciously or unconsciously done. The transfer is subtle and each transfer unique in what is offered and what is accepted. At this point we may note that this is the cause for the infinite array of possible energy transfers.

The second energy transfer of which we would speak is the sexual energy transfer. This takes place upon a non-magical level by all those entities which vibrate green ray active. It is possible, as in the case of this instrument which dedicates itself to the service of the one infinite Creator, to further refine this energy transfer. When the other-self also dedicates itself in service to the one infinite Creator, the transfer is doubled. Then the amount of energy transferred is dependent only upon the amount of polarized sexual energy created and released. There are refinements from this point onward leading to the realm of the high sexual magic.³¹

They also speak of sexual magic here:

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 Tantric Yoga.³²

It is important to note that the sexual energy transfer can take place safely in the non-magical state of mind, the stable waking consciousness. Here we have an important point of ingress into magical energy and personality where it may enter safely into everyday life, with care taken to select a good partner. This is a powerful asset to have. Discussions of energy transfer often end up being discussions of sexual energy transfer, perhaps because of our human delight in sex, but also, I feel, because the red ray is the foundation ray, and everything that we have waiting for us in higher concerns is always given energy and vitalized by good energy through red ray. Nothing makes red ray sparkle like a fulfilling sexual life, or even a so-so sexual life enhanced by the trust, friendship and love of a valued mate. Offhand, one would think that it would be the frequent and many-partnered sex of the swinging single or philandering spouse that would strengthen red ray the best, but actually that tends to deplete the person experiencing this sort of sex, since most often there is no transfer of energy above the lower three chakras. If the heart energy is not involved, there is no likely gift from one's lover of the sort that strengthens the chakra system, even though one may be offering green-ray energy. An understanding of the metaphysical nature of sex may help:

The energies transferred during the sexual activity are not, properly speaking, of space/time. There is a great component of what you may call metaphysical energy transferred. Indeed, the body complex as a whole is greatly misunderstood, due to the post-veiling assumption that the physical manifestation called the body is subject only to physical stimuli. This is emphatically not so.³³

This explains so much about the non-staying power of lust, does it not? A person going for the moment with a succession of exchangeable partners is not getting anything energetically, at least not most likely. He is, rather,

giving his energy away without finding any home for it, or any gift for himself. This does not keep casual sex from being pleasant, it just explains the quickly vanishing remembrance of it. Compare this to the kind of bonding experiences of real romance and connection in our lives that permeate the memory with their recollection the whole life through. When there are higher energies exchanged, we do know it, however little worldly vocabulary we may have to define or express it. In earlier creations than ours, as more central suns than ours began their experiments in making worlds in which souls could experience life, some did not have the veiling process mentioned above. When souls came into third-density incarnations, they retained full memory of the information they had prior to entering the Earth planes. They knew that all were one. They saw all others as part of themselves. This is nicely veiled from us in our creation. Why?

In the instance of the sexual activity of those not dwelling within the veiling, each activity was a transfer. There were some transfers of strength. Most were rather attenuated in the strength of the transfer due to the lack of veiling. In the third density entities are attempting to learn the ways of love. If it can be seen that all are one being, it becomes much more difficult for the undisciplined personality to choose one mate and, thereby, initiate itself into a program of service. It is much more likely that the sexual energy will be dissipated more randomly without either great joy or great sorrow depending from these experiences. Therefore, the green-ray energy transfer, being almost without exception the case in sexual energy transfer prior to veiling, remains weakened and without significant crystallization.³⁴

Our Creator, then, designed this creation so that the knowledge that we all are one, and are all as naturally loved by the self as is the self, would be erased from our conscious minds entirely. This specifically removed the likelihood of energy transfers of a sexual nature at the green ray or above in casual sex. Why?

The harvest from the previous creation was that which included the male and female mind/body/spirit. It was the intention of the original Logoi that entities mate with one another in any fashion which caused a greater polarization. It was determined, after observation of the process of many Logoi, that polarization increased manyfold if the mating were not indiscriminate. Consequent Logoi thusly preserved a bias towards the mated relationship which is more characteristic of more disciplined personalities and of what you may call higher densities. The free will of

each entity, however, was always paramount and a bias only could be offered.³⁵

In other words, a bias has been built into our bodies' energy systems by the Creator towards the mated relationship. A mated relationship is work! Guaranteed! But in the school of life, which is a school of love, I feel that the mate is a tremendous prize, easily capable of giving us the catalyst we need to grow more efficiently than anyone else, including ourselves. The mated relationship is a metaphysical fast track. Men, more than women, have traditionally bemoaned the wedded state as that plan which puts him to work for the rest of their lives, paying for the resulting abode, children and life that ensues for their new families. However, it is no longer necessarily the male that is the wage earner, nor is it always true that the mate in charge of the home is the female. This may help make it more clear that, in reality, any relationship is an addition of sorts to the responsibility of both people. The more successful mates can be characterized as tag teams, partners, buddies who get it done. And part of the basis of this is a mutual awareness of the body rightness of this mated state that honors the great luck of finding a mate, and sees that there is much to be gained from being true to this mated bond, not only all-important trust, but also pleasure, union and worship:

QUESTIONER: I am trying to trace the physical flow of the energy to try to get an idea of blockages after the veil.

RA: I am Ra. In such a schematic representation of 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. It is well to remember in the case of the mind/body/spirit that the chakras or energy centers could well be functioning without crystallization.

QUESTIONER: In other words, they would be functioning but it would be equivalent in an electrical circuitry to having a high resistance, shall we say, and although the circuit would be complete, red through green, the total quantity of energy transferred would be less. Is this correct?

RA: I am Ra. We might most closely associate your query with the concept of voltage. 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 honestation for the Creator.³⁶

So it would seem that we are intended by the Creator to be drawn to each other, bond with each other in green ray and above sexual energy transfer, and thusly create our chief opportunity for service and learning for the balance of our incarnations. The rewards, energetically and metaphysically speaking, are clear. We have developed, then, a picture of ourselves as energetic beings. As we begin a discussion of the densities of experience, we will see that there are inner planes, or inner densities, and that we have finer bodies that correspond to these inner sub-densities.

The mind complex has a relationship to the spirit and body complexes which is not fixed. Thus blockages may occur betwixt spirit and mind, or body and mind, upon many different levels. We reiterate that each energy center has seven sub-colors, let us say, for convenience. Thus spiritual/mental blockages combined with mental/bodily blockages may affect each of the energy centers in several differing ways. Thus you may see the subtle nature of the balancing and evolutionary process.³⁷

For those of us drawn to further explore: Buddhists, magicians and Theosophists, among many others, delight in exploration of such things, and I encourage your further reading of their wide resources. Inner planes research has many implications both metaphysically and in terms of bodily health of a more subtle nature. These energy centers and sub-centers are at the heart of our system of being and manifestation of energy in incarnation on planet Earth, and throughout our experience as souls and citizens of eternity. Those of Ra have one more way to look at us as creatures. They call us mind/body/spirit complexes:

QUESTIONER: Would you define mind, body and spirit separately?

RA: I am Ra. These terms are all simplistic descriptive terms which equal a complex of energy focuses; the body, as you call it, being the material of the density which you experience at a given space/time or time/space; this complex of materials being available for distortions of what you would call physical manifestation.

The mind is a complex which reflects the in-pourings of the spirit and the up-pourings of the body complex. It contains what you know as feelings, emotions and intellectual thoughts in its more conscious complexities. Moving further down the tree of mind we see the intuition which is of the nature of the mind more in contact or in tune with

the total beingness complex. Moving down to the roots of mind we find the progression of consciousness which gradually turns from the personal to the racial memory, to the cosmic influxes, and thus becomes a direct contactor of that shuttle which we call the spirit complex.

This spirit complex is the channel whereby the in-pourings from all of the various universal, planetary and personal inpourings may be funneled into the roots of consciousness and whereby consciousness may be funneled to the gateway of intelligent infinity through the balanced intelligent energy of body and mind. You will see by this series of definitive statements that mind, body and spirit are inextricably intertwined and cannot continue, one without the other. Thus we refer to the mind/body/spirit complex rather than attempting to deal with them separately, for the work, shall we say, that you do during your experiences is done through the interaction of these three components, not through any one.³⁸

The body complex receives most of its power from the red ray, though it can be blocked in orange ray very easily, and can be affected by all chakras but the violet-ray center. The mind complex receives energy and energy blockage from all six lower centers, and the spirit works first with the indigo and violet rays, and from there back into green, blue and indigo. All of these energy paths lie within our physical body and its finer bodies. We are beings of energy, bundles or fields of energy living in an energetic universe. We are not simple creatures, but beings of energy living in an energetic universe. When the centers of energy held within our mind/body/spirit complex are in balance, we are beings which receive, transmute and transmit energy.

As the seeker is able to regularize the thoughts, desires, actions and words that proceed from its being, and to focus these energies in a manner that partakes of service to others toward a positive polarity, the entity is making of itself, and more specifically the energy centers or chakras of the metaphysical self, a kind of crystal that accepts the white light of the one Creator and diffracts it in a balanced fashion so that each energy center lends its distinctive coloration of vibration and yields again the white light.³⁹

Metaphysically speaking, all is energy, and this is our nature as well. I have found, many times over, what a help this awareness is in addressing the challenges of the moment. This is one place where the intellectual mind can find fruitful work to do. Analyze our concern in terms of where the energy is, where it is blocked, and where we hope to take it, and we may find substantial aid.

REINCARNATION

We are fields of energy, beings of energies. That is how we work. And what is our environment? On Earth, it is to be in this lifetime, this body, this incarnation. Beneath the surface reality, the consensus reality that seems so genuine, we can see ourselves, metaphysically speaking, as entities involved in an illusion built of space and time, a physical illusion in which we are experiencing life at this time. The traditional Western assumption is that this is our one and only lifetime, and that we will be judged at the end of it by our God. Indeed, there is evidence that this was not always the Judæo-Christian dogma, that reincarnation was an accepted part of hagiocosmology until the early church fathers determined the belief in reincarnation to be deleterious to the making of a maximum spiritual effort in this life. I do not defend their lies, but the church fathers had a point, and I would not agree that since one will be reincarnated, one need not pay much attention to this present life. Making a solid effort in this particular present life and moment of opportunity is important, in my opinion.

However I have come to feel, over long decades of experience with many, many people and lots of regressive hypnotic evidence that has passed my eyes, that reincarnation is actually the way our universe works in its way of evolving souls. We have a harvest of lessons learned and unlearned at the end of a lifetime. Between incarnations, we look at that harvest, and plan our next lifetime, in its broad strokes. We build on what we feel we have learned, and place relationships and circumstances in our way that we wish to work upon further. When we enter the birth process, we forget all that we have planned, and the darkness of Earth consciousness descends. In that dim light, we work all our lives, again attempting to learn our lessons of love, again working on difficult relationships and challenging issues that span many incarnations. We develop desires, and through time, fulfill each desire, until we have satisfied ourselves at the table of third-density life. We do not move on until we are entirely ready to move on. If one set of three minor cycles, the 75,000 years of the major cycle of third density, is not enough for us, we simply repeat the grade, one, two or three minor cycles, again. And if necessary, again, so that as long as we wish third-density experience, it will be here for us. For some wanderers, remembering other lifetimes is already their experience:

I am forty nine and have been in this searching since thirteen years old. I remember my first *déjà-vu* at the age of four. It was so simple. I remembered doing what I was doing before.⁴⁰



When we left Halifax in February, 1941, on the troopship Warwick Castle, I looked down from the poop deck and was thrilled by the powerful screws churning the water: it was a profound sense of identification and renewal. It stayed with me throughout the crossing, especially during the days of the great Atlantic storm, which shattered the convoy, and left us alone wallowing in the sixty-foot mountains of green, sliding sea, with a foot of water on all five decks. Years, later, when I learned about reincarnation, I felt that I had probably been a sailor at least once to have felt this resonance.⁴¹



Once or twice when I've been gazing into my reflection, the reflection changed into a face I didn't recognize as human. It was a dim reflection, so I couldn't see it in great detail, but it was definitely not human.⁴²

This may sound especially far-fetched, but I have sat in regressive sessions with a man who found himself to be a large, white bird, but with a human consciousness. He was an Atlantean who had been involved with the creation of hybrid species through the misuse of crystal technology, he discovered within the sessions. I think there are nightmares in many people's lives that are probably dimly remembered experiences from other incarnations, things so terrible that they have bled through into the present lifetime. Another common experience is having a predisposing weakness in an area of the body that was traumatized in an earlier lifetime. Always, when working with such difficulties, remember that to forgive the past is to heal the present. Those of Ra speak about reincarnation:

QUESTIONER: When the 75,000 year cycle started, the life span was approximately nine hundred years, average. What was the process and scheduling mechanism, shall I say, of reincarnation at that time, and how did the time in between incarnations into third-density physical apply to the growth of the mind/body/spirit complex?

RA: I am Ra. This query is more complex than most. We shall begin. The incarnation pattern of the beginning third-density mind/body/spirit complex begins in darkness, for you may think or consider of your density as one of, as you may say, a sleep and a forgetting. This is the only plane of forgetting. It is necessary for the third-density entity to forget so that the mechanisms of confusion or free will may operate upon the newly individuated consciousness complex.

Thus, the beginning entity is one in all innocence oriented towards animalistic behavior using other-selves only as extensions of self for the preservation of the all-self. The entity becomes slowly aware that it has needs, shall we say, that are not animalistic; that is, that are useless for survival. These needs include: the need for companionship, the need for laughter, the need for beauty, the need to know the universe about it. These are the beginning needs.

As the incarnations begin to accumulate, other needs are discovered: the need to trade, the need to love, the need to be loved, the need to elevate animalistic behaviors to a more universal perspective.

During the first portion of third-density cycles, incarnations are automatic and occur rapidly upon the cessation of the energy complex of the physical vehicle. There is small need to review or to heal the experiences of the incarnation. As, what you would call, the energy centers begin to be activated to a higher extent, more of the content of experience during incarnation deals with the lessons of love. Thus the time, as you may understand it, between incarnations is lengthened to give appropriate attention to the review and the healing of experiences of the previous incarnation. 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.⁴³

So when we start out as third-density beings, we are still relating to other selves as either the family and part of the tribe, or other than the tribe and to be defended against. The lessons of love are all ahead. Slowly, through many lifetimes, we discover more and more of who we are, as spiritual beings, as ethical creatures able to choose right over wrong, and forgiveness over revenge. Very slowly, we become more and more able to see ourselves in the people we meet, and the people we meet in ourselves. We begin to think beyond defending the self and family, and create opportunities for learning and service by how we treat ourselves and other people, and how we choose to share our gifts. And we do it all against a background of “a sleep and a forgetting,” a perfect unknowing, so that our choice to live a life in faith is a pure one. It is a tremendous challenge, and we can see Earth, in this regard, as a distillery of sorts, a refiner of souls. We come into life as a rough-hewn piece of lode-filled rock, and our life is spent in the tempering fire and under

the clever chisel of catalyst and experience, finding, smoothing and polishing the faces of our inner gems and removing impurities. We hope to learn much in each lifetime, although we undoubtedly have had varying degrees of success in various of our previous experiences with incarnation. Those of Q'uo speak of these lessons of incarnation:

Before the incarnation began, each seeker gazed upon the life to come as though it were a gem, a ruby, an opal, a diamond, with each facet fascinating and pure in its lucid power. Each of you held this gem of incarnation in your figurative hand and gazed upon it with joy and eagerness to begin. Before incarnation the pattern was there for you to see in all of its detail.⁴⁴

What a luxury that would be within incarnation, to see the gem within rather than to have to take the worth of the self on faith. But it is just this state of unknowing we sought, in order to better attend to the choices of this present life. This system of reincarnation is a facet of the teachings of those of Ra that has been a comfort to wanderers who have written me:

My belief in reincarnation has buoyed me through the dying experiences that are often a source of burnout or emotional/spiritual detachment from the residents for the staff in the Home. The residents have been incredible teachers/catalysts for me as they talk with me about their lives, dying, family, beliefs, etc., as they go through the letting go of life, the life review process, some with the support of family and friends, some alone except for the staff, most dealing with pain or sorrow in some form or another.⁴⁵

THE VEIL OF FORGETTING

Sensitive 131 is fighting the “sleep and forgetting” of the veil as she says:

I think that overcoming this forgetfulness is a huge, maybe impossible thing to do. I know I entered this incarnation with an agenda and then promptly forgot it. Is there a way to recapture those lost memories and not keep losing them? On the other hand, if I knew everything already, life would lose its mystery and intrigue. Half the fun is the struggle to unravel it, looking for clues in dreams and synchronicities and meditative states.⁴⁶

And even if the wanderer does succeed in penetrating the veil, there remains an insurmountable problem which we share with all humans: the physical body:

In the case of wanderers which seek to recapitulate the degree of adeptness which each had acquired previous to this life experience, we may note that even after the forgetting process has been penetrated, there is still the yellow-activated body which does not respond as does the adept which is of a green- or blue-ray activated body. Thusly, you may see the inevitability of frustrations and confusion due to the inherent difficulties of manipulating the finer forces of consciousness through the chemical apparatus of the yellow-ray activated body.⁴⁷

Let us look at what the veil is:

The veil of forgetting is a phenomenon which is occurring and is utilized only within the third density so that a choice of paths might be made at this point in the evolutionary path. Thus, the existence of a divided mind, that which is conscious and that which is below or subconscious, is possible only with the veil of forgetting in place which occurs, as we have mentioned, only within the third density.⁴⁸

A full discussion of densities turns up in the next chapter. This question occurred to Don Elkins:

QUESTIONER: Is the veil supposed to be what I would call semi-permeable?

RA: I am Ra. The veil is indeed so.⁴⁹

If the veil is semi-permeable, what penetrates through it? The most common penetrator of this opacity of the subconscious mind is dreams:

The goal of the seeker is not specifically to remove the veil, but rather through a series of experiences to form a carefully protected shuttle, shall we say, through that veil which may be used by faith and will in order that the deeper self may speak in language clearer than dreams usually are. For, indeed, the veil is, without any effort on the seeker's part, made somewhat transparent through the dreaming process. It is a diaphanous rather than a completely opaque veil. This veil then is to be seen as an ally, as the seeker either with joy or without it moves through the lessons, and as this instrument would say, the recesses and the vacations of an incarnational experience.⁵⁰

Meditation and the unconditional love generated by the adept or mature spiritual seeker are also penetrators of the veil:

As we talk to you about reincarnation, we wish to not downplay the experiences of the past, but reassure each entity that when [memories of] past experiences become a necessity, they will float into the conscious mind through dreams, or most especially through meditation. In general, we may say that it is not helpful in a deep way to know past life experiences, but rather it is helpful in terms of your desire to accelerate your process of spiritual evolution, to be more and more sensitive to the promptings of your intuition, your feelings and your heart, thus becoming more and more sensitive to those energies that are passing between you and those about you. Thus, if you find yourself at odds with a co-worker, a friend, a companion or a loved one, it is well to move into meditation, asking and releasing the question of where the balances of love and service have gone awry in this particular instance, and more than that, how you may bring love back into manifestation within the circumstance, how balance may be restored, how love may thrive.⁵¹

And lastly, for those who want to charge the gate, there is the rather blunt instrument of regressive hypnosis. Information gained from regression sessions is most interesting, at least it has been so to me. But it raises unanswerable questions about the nature of the experiences “remembered.” I continue to question whether these seeming memories of past lives that I have retrieved by hypnosis are linear, literal or created by some inner storyteller. Whatever our conclusions as to hypnosis, what we have, then, for sure, is the precious time of this incarnation in which to find our deepest selves, seeking through the veil:

For the individual, a way out of this endless cycle, the first step, is perhaps to say: “Maybe there is something to this reincarnation business.” Then, every day, ask but two questions: 1) Who am I? and 2) What am I doing here? both in the most sincere way possible, to understand the answer and correct behavior.⁵²

A way out of this endless cycle of reincarnation? Eventually! Which leads us to a consideration of karma.

KARMA

The companion concept to reincarnation is karma. Don asks for a definition:

RA: I am Ra. Our understanding of karma is that which may be called inertia. Those actions which are put into motion will continue using the ways of balancing until such time as the controlling or higher principle which you may liken unto your braking or stopping is invoked. This stoppage of the inertia of action may be called forgiveness. These two concepts are inseparable.⁵³

Fiona Forsythe, a lady with much strength and humor, passes this anonymous definition on:

The Law of Life:

Whatever you give away today or think or say or do
Will multiply about tenfold and then return to you.
It may not come immediately nor from the obvious source,
But the Law applies unfailingly through some invisible force.
Whatever you feel about another, be it love or hate or passion,
Will surely bounce right back to you in some clear or secret fashion.
If you speak about some person, a word of praise or two.
Soon tons of other people will speak kind words to you.⁵⁴

What stops the momentum of karma? Forgiveness:

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

RA: I am Ra. This is, in general, correct. However, both self and any involved other-self may, at any time through the process of understanding, acceptance and forgiveness, ameliorate these patterns. This is true at any point in an incarnative pattern. Thus one who has set in motion an action may forgive itself and never again make that error. This also brakes or stops what you call karma.⁵⁵

It is most important to keep our energy centers clear and balanced! Unfortunately, we cannot clear another's karma. We can only forgive for our own part:

Many, many years before now, you set into motion, by choice, patterns of behavior and thinking that were not helpful to you, and that you now see as not only unnecessary, or unproductive, but hurtful and harming, and you wish to heal. Forgiveness is that which stops what this instrument calls the wheel of karma. Karma may in this sense be defined as inertia, an action put into effect and never forgiven. Now, can you forgive another and have that power to cease the inertia of karma for another? Not at all. When you forgive another, you do not affect the other, unless he chooses to observe the difference in your attitude. You are working upon the only thing in this universe which you can work on: yourself. Part of forgiveness is forgiving others. The further part is forgiving all the situations which created this pattern. Some of you are more aware of past lives than others, and for those of you who trace the pattern that is unhelpful to what you would call the karma of a past life, know that there is no karma or inertia which is not braked completely and stopped forever by unconditional forgiveness, of the other, of the situations and of yourself.⁵⁶

In addition to forgiveness, which is largely an indigo-ray working, the gift of blue-ray energy, clear communication, also helps stop the wheel of karma:

When in communion with others of like mind, the experience of each becomes a resource of all. This is the beginning of a social memory complex. Each may then be teacher to each by reflecting that person's image back faithfully, honestly and clearly, without prejudice of any kind. This is what is to be hoped for in companionship. That friend which is true and wishes to serve will tell the exact truth as it knows it, will encourage, exhort and caution when those feelings spontaneously come over one, will in fact be a living mirror for those within the community. This is an excellent and organic and, as far as we are concerned, most normal and healthful way, of achieving an acceleration in spiritual growth, especially for those who are wanderers, and wishing to remove all karma before the physical death of this life.⁵⁷

It is helpful to end this incarnation with balanced karma, if we want to avoid being accepted into another major cycle of 75,000 years repeating this third-density experience:

The challenge/danger of the wanderer is that it will forget its mission, become karmically involved, and thus be swept into the maelstrom of which it had incarnated to avert the destruction.⁵⁸

We came into this density with balanced karma:

And we have all come with balanced karma, but we will not leave unless that karma remains balanced. Consequently, we urge each ... [to] remember always that you are here to love and to accept love, to be wise and accept wisdom, to feel the time, to feel the space that is the appropriate time for each thing.⁵⁹

And what builds karma faster than desire!

As to the imaging of that which you desire, we exhort you to be extremely careful, as you create what you desire and focus upon it, for you shall receive it. However, there is always, as in many of your myths and fairy tales, the difficulty of attempting to control what occurs. The difficulty is this: for every desire there are unsatisfactory side effects which will occur when the desire has been met. You are then involved in an unbalanced fashion, and some call this karma, with that which you have created as a life and desired within the life pattern.⁶⁰

Write this word deeply into our consciousnesses: forgive! We are bound to develop desires, and to use our will to seek after those desires, whether they be for things worldly or hallowed, for possessions, attributes or the lack of them, and as we achieve our desires, we will find the side effects of each and every one. We will wrong others, for the most part unintentionally, but still, we will err, and others will wrong us, whether they mean to or not. We generally are simply moving too quickly, and judging people and situations too hastily:

It is not usual that entities who are rushing through life have any conscious intention of behaving or providing catalyst in a service to self or negatively-oriented manner. Indeed, the rationale for moving without rhythm, but simply as quickly as possible, is that of service to others, that the utmost be done, and all of the things that are done are intended to be of service to others.⁶¹

We will make mistakes. This is an inevitable and a helpful process; it is the mechanism of the way we learn as souls. The key to advancement is forgiveness of error. 292, a deeply thoughtful scientist and therapist, ponders the karma of activism:

A question I have is, how can we more fully accept and work with pain and suffering and fear, which is often associated with others' pain, suffering and fear, lovingly and wisely, so that the Creator is served and individuals' free will choices are regarded? When we experience pain or fear, especially from something we perceive as the result of another's action or choice, it is sometimes difficult to know whether one best

serves by restoring balance in silent faith and accepting fully the other's way, or by trying to exert some influence. Along these lines, politics is a very puzzling, bewildering subject and the same dilemma relates, trying to walk a balance between not infringing on peoples' free will and not passively accepting a destructive practice or activity.⁶²

This is certainly a valid concern. But according to those of Q'uo, if our work in activism or in private affairs is intended to be healing, we are OK:

There is no karma involved in the work of healing, *per se*, for the healer works upon itself, attempting so to balance and empower its personality, if you will, in such a stable and open condition that the opportunity can be offered to the patient for healing.⁶³

The healer works upon the self! There it is again. Our work is always and ever upon ourselves. If we hope to heal or be a healing influence in the outer world, whether to a single soul or to a tribal, national or global group, our first patient is ourselves.

CATALYST AND EXPERIENCE

We are beginning to fill in this sketch of ourselves and our place in the evolving universe. We have located ourselves within this incarnation, our present opportunity for work in accelerating the pace of our spiritual evolution. We can see the outworking of karma in the challenges that come to us in life. These challenges always have themes. For each of us, the themes may differ somewhat. Often, there is the incarnational lesson of learning to offer love unconditionally, to give without expectation of return, an incarnational lesson of my own that I have seen cyclically repeated in relationships throughout my life, first with my parents, then with mates and more distant family members. My parents and the mates who took me for granted are gone, and my present mate is without any significant error that I can see, but I do still have those relationships where I am taken for granted. The challenge is much easier for me now because I identified it decades ago, and have more and more consciously come to see it arise when it happens. I no longer fight it. I acknowledge it, and tune my instrument, just as I do for channeling, when I am about to put myself in that situation. I am still blindsided once in a while, but not as often, and not as painfully. Those of Q'uo say that the challenge and friction come from emotion, desire or bias:

The stronger the emotional bias, the more intensity there is noted within the learning opportunity. That is to say, the greater the emotion,

the greater the bias, and the more obvious the lesson which is being presented to the seeker, for there is but one response to any catalyst within your illusion that reflects a balanced point of view. That response, as you know well, is love or compassion. When any other emotion is noted within the mind/body/spirit complex of the self, then the seeker may assume there is catalyst there to be processed in order that a balancing may occur.⁶⁴

We can almost count on the fact that we have chosen more incarnational lessons than the minimum requirements for a lifetime. It all looks so much easier from outside the veil!

Now, we all know how the eyes can be larger than the stomach, how that incarnational plate may have been loaded generously. Nevertheless, it is to be remembered that there is nothing intrinsically mischievous or wicked about the lessons that fly before you in the gale of experience as you experience it. No matter how fierce the winds and storms may seem, they are as you yourself wished them to be in terms of that which was inevitably going to be dealt with as you lived through this incarnational time.⁶⁵

It's never-ending because it is, by nature, wearily constant:

For each catalyst, each experience, each event within your illusion has the ability to temper the heart of the seeker, shall we say, the will of the seeker, the faith of the seeker. There is within frustration an inevitable rededication of the self to seeking, for the temptation is to stop, to quit, to rest, to have done with it.⁶⁶

And so the advice is to take it slow and easy:

As you receive your catalyst, bless it and break yourself open to receive it with the most love of which you are capable in a stable manner. Do not move yourself beyond that which you can do without damage to yourself. Do not ask that which you are not ready for of yourself, but rather be sensitive to the opportunities that these negative feelings, so called, of guilt bring rise to.⁶⁷

It seems incredible in a way that the everyday experience we have is ample to offer us the catalyst we need for the most advanced spiritual learning and realization, but it is so:

Using catalyst is something the seeker cannot avoid. This illusion of yours is created to make evasion of catalyst impossible and full use of catalyst improbable. This illusion leans upon imperfection and forces

the mind and the emotions to gaze at that which is not perfect in appearance. This false world-view is designed to be that backdrop against which the common life with its suffering may become a life incandescent with the seeker's joyful acceptance and eagerness to pursue the processes of change.⁶⁸

From our beginnings within incarnation as children, we gradually begin to become aware of the cyclical nature of these "themes" of catalyst which we see again and again throughout the life:

You cannot truly make a mistake, for whatever road upon which you turn, you shall meet your catalyst again and again until you recognize it, love it, forgive it and move beyond it. You are queens and kings, rulers of yourselves, all of you royal. Remember who you are, remember your birthright and remember that you live in a spiritual democracy where each entity is precisely, mathematically equal. The differences within the illusion come from your use of will through faith.⁶⁹

Unfortunately, catalyst still takes us by surprise quite often:

All that you perceive is perceived as catalyst unconsciously. By the, shall we say, time that the mind begins its appreciation of catalyst, that catalyst has been filtered through the veil and in some cases much is veiled in the most apparently clear perception.⁷⁰

We can, then, plan on finding ourselves in the middle of catalyst, recognizing it, and desiring to work on it. Those of Q'uo suggest that we remember how catalyst works, when we find ourselves in the midst of it:

When you can win through in a confused situation to a remembrance, a memory of the way catalyst works, of the process in which you are taking part, you will be more able to move smoothly, gracefully and cooperatively into doing the work at hand, without condemnation of self or of others, forgiving completely that which this density of experience confers upon each and every sentient citizen of eternity.⁷¹

They suggest that we not even try to avoid it:

The one who believes that by changing the situation, he will change his experience is following a false belief, for those lessons which each came to learn are for each, shall we say, a list of priorities. When catalyst comes to a seeker, it is a sure thing that there is a lesson connected with the learning of the nature of love which working through the catalyst will benefit so that you may become richer in experience and more conscious with the consciousness of love.⁷²

I think a synonym for “catalyst” might be “suffering”:

The suffering, the questioning, the doubting, the pain and agony of all that you experience is for one thing: to hollow you and to focus that emptiness so that it is ready to receive.⁷³

And yet this suffering is a path which points its own way out:

The path of sorrow, then, is that path which nearly all experience, nearly all the time, within incarnation. Misery, anger, grief, all the uncomfortable emotional and mental states, create a necessity for seeking some means of relief. The limitations are there because the nature of the choice is such that the surface illusion can be seen by the seeker to be an illusion. And it is through the growing discomfort of catalyst, of loss and limitation, that the wayward spirit is finally alert to the need for discipline.⁷⁴

Much more about this discipline in Chapter Seven, on metaphysical work.

The partner of catalyst is experience. If catalyst is what we walk into unawares, experience is what we receive from the harvest of that catalyst, plus the work we do in shaping our response to that catalyst. As we go, we find that Don’s 180 degree rule truly serves: what seems bad is good:

As the seeker begins to gain experience, it discovers that the worldly sight, excellent as it is for the things of the physical universe, can tell lies if the physical sight is taken to equal spiritual sight as well. The spiritual self will look at the situation where all the things of the world are had in plenty and be able to see those imbalances, lacks and hungers that lie just below the surface of the illusion and that greatly change the truth that is seen. The spiritual self sees the riches of the world as poverty and sees the naked and vulnerable spirit in all its poverty as riches. To the spiritual eye the concepts such as death, limitation, emergency, catastrophe, fear and terror are not necessarily bad things. The riches for the spiritual self lie in every circumstance, those perceived as negative perhaps more than those perceived as positive by the physical self.⁷⁵

This reversal of attitude and embrace of the suffering of processing catalyst delivers to the seeker her own inner child again:

Thus, your experiences become a part of you and as you progress in your journey of seeking you will find that this blending of experience occurs most easily when there is as little resistance and as great vulnerability to it as you can stably withstand and accept within your being. It is not easy to place oneself within the swirling waters of change, for it is

easy to believe that one may drown or be washed ashore in a distant location unfamiliar to the present self. However, we can assure each of you that you have placed within your incarnational patterns these opportunities for rebirth of this childlike self that laughs with glee at all catalyst that it perceives, looking at the world as [a] place in which there is endless opportunity for experience and excitement.⁷⁶

To this childlike self, experience brings joy and love:

Why rejoice? Why give thanks and praise? Because the greatest energy of all is always the same: love is always the over-mastering power and Creator. No matter what the experience, praise, joy and thanks are appropriate. When one can, even for a moment, see and feel the truth of the turning to love above all things then shall healing truly multiply.⁷⁷

One way in which we are less skillful in working with catalyst is in repressing our pain mentally. This can lead to illness:

QUESTIONER: I will make a statement then of my understanding and ask you if I am correct. There is a, what I would call, physical catalyst operating at all times upon the entities in third density. It is a catalyst which acts through what we call pain and emotion. Is the primary reason for the weakening of the physical body and the elimination of body hair, etc. so that this catalyst would act more strongly upon the mind and therefore create the evolutionary process?

RA: I am Ra. This is not entirely correct, although closely associated with the distortions of our understanding. Consider, if you will, the tree for instance. It is self-sufficient. Consider, if you will, the third-density entity. It is self-sufficient only through difficulty and deprivation. It is difficult to learn alone for there is a built-in handicap, at once the great virtue and the great handicap of third density. That is the rational/intuitive mind. Thus, the weakening of the physical vehicle, as you call it, was designed to distort entities towards a predisposition to deal with each other. Thus, the lessons which approach a knowing of love can be begun. This catalyst then is shared between peoples as an important part of each self's development as well as the experiences of the self in solitude and the synthesis of all experience through meditation. The quickest way to learn is to deal with other-selves. This is a much greater catalyst than dealing with the self. Dealing with the self without other-selves is akin to living without what you would call mirrors. Thus, the self cannot see the fruits of its beingness. Thus, each may aid each by

reflection. This is also a primary reason for the weakening of the physical vehicle, as you call the physical complex.⁷⁸

Kathy Braden rejoices in her free will as she sets her sights on working on catalyst through relationships:

Some say we choose our course before entering a given lifetime, the people to parent us, the circumstances of our birth, the people we will share our life with this go round, set up by our higher selves as we choose to enter the world for a given lesson, but still there is choice to create day to day the reality that is our life experience. I cannot think of a greater gift [than] this free will.⁷⁹

Relationships are a primary teacher to us in offering us grist for the mill:

Those things which most distress you about others are those things which are the reflection of yourself, and in those things you may see a distorted version of that which is occurring within you. Thus, each relationship is like a mirror in time that moves with you along that river, showing to you your own face in a biased manner which may provide catalyst so that you may work upon the self.⁸⁰

It may be easily seen, then, that good friends and mates are a prize indeed, for they will be working on their own catalyst and experience in ways that we can understand and share:

It is well upon such a journey to travel with a companion of similar desire that wishes above all else with you to make this journey of seeking, of learning and of service, for those who are of a like mind will far more surely find those clues within the catalyst that point the direction for the next step, and those who travel together will experience their catalyst and processing of same in an unique fashion, with one utilizing the intensity of experience at a time perhaps when the other has less intensity, so that there might be assistance given from one to another.⁸¹

One last bit of advice: just be ourselves:

That which is most helpful to an entity in utilizing the catalyst of the daily round of activities is the spontaneous and unrehearsed thought, word or deed which is carried out to its logical or appropriate conclusion, then reflected upon in a conscious fashion and utilized within the meditative state, so that any biases that are not deemed consonant with the highest ideals of the seeker might be noted and marked for future

reference, so that the lesson which is embodied might be clarified and a certain set of actions might be associated with that lesson.⁸²

Life will put our nose to the grindstone of learning again and again, offering us the catalyst that will snag our attention and give us work to do in transmuting raw catalyst into burnished experience. This is archetypal work, this sifting of incoming data to find the gems of truth and life. It is work we will be involved with each day of our lives, as awakened spirits using third density to our utmost ability. I wish each of us refreshed spirits and hungry appetites for chewing it all up! This planet is a great place, but we are ready to move on, and this is the way towards more pleasant lessons! Right through the thick of things!

¹ *Law Of One, Book IV*, p. 64.

² *Law Of One, Book III*, p. 171.

³ *ibid.*, p. 51.

⁴ *Law Of One, Book I*, p. 144.

⁵ *ibid.*

⁶ Q'uo, transcript dated October 17, 1991, pp. 7-8.

⁷ *Law Of One, Book I*, pp. 144-145.

⁸ Q'uo, transcript dated April 28, 1996, p.4.

⁹ *ibid.*, pp. 5-6.

¹⁰ *Law Of One, Book I*, p. 145.

¹¹ *ibid.*

¹² Q'uo, transcript dated April 28, 1996, pp. 7-8.

¹³ *Law Of One, Book I*, p. 145.

¹⁴ *ibid.*

¹⁵ *ibid.*

¹⁶ *Law Of One, Book II*, p. 77.

¹⁷ *ibid.*, p. 6.

¹⁸ *Law Of One, Book I*, p. 77.

¹⁹ *Law Of One, Book III*, p. 31.

²⁰ *Law Of One, Book IV*, p. 53.

²¹ *Law Of One, Book I*, pp. 114-115.

²² *Law Of One, Book II*, pp. 168-169.

²³ *Law Of One, Book IV*, p. 85.

²⁴ *Law Of One, Book II*, p. 71.

²⁵ Q'uo, transcript dated January 11, 1998, pp. 4-5.

²⁶ *Law Of One, Book III*, p. 177.

²⁷ *ibid.*, p. 176.

²⁸ After we are born into this life.

²⁹ *Law Of One, Book IV*, p. 102.

³⁰ *ibid.*, pp. 86-87.

³¹ *Law Of One, Book III*, p. 176.

³² *Law Of One, Book IV*, p. 84.

³³ *ibid.*, p. 85.

³⁴ *ibid.*, p. 73.

³⁵ *ibid.*, p. 88.

³⁶ *ibid.*, p. 83. *Honestation* means adornment.

³⁷ *Law Of One, Book III*, pp. 8-9.

³⁸ *Law Of One, Book II*, p. 25.

³⁹ Q'uo, transcript dated May 10, 1987, p. 5.

⁴⁰ 268, letter dated November 19, 1996.

⁴¹ 282, letter dated March 9, 1995.

⁴² Lance, letter dated November 9, 1999.

⁴³ *Law Of One, Book I*, pp. 193-194.

⁴⁴ Q'uo, transcript dated September 9, 1999, p. 2.

⁴⁵ Andrew Laine, letter dated December 2, 1996.

⁴⁶ 131, letter dated November 15, 1997.

⁴⁷ *Law Of One, Book III*, p. 188.

⁴⁸ Q'uo, transcript dated April 2, 1995, p. 7.

⁴⁹ *Law Of One, Book IV*, pp. 76-77.

⁵⁰ Latwii, transcript dated February 14, 1988, p. 3.

⁵¹ Q'uo, transcript dated January 17, 1988, pp. 4-5.

⁵² H. Lynn Herrmann, letter dated July 9, 1997.

⁵³ *Law Of One, Book II*, p. 51.

⁵⁴ Fiona Forsythe, letter dated October 4, 1998.

⁵⁵ *Law Of One, Book II*, pp. 51-52.

⁵⁶ Q'uo, transcript dated July 15, 1990, pp. 11-12.

⁵⁷ Oxal, transcript dated September 24, 1989, p. 8.

⁵⁸ *Law Of One, Book I*, p. 127.

⁵⁹ Q'uo, transcript dated April 12, 1989, p. 7.

⁶⁰ *idem*, transcript dated November 26, 1989, pp. 7-8.

⁶¹ *idem*, transcript dated April 12, 1992, p. 2.

⁶² 292, letter dated December 29, 1996.

⁶³ Q'uo, transcript dated February 6, 1994, p. 4.

⁶⁴ *idem*, transcript dated May 14, 1989, pp. 19-20.

⁶⁵ *idem*, transcript dated January 3, 1993, pp. 1-2.

⁶⁶ *idem*, transcript dated September 9, 1999, p. 5.

⁶⁷ *idem*, transcript dated January 3, 1999, p. 5.

⁶⁸ *idem*, transcript dated February 5, 1995, p. 3.

⁶⁹ *idem*, transcript dated May 14, 1989, p. 10.

⁷⁰ *Law Of One, Book IV*, p. 170.

⁷¹ Q'uo, transcript dated March 21, 1999, p. 4.

⁷² *idem*, transcript dated November 16, 1986, p. 6.

⁷³ *idem*, transcript dated March 16, 1997, p. 4.

⁷⁴ *idem*, transcript dated June 19, 1994, p. 3.

⁷⁵ *idem*, transcript dated September 17, 1995, p. 3.

⁷⁶ *idem*, transcript dated April 25, 1993, p. 10.

⁷⁷ *idem*, transcript dated February 13, 1994, p. 7.

⁷⁸ *Law Of One, Book I*, pp. 179-180.

⁷⁹ Kathy Braden, letter dated February 9, 1999.

⁸⁰ Laitos, transcript dated January 18, 1989, p. 1.

⁸¹ Q'uo, transcript dated May 28, 1989, p. 11.

⁸² *idem*, transcript dated May 14, 1989, p. 16.