
CHAPTER SIX: A LITTLE COSMOLOGY/EINE KLEINE KOSMOLOGIE

THE DENSITIES OF EXPERIENCE

The densities of experience are a series of environments, from the first through the seventh density, each succeeding density designed to function to offer us material for the evolution of our bodies, minds and spirits. Each density or grade has inner or thought planes and outer or physical planes. Supposedly we are now in third density. But what is a density, exactly? Various disciplines use the word in different ways. The dictionary definition of density is the quality of being dense, close or compact or the quantity or number of something per unit. In physics it is defined as the ratio of the mass of an object to its volume. A trustworthy Ra/Larson scholar, Bruce Peret, makes a distinction between the thought planes and the outer planes:

What I understood from *The Ra Material* is that “density” is a measurement of the overall complexity of some structure, form or entity, in a temporal, rather than spatial, sense. To use Ra terms, the density of an object is the “size of the time/space” it occupies, whereas the volume is the “size of the space/time” it occupies.¹

Bruce is using the Ra’s terms, space/time for the physical universe, and time/space for the metaphysical or cosmic universe. He’s saying that he does not think the Ra group’s term, “density,” refers to the normal, physical universe at all, but rather to the metaphysical universe which interpenetrates our physical world. Since I feel that all of us who are awakened spiritually have become denizens of the metaphysical or inner universe, this distinction means that we are looking at density as a metaphysical measure of light. Further, Bruce says, these densities or quanta of light are not all the same light:

The discrete domains of light that Ra refers to are misleading, because “light” is a bit more complex on the higher densities than it is here on the third, the one we are all very familiar with. A third-density photon is not the same thing as a sixth-density photon. There is more of a change than just “frequency.”²

In each density of creation, particles contain a certain density of light. The higher the density, the more densely packed with light a light beam or

photon is. The more densely packed the light, the more intelligent energy is available within it. Those of Q'uo say about higher densities:

The very word, density, is misleading, for it would somehow suggest that each succeeding density is more pallid or frail. The opposite, however, is true in that in each density further than the last there is a higher density of light.³

Bruce adds:

Your “densities” are basically groupings of levels of complexity. First density is the simplest form, inanimate matter, “body.” When “mind” joins “body” into a body/mind complex, second density is reached, and we see it as simple life forms, plants. When “spirit” gets in the act, we have our existence, the mind/body/spirit complex: third density (three connected components), the animal kingdom, and a very complex entity. This is the way evolution increases complexity. And “density” is a measurement of complexity. To put it simply, the more “ingredients” in the soup of dimensions interacting to form an entity, the more complex the recipe is, and thus the higher its “density.” And Ra has a pretty simple kitchen, only seven major ingredients: the seven dimensions forming the first through seventh densities.⁴

So our third-density light has three aspects or dimensions within its photon, which Bruce calls body light, mind light and spirit light, and which I would call beingness light, consciousness light and self-awareness light. In each succeeding density, the light contains the characteristics from earlier densities, but places them within the new photon’s dimensional signature. The fourth-density addition, then, would be love light, the fifth ingredient, understanding light, the sixth density, unity light, and the seventh density would add completion light or the gateway to intelligent infinity light. But for short, they are all light, the basic building block of each density being the photon of that density. Bruce’s very interesting letter on “densities” as used by the Ra includes this provocative thought, which places our minds or consciousnesses which survive the bodily death in time/space, and therefore specifically sets us as metaphysical entities in the time/space or metaphysical sector:

When I started to use *The Ra Material* to extend Larsonian physics, one of the things I discovered was that time/space, which Larson refers to as the Cosmic Sector, is what Ra calls “mind” in the body/mind/spirit complex, body being space/time. Therefore, “density” also refers to the capacity of the mind, versus the capacity of the physical brain.⁵

Again, I would use the term, “consciousness,” rather than “mind,” to differentiate between the good old workhorse of the physical brain and the eternal and metaphysical mind which becomes Creator as it fully realizes itself through these densities. Don is investigating the nature of the densities as he asks:

QUESTIONER: I understand that the first density is composed of core atomic vibrations that are in the red spectrum, second in the orange, et cetera. Am I to understand that the core vibrations of our planet are still in the red and that second-density beings are still in the orange at this space/time right now and that each density as it exists on our planet right now has a different core vibration, or is this incorrect?

RA: I am Ra. This is precisely correct.⁶

So by implication, it can be seen that there are seven densities in our creation, divided, as are our energy centers, by descriptive terms using the rainbow of colors, red through violet. First density is red, second density orange, third density yellow, fourth density green, fifth density blue, sixth density indigo, and seventh density violet. Our planet is activated in red, orange and yellow densities at this time, as we are a third-density planet, although within this third density, we have in each of our bodies all seven energy centers, corresponding to the whole range of inner and outer planes of creation. Don explores this further:

QUESTIONER: Then as the fourth-density vibrations come in this means that the planet can support entities of fourth-density core vibration. Will the planet then still be first-density core vibration and will there be second-density entities on it with second-density vibrations, and will there be third-density entities on it with third-density vibrations?

RA: You must see the Earth, as you call it, as being seven Earths. 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.⁷

It may be hundreds of years before this transition is completed, so I imagine the first citizens of fourth-density Earth shall be very special, in that they will know how to remain invisible and unseen by third-density populations that remain for a time.

The first density is the elemental density of earth, air, wind and fire. It begins in the timelessness it shares with the final density in the previous creation before this one, and only towards the end of first density does creation, time and space as we know them, form from the undifferentiated swirl of energy. Our ocean, sky and mountain express late first density. The second density sees the advent of motile entities such as amœbæ, plants and animals. This density is characterized by movement towards the light, and life forms literally turn to that light for invigoration and regeneration. It is a density of intelligence of a kind, but not self-awareness. The third density, which we together enjoy at this time, is the first density of self-aware entities, and its denizens begin to seek the lessons of love by making the initial choice as to their path or style of seeking and realizing that love. The fourth density is the density of love or understanding and its citizens seek to perfect this knowledge, and begin the lessons of wisdom. The fifth density is the wisdom density, and its denizens complete the study of wisdom. The sixth density is the density of unification, wherein the balance of love and wisdom is sought and found. In this density, the split of positive and negative paths which begin with the choice in third density is again unified, as negative sixth density entities realize they can go no further until they fully accept that all entities are one in the Creator, and switch their polarity in one fell swoop. The seventh density is the density of foreverness. Here, self-aware entities complete all lessons of all kinds and eventually are drawn by spiritual gravity back into the unpotentiated Creator, the density then moving into the timelessness in which first density began.

Those of Q'uo add to our knowledge of the purposes of densities one through three:

Each density has its purpose. Now, we would preface this line of thinking by pointing out that the seeming progression of densities is an artifact of time and space and is not the deepest truth of the cosmos and its makeup. In a deeper reality, or shall we say, a more shallow illusion, all time and space is one and as an entity, therefore, each seeker is working simultaneously upon all densities and sub-densities. However, within incarnation there is time, there is space and there is progression. Therefore, we use the concept of densities to indicate which lessons are learned first, which lessons are the foundation for further lessons. In first

density the lesson is simply consciousness. In second density the lesson involves the turning to the light, the beginning of choices. In third density which you now enjoy the lesson is in learning how to love and how to accept love. These lessons are two sides of the one coin of love. You have entered into this incarnative experience because you felt that there was room for improvement in your understanding of love. Now there are other reasons which cause you to wish to come at this time having to do with service to this planet and its peoples in this time of transformation on a planetary scale. But each also has lessons to learn, and so we would focus upon the core beingness of the self as it can in a stable manner be experienced helpfully within incarnation.⁸

It is interesting to see the densities as an artifact of space/time, or physical reality. Supposedly, there are further octaves of experience after this present creation, each containing these seven densities, but at a higher octave of vibration. So, as Ed Weigel notes, there is no end to them:

I understand that the process going on here does not end here. Our evolution is a process that is endless.⁹

These densities, though discrete, are not separated to the point that we cannot gain access to densities we are not presently enjoying:

QUESTIONER: Were there any other circumstances, biases, consequences or plans set up by the Logos other than those we have discussed for the evolution of Its parts through the densities?

RA: I am Ra. One more; that is, the permeability of the densities so that there may be communication from density to density and from plane to plane or sub-density to sub-density.¹⁰

Given that our energy system is compatible with the energy characteristics of inner planes or outer densities which are higher, then, we have the potential for freedom of movement that is total, metaphysically speaking. Don, in trying to get a clear idea of our place in the scheme of things, asks:

QUESTIONER: I would like to know how the mind/body/spirit complexes originate, going as far back as necessary. How does the origination occur?

RA: I am Ra. We ask you to consider that you are attempting to trace evolution. This evolution is as we have previously described, the consciousness being first, in first density, without movement, a random thing. Whether you may call this mind or body complex is a semantic problem. We call it mind/body complex, recognizing always that in the

simplest iota of this complex exists in its entirety the one infinite Creator; this mind/body complex then in second density discovering the growing and turning towards the light, thus awakening what you may call the spirit complex, that which intensifies the upward spiraling towards the love and light of the infinite Creator. The addition of this spirit complex, though apparent rather than real, it having existed potentially from the beginning of space/time, perfects itself by graduation into third density, when the mind/body/spirit complex becomes aware of the possibility of service to self or other-self, then the mind/body/spirit complex is activated.¹¹

We can begin to get a more full idea of our own complexity here, and of our path of evolution. We begin as elemental; we grow as second-density creatures, and come into the beginning of our self-awareness as a “soul” or spiritual being in this, our third density of experience. The length of the densities is, for the most part, quite æonian and protracted:

QUESTIONER: Could you give me an idea of the length of the first and second densities as they occurred for this planet?

RA: I am Ra. There is no method of estimation of the time/space before timelessness gave way in your first density. To the beginnings of your time, the measurement would be vast and yet this vastness is meaningless. Upon the entry into the constructed space/time your first density spanned a bridge of space/time and time/space of perhaps two billion of your years. Second density is more easily estimated and represents your longest density in terms of the span of space/time. We may estimate that time as approximately 4.6 billion years. These approximations are exceedingly rough due to the somewhat uneven development which is characteristic of creations which are built upon the foundation stone of free will.¹²

Densities four through seven are also quite long. However, our third density is extremely short, relatively speaking. This is because there is a singular purpose to third density, one single, pivotal choice to make and then seat solidly in the consciousness. To fill in some detail, Don asks further about second and third density:

QUESTIONER: Then there were second-density entities here prior to approximately 75,000 years ago. What type of entities were these?

RA: I am Ra. The second density is the density of the higher plant life and animal life which exists without the upward drive towards the infinite. These second-density beings are of an octave of consciousness

just as you find various orientations of consciousness among the conscious entities of your vibration.

QUESTIONER: Where did these beings come from? Were they a product of evolution as understood by our scientists? Were they evolved from the original material of the earth that you spoke of?

RA: I am Ra. This is correct.

QUESTIONER: Do these beings then evolve from second density to third density?

RA: I am Ra. This is correct, although no guarantee can be made of the number of cycles it will take an entity to learn the lessons of consciousness of self which are the prerequisite for transition to third density.¹³



QUESTIONER: Then how does the second density progress to the third?

RA: I am Ra. The second density strives towards the third density which is the density of self-consciousness or self-awareness. The striving takes place through the higher second-density forms who are invested by third-density beings with an identity to the extent that they become self-aware mind/body complexes, thus becoming mind/body/spirit complexes and entering third density, the first density of consciousness of spirit.¹⁴

It seems a marvelous thing to be a second-density creature, and I believe that our bodies remain second-density entities, entities which have given themselves over to the consciousness implanted within them during the birth process, and the development of that consciousness within incarnation. One characteristic of this third density is its unremitting social nature:

The essence of third-density learn/teaching and teach/learning is that there are other selves, to which one must relate in choosing the manner of that relationship with others. The choice of polarity becomes first recognized and then made. The third-density physical vehicle was designed to function only in what you may call the family. By oneself one cannot reproduce and create new life. Without other selves working in cooperation, your own self will be unable to create a meeting of all needs. The essence of what you may call human is an absolute need for relationships with other selves.¹⁵

We may have noticed the pronounced tendency, for urban people especially, but people in general, to keep more to themselves, and for wanderers to be

real loners. We are not grappling with our very real social and ecological challenges, most of us! Socialization, let alone activism, requires commitments of time that don't seem possible. Yet we have a globe full of other selves with whom to come into spiritual, social and ecological community.

QUESTIONER: Third density, then, compared to the rest of the densities, all of them, is nothing but a uniquely short period of what we consider to be time and is for the purpose of this choice. Is this correct?

RA: I am Ra. This is precisely correct. The prelude to choice must encompass the laying of the foundation, the establishment of the illusion and the viability of that which can be made spiritually viable. The remainder of the densities is continuous refining of the choice. This also is greatly lengthened, as you would use the term. The choice is, as you put it, the work of a moment but is the axis upon which the creation turns.¹⁶

What is the nature of this choice?

This entire vibratory nexus which you call third density is that in which you make the foundation choice which each of you has already made to be of service to others and to live a life in faith. Your basic contribution is living the life in faith; not in being happy or melancholy or useful or productive, but in being a certain kind of entity, an entity that is able to shine through the windows of the eyes and the smile upon the lips with the light of the one infinite Creator.¹⁷

I love that image of the Creator shining out through our faces when we smile with a genuine warmth. And often I can feel the energy pouring through me, when just being in the garden, or speaking with someone, or writing as I am now. Here is a challenging thought from the Q'uo principle or group:

The very foundation of third density is based upon what is described as a mistake; that is, a choice to know good and evil and therefore, to die. All of the third-density environment is necessarily founded upon dynamic opposites and the choice for or against the radiance of living and dying as opposed to the magnetic pulling and grabbing at life and the fearful pushing away of death. It may seem that this choice to live and die, to be imperfect and to choose between imperfectly derived essences may be a foolish choice, but it is this very environment which creates the test conditions for the growth and the learning of that within each which may be called the seeker or the higher self, that is, that self

which aspires to move more and more fully into the radiant energy of the one Creator.¹⁸

After this process of working within incarnation in third density, graduation occurs. Some may well feel they are ready for it, and some not:

The idea of moving from third density to fourth and beyond seems like a reasonable expectation. Though I find the paradigm shift a happy event, it is still yet part of a grander happening. Living as if it is all one is an interesting practice and empowering.¹⁹



I go to the book store and the overwhelming amount of material regarding enlightenment, I think kind of puts me in a state of shock. Because I feel at some base level that I've run out of time. I blew it. What really winds my clock is all this info coming out regarding third-density entities vs. the fourth-density reality that's coming. I am humbled to the point of wanting to crawl into a hole and never come out. How can I, how can anyone be certain of their evolution?? How can anyone know for certain IF they're going to make it to fourth density?²⁰

But the harvest has already begun on planet Earth, and as we each die, we will walk those steps of light:

As much as any other native inhabitant, wanderers will be expected to walk the steps of light when this incarnational experience is at an end, and, just as much as any native inhabitant of Earth, if the steps are walked to a point of comfort within third density the wanderer shall not return to its home vibratory nexus but, rather, shall continue in third density until graduation is achieved.²¹

By this process, we hope to enter fourth density after graduation. Earth shall continue as a fourth-density positive planet, its third density dying out naturally over a period of centuries. Until the third-density humankind is completely gone, fourth density will be invisible to third density, even though the planes interpenetrate each other:

QUESTIONER: Is an entity in the fourth density normally invisible to us?

RA: I am Ra. The fourth density is, by choice, not visible to third density. It is possible for fourth density to be visible. However, it is not the choice of the fourth-density entity to be visible due to the necessity for concentration upon a rather difficult vibrational complex which is the third density you experience.²²

It is thoughtful of fourth-density beings to leave us to our hard work! Don asks:

QUESTIONER: How does a third-density planet become a fourth-density planet?

RA: I am Ra. The fourth density is as regularized in its approach as the striking of a clock upon the hour. The space/time of your solar system has enabled this planetary sphere to spiral into space/time of a different vibrational configuration. This causes the planetary sphere to be able to be molded by these new distortions. However, the thought-forms of your people during this transition period are such that the mind/body/spirit complexes of both individuals and societies are scattered throughout the spectrum instead of becoming able to grasp the needle, shall we say, and point the compass in one direction. Thus, the entry into the vibration of love, sometimes called by your people the vibration of understanding, is not effective with your present societal complex. Thus, the harvest shall be such that many will repeat the third-density cycle. The energies of your wanderers, your teachers and your adepts at this time are all bent upon increasing the harvest. However, there are few to harvest.²³



QUESTIONER: Then what will be the time of transition on this planet from third to fourth-density?

RA: I am Ra. This is difficult to estimate due to the uncharacteristic anomalies of this transition. There are at this space/time nexus beings incarnate which have begun fourth-density work. However, the third-density climate of planetary consciousness is retarding the process. At this particular nexus the possibility/probability vortices indicate somewhere between 100 and 700 of your years as transition period. This cannot be accurate due to the volatility of your peoples at this space/time.²⁴



QUESTIONER: Does the fact that the basic vibration that we experience now is true-color green or fourth-density account for the fact that there are many mental effects upon material objects that are now observable for the first time in a mass way such as the bending of metal by mind?

RA: I am Ra. This is not only correct but we suggest you take this concept further and understand the great number of entities with the

so-called mental diseases being due to the effect of this green-ray true color upon the mental configurations of those unready mentally to face the self for the first time.²⁵

And Bruce Peret adds, concerning my questioning about fourth density as seen from third:

The third density has a limited frequency range for light, simply because there is no other way for light to express itself in this density. It's like filling a box with ping-pong balls. Once the box is full, it's full. In order for light to manifest on another density, it must either lose or gain something. That something is "dimension." When a photon learns how to move in the dimension of love, then that photon becomes fourth-density, and a new range of expression opens up to it, an empty box. Since it cannot be expressed in third density, we see a "shadow" of it, a third-density projection of a fourth-density object, which APPEARS to be a radical change in frequency of the light.²⁶

Clearly, this harvest of Earth is being a difficult one, for its people and for its planet as well. It is not one bit surprising that we are sharing the difficulties of this troubled harvest age. Don asks about our immediate future in fourth density on Earth:

QUESTIONER: We are now in the fourth density. Will the effects of the fourth density increase in the next thirty years? Will we see more changes in our environment and our effect upon our environment?

RA: I am Ra. The fourth density is a vibrational spectrum. Your time/space continuum has spiraled your planetary sphere and star into this vibration. This will cause the planetary sphere itself to electromagnetically realign its vortices of reception of the in-streaming of cosmic forces expressing themselves as vibrational webs so that the Earth [will] thus be fourth-density magnetized, as you may call it. This is going to occur with some inconvenience, due to the energies of the thought-forms of your peoples which disturb the orderly constructs of energy patterns within your Earth spirals of energy which increases entropy and unusable heat. This will cause your planetary sphere to have some ruptures in its outer garment while making itself appropriately magnetized for fourth density. This is the planetary adjustment. You will find a sharp increase in the number of people, as you call mind/body/spirit complexes, whose vibrational potentials include the potential for fourth-vibrational distortions. Thus, there will seem to be, shall we say, a new breed. These are those incarnating for fourth-density

work. There will also be a sharp increase in the short run of negatively oriented or polarized mind/body/spirit complexes and social complexes, due to the polarizing conditions of the sharp delineation between fourth-density characteristics and third-density self-service orientation. Those who remain in fourth density upon this plane will be of the so-called positive orientation. Many will come from elsewhere, for it would appear that with all the best efforts of the Confederation, which includes those from your peoples' inner planes, inner civilizations and those from other dimensions, the harvest will still be much less than this planetary sphere is capable of comfortably supporting in service.²⁷

What will fourth density positive be like? Those of Ra say:

We ask you to consider as we speak that there are not words for positively describing fourth density. We can only explain what is not and approximate what is. Beyond fourth density our ability grows more limited until we become without words. That which fourth density is not: it is not of words, unless chosen. It is not of heavy chemical vehicles for body complex activities. It is not of disharmony within self. It is not of disharmony within peoples. It is not within limits of possibility to cause disharmony in any way. Approximations of positive statements: it is a plane of type of bipedal vehicle which is much denser and more full of life; it is a plane wherein one is aware of the thought of other-selves; it is a plane wherein one is aware of vibrations of other-selves; it is a plane of compassion and understanding of the sorrows of third density; it is a plane striving towards wisdom or light; it is a plane wherein individual differences are pronounced although automatically harmonized by group consensus.²⁸

Our work with relationships in third density makes sense in terms of where we are going. Higher densities are permeated with groups, especially on the positive path. In fourth density, we are working on love, in fifth, wisdom, and in sixth, the unification and balance of these two aspects of the Creator which correspond to love or Logos and to light. Many seekers would question the order of densities four and five, or love and wisdom. Wisdom seems so attractive and peaceful compared to love. However, to me, this makes sense. Love needs to be learned, and learned thoroughly, before wisdom is sought, for wisdom without love is wicked indeed. Lucifer's name means "Light-Bringer." This principle brings light without love. Those who seek for wisdom in third density are seeking after that which is out of place, and not a part of this density. Are we trying to build a stairway of wisdom and truth that will get us to heaven? Let us cease immediately, and apply

ourselves instead to the lessons and choices of this present experience. It is all about love, as the old musical group, Earth, Wind and Fire have sung.

The sixth density is also that density where the positive and negative paths, which split for fourth, fifth and early sixth, are again unified:

As the negative entities continue to pursue this path of separation and control, at some point, in order to continue in the process of evolution and to know more of the Creator and to exercise the power of the Creator, it becomes necessary to see other selves as the Creator and as the self. This is not difficult for the positive polarity, but is difficult enough for the negative polarity that that negative polarity must be abandoned and the power that has been gained from it be used to reverse, shall we say, the polarity in order that continued evolution be possible.²⁹

The sixth density also offers to us in third density a special gift: our higher self:

QUESTIONER: You said that each third-density entity has an higher self in the sixth density which is moving to the mind/body/spirit complex of the entity as needed. Does this higher self also evolve in growth through the densities beginning with the first density, and does each higher self have a corresponding higher self advanced in densities beyond it?

RA: I am Ra. The higher self is a manifestation given to the late sixth-density mind/body/spirit complex as a gift from its future selfness. The mid-seventh density's last action before turning towards the allness of the Creator and gaining spiritual mass is to give this resource to the sixth-density self, moving as you measure time in the stream of time.

This self, the mind/body/spirit complex of late sixth-density, has then the honor/duty of using both the experiences of its total living bank of memory of experience, thoughts and actions, and using the resource of the mind/body/spirit complex totality left behind as a type of infinitely complex thought-form. In this way you may see your self, your higher self or Oversoul, and your mind/body/spirit complex totality as three points in a circle. The only distinction is that of your time/space continuum. All are the same being.³⁰

Those of Q'uo describe seventh density:

As the final lessons are learned in the last of the densities of light, the entities begin to take upon themselves that which you may call a spiritual mass so that there is the great desire to move into complete

union once again with the one Creator, and this union is achieved so that each entity brings each experience with it as an offering or glorification to the one Creator. Each such offering, then, taken cumulatively, becomes the seeding of another great octave of experience and cycle of beingness, as the one Creator once again sends out portions of Itself to gain in experience, to learn that which can only be learned by the giving of free will choice to those portions of Itself that venture out as pilgrims into what is to each the great unknown and mystery of being.³¹

All in all, this cosmology satisfies something in me that has never been completely satisfied before, in that there are offered good and logical reasons for suffering and choices, and a solid explanation of good and evil, or polarity. In my opinion, this is where many systems fall apart. Either they see good and evil as never being able to be reconciled, as the fundamentalist Christian or Muslim looking at a war between good and evil that does not end, or they negate the reality of evil. Neither solution has ever suited me.

THIRD DENSITY: THE DENSITY OF CHOICE

To reel our minds back from the great spread of densities of experience, we can concentrate on this present third-density experience, the one we are working on right now. Those of Q'uo say:

How we admire you. We remember third density. It is the shortest of the densities, the density of choice. You are here to choose to serve the Creator by serving others or by serving the self and manipulating others. As you serve others, you may be asked to do outrageous things, to go beyond your limitations, to do what cannot be done yet which shall be done because it must. And in those situations we strongly advise that you release your personal personality and move to an impersonal portion of your deep self, that god-self of unmitigated and straightforward compassion. To determine what is pleasing as opposed to what is serving another entity is sometimes difficult, especially on the spur of the moment. Therefore, we ask you to steep yourselves as you would immolate a tea bag in the teacup in the love and the light of the infinite One, that what needs be done for you to polarize, for you to choose, may be done with what this instrument would call "gladness and singleness of heart."³²

Those of Q'uo share more about service to self versus service to others, the great choice of paths we face in third density:

The nature of third density is primarily dictated by the lessons which have been prepared for each seeker to walk with. And for the goal towards which these lessons point, that basic nature of your illusion is division into opposites, for yours is the density of choice. Yours is an illusion rich in either/or. The raw material which you bring to this illusion is itself duple. On the one hand, you bring to these lessons a physical/mental/emotional complex of great instinctual beauty, symmetry and harmony. The physical vehicle of third density is unimaginably rich in sense perceptions. At all times the inner eye is filled with an enormous variety of sense perceptions. These are instinctually prioritized and held in an instinctual state of balance. This is that second-density creature which has accepted the role of carrying your consciousness about for this incarnative experience.³³

And Joseph Kœhm adds:

The negatives are going to be trying to pull you one way, the positives the other. You have an angel on your left shoulder and an angel on your right. Guess which one is a hell's angel? I have the same problem. I understand. Good luck! I am far from saint material I assure you. I use my 49% quite enthusiastically on numerous occasions and sometimes love every minute of it. I like living close to the "edge" of the precipice, I guess. Anyway, now for the inspiring news. When you get these negative feelings you need to realize this is not a game. It is the real thing.³⁴

I love Joe's insouciance! Of course, in a way it IS a game, a most divine game. And one which we do need to take seriously, wanderers or not. The Oxal group says:

In addition to those lessons which are learned in a manner native to those who work through the third density for the first time, those who are what you call wanderers bring a certain task and a certain responsibility, which may be viewed as operating so as to put into an unique light, a particular slant or bias, those precise lessons which within third density all must learn. And so in a sense, the task is compounded proportionate to the unique gifts which have been brought from other densities, so that they may be laid down in service to the souls which seek, so hungrily, to reach beyond the limits which are those of third density, a density of choice.³⁵

It is an old idea and ideal, that to those to whom much has been given, much may be expected. Identify our unique gifts, then, and look for ways to share them. Sometimes, it may seem that there is no place that will appreciate our gifts; that this world is very negative. Don't thought so:

QUESTIONER: Can you tell me why you say that the Earth will be fourth density positive instead of fourth density negative since there seems to be much negativity here now?

RA: I am Ra. The Earth seems to be negative. That is due to the quiet, shall we say, horror which is the common distortion which those good or positively oriented entities have towards the occurrences which are of your time/space present. However, those oriented and harvestable in the ways of service to others greatly outnumber those whose orientation towards service to self has become that of harvestable quality.³⁶

As odd as this may seem, in some instances, a wanderer may even fail to recognize service-to-self, or negative orientation:

QUESTIONER: Are the many wanderers who have and are coming to our planet subject to the Orion thoughts?

RA: I am Ra. As we have said before, wanderers become completely the creature of third density in mind/body complex. There is just as much chance of such influence to a wanderer entity as to a mind/body/spirit complex of this planetary sphere. The only difference occurs in the spirit complex which, if it wishes, has an armor of light, if you will, which enables it to recognize more clearly that which is not as it would appropriately be desired by the mind/body/spirit complex. This is not more than bias and cannot be called an understanding.

Furthermore, the wanderer is, in its own mind/body/spirit, less distorted toward the, shall we say, deviousness of third-density positive/negative confusions. Thus, it often does not recognize as easily as a more negative individual the negative nature of thoughts or beings.

QUESTIONER: Then would the wanderers, as they incarnate here, be high-priority targets of the Orion group?

RA: I am Ra. This is correct.

QUESTIONER: If a wanderer should be successfully infringed upon, shall I say, by the Orion group, what would happen to this wanderer when harvest came?

RA: I am Ra. If the wanderer entity demonstrated through action a negative orientation towards other-selves it would be as we have said before, caught into the planetary vibration and, when harvested, possibly repeat again the master cycle of third density as a planetary entity.³⁷

Wanting to avoid that repetition of third density, we would like to be serenely wise and calm. But we are, for the most part, not. We are confused. However, this is perfectly OK:

We would commend to your attention the virtue of confusion, the virtue and helpfulness of being caught, of being puzzled, of being taken out of one's self so that self is revealing self to self in a spontaneous manner. These characteristics of self provide the structure for learning within third density. They present to the seeker carefully orchestrated choices that are subjectively oriented to offer the best opportunity for polarization of consciousness. Without personality but simply with self-awareness and the choice before one, the seeker will move without error into full awareness. Yet this awareness teaches nothing. It does not connect with that biological entity in a way which furthers spiritual evolution. It is the foolish personality, the ego, the self that thinks a million thoughts and does a million deeds in its heart, and that foolish entity alone that interacts with free will and finds ever deeper and truer choices that create and recreate and recreate the self ever anew.³⁸

And as we go, we do need to face our utter free will and responsibility to make this choice.

I love the thought of the Creator having created us capable of learning how to consciously lead the dance, so the Creator can lose itself in our swirling arms, and through our conscious observer-awareness to experience what It has created, without being constantly reminded of having created it all; almost like giving the Creator a day off, just even once in our lives surrendering gladly our illusion of being the victim, and simply enjoying the responsibility for what we have chosen.³⁹

There is a point to this exercise, even beyond our own spiritual evolution: there are extravagant opportunities for service in this density of the dim and shadowy way:

There is nothing to fear. You are free and in the third-density illusion. You can be of the greatest assistance to each other that you shall ever be to anyone. We cannot possibly emphasize enough the height, the breadth and the depth of the possibilities for service in your earthen

vessel overbody, for yours is the density of choice. You shall choose your priority or have already chosen, and as you serve, you are aiding the one whom you serve to choose his or her polarity or to increase it. ⁴⁰

We are likely to remain confused. How to clarify matters? How shall we go about seeing this choice? How can we recognize it? We need to listen to our heart's desires:

The object of third density is, we feel, the making of a certain choice, a choice of paths. This choice is not simply a verbal one or a mental one. In order for this choice to be made so that the entity within has truly chosen, choices are made within the fire of unknowing, within that chasm where there is no footing but only air. The process that seekers go through in order to attain a firmly made choice is not an intellectual process nor even an intellectual/emotional process, but, rather, it is, as this instrument would say, a journey from head to heart, so that it matters not so much whether one sees clearly as it matters more that one may desire more clearly. To hone the edge of the thirst for truth is to improve that search in its efficacy. Again, it is not what the seeker knows but what the seeker desires that creates the character of the distortions that the seeker is likely to settle upon as that which is the least distorted version of truth. Once it has been accepted that all truths are to some extent distortions of a truth that is ineffable and unknowable, then there is perhaps an easier and more relaxed attitude towards this process of knowing the truth. If all things are shadows, if all things are to some extent not what they seem, then the heart is free to open in pure desire to whatever truth it may pick up with its various antennæ which it does not know it has but which the being which lies within knows well how to use. ⁴¹

Lynn Herrmann suggests that deciding the way we want to be helps in pinning this all important choice down:

I think most of us are pretty sure which polarity we want to be, rather than know for sure which polarity we have been up until this point. Up until the moment of decision we are one of those wandering around in confusion and ignorance. We are neither here nor there. When we make the choice, "This is what I want to be," then I believe strongly that is what we will be. The choice is what will determine all our future actions since we have stated firmly, sincerely, and categorically that is what we desire. The universe will aid and assist us to achieve this goal if we are sincere and make this known to ourselves and our higher self. We can't do it ourselves! We have our egos to battle and our egos are very clever.

The ego tells us we are separate from ALL in order to preserve itself. The only thing we need to do is to make the choice, and then to ask for help, keeping in mind that what you see manifesting unpleasantly in others is only ego and not the truth. When you are judging yourself as being unworthy then you are playing to the ego. The ego needs these doubts and fears to exist. The ego is not who you are and it is not who others are. See it for the illusion it is and see what is under the illusion. Then don't worry. Unconditional love is not developed overnight. Treat others as if they were worthy of your love, even if you can't give it. One day you will be able to.⁴²

Another way to look at the making of ethical choices is to invoke the fool's choice of blind faith:

In the portion of the spirit's journey through the present octave that is third density, the crux or focus of the learning that is offered in third density is The Choice. This archetypal image is of a young man stepping off into thin air: no suggestion of a bridge, no suggestion of another shore, but simply the walking off of a cliff in perfect faith. As each entity awakens to her spiritual identity, that which has awakened is in part that fool, and that which lies before that entity is a step into midair. And once that step has been made and the air has seemed to solidify about the new vantage point, a cliff will appear once more and the fool must needs step over that one as well, and the next and the next. And each time that this occurs, that seeker, that fool, has reprised the choice.⁴³

One last suggestion: look for the love. Act as its hands, voice and ambassador.

The decision that you may make which will profoundly affect the many choices that you make is the decision to seek love; not any kind of love, not any description of love; to seek love. To seek love is to seek one of the primal distortions from the infinite Creator. To seek love is to seek the great intelligence that fills the energetic consciousness of the universe with purpose.⁴⁴

We may also seek this great intelligence in others. All we meet are mirrors that reflect the love and light of the infinite Creator. All are our "angels unawares." Sometimes we are bemused and blinded by our own reflections, but occasionally we meet someone who is transparent to the Creator for us, and there love's face shines in human form. It happens often to me. I am so grateful to and sensitive to the beauty in so many people I meet and talk

with. I am more fortunate than most, for much of my outer service is talking to, encouraging and supporting outsiders and wanderers, and so I meet a very special and sweet tribe of beings.

POLARITY

The one great original Thought of the infinite Creator is love. This creative love is the radiance that appeals to and attracts the service-to-others oriented or positive seeker. Our third-density experience is all about love, and about the choice of our path of pursuing love as love of others, or love of self.

This state of being drawn or attracted to something is polarity. Polarity, as commonly used in the physical world, is that property expressed by bodies having magnetic poles, either positive and attractive, or negative and repulsive. This term is defined in terms of the magnetic field of the Earth, the positive pole being designated the north, and the negative, the south. However, for work in metaphysics, we may understand polarity as any tendency to turn, grow, think or feel in a certain way because of magnetic attraction or repulsion. As the Q^{uo} group puts it:

Just as your battery within your automobile is able to function because of the potential difference between the positive and the negative charge, so is the seeker of truth able to do work in consciousness according to its ability to polarize itself in the positive or service-to-others fashion in an effective manner.⁴⁵

Bruce Peret suggests that the polarity of first density is electrical, and that magnetic polarity is a creature of second density:

The difference between electric and magnetic polarities is the number of dimensions involved: electric is one dimensional, magnetic is two dimensional. As a rough analogy, you could think of it as electricity being the initial concept of polarity in the first density, and magnetic as the concept of polarity in the second density.⁴⁶

Moreover, he suggests that a good synonym for “polarity” is “dichotomy”:

I typically refer to “polarity” by the word “dichotomy” (division into two contradictory parts or opinions). Polarity tends to deal with the extremes of poles, in opposition, rather than contradiction, though I can understand why Ra uses “polarity,” because he is trying to deal with the extremes of service to self and service to others, the big choice of this density. I dislike “polarity” because it is so tied in to PHYSICAL

properties. You know how it is with esoteric and metaphysical literature: every word means something different to every reader.⁴⁷

It is so true that words are slippery things, especially when we attempt to take words beyond the bounds of their first use, as with polarity. In talking with my scientist friend, I told him that when I think about polarity, I think in terms of attraction rather than repulsion, that I think of service to others as the attraction to good rather than the repulsion by evil. Bruce replied:

Perhaps you should think in terms of “attract” and “repel,” rather than “repulse,” which has emotional connotation. A person who is spiritually attracted to good will naturally be repelled by evil. Note that this is a “co-magnetic” relationship, not a “magnetic” one, where like poles, good or evil, attract, and opposites repel. Thus, when a positive seeker starts to wander near evil, opposite poles repel, and they are simply pushed away from it. Likewise, when they wander near good, they are pulled closer. Understand, also, that some people are attracted to “evil.” It works both ways: service to others moves towards the “good pole,” and service to self towards the “evil pole.” And both words, good, evil, are a matter of perspective. What is “good” to STS, is evil to STO, and vice versa.⁴⁸

In speaking with Dana R. the other day, she and I both mused over the simple fact that the same four letters spell live, evil and veil. It is an interesting bit of fact.

We acquire polarity by being attracted to one of the poles of the magnet, the metaphysical magnetic poles being “good” and “evil.” Just as an element is pulled to the anode in chemical electro-catalysis, we are pulled to the loadstone of love by our desire to experience and share in this love of the Creator. As beginners in the school of life and love, we are like soft iron, pulled to the magnet but not in any lasting way. However, as we make and remake the choice of love over fear, giving over taking, and so forth, we gradually impart to ourselves a permanent status as magnet rather than simply magnetized. Once this is achieved, our work is exponentially easier, but it is a long time in coming, and we are never through, within this density, with the making of ethical choices. Don asks those of Ra:

QUESTIONER: Yesterday we were talking about the split that occurs when an entity either consciously or unconsciously chooses the path that leads to either service to others or service to self. The philosophical question of why such a split even exists came up. It was my impression that just as it is in electricity, if we have no polarity in electricity we have

no electricity; we have no action. Therefore, I am assuming that it is the same in consciousness. If we have no polarity in consciousness we also have no action or experience. Is this correct?

RA: I am Ra. This is correct. You may use the general term “work.”⁴⁹

Bruce Peret points out that the first choice that established this dichotomy or polarity was the Creator’s:

Since the one Creator had to initiate this recursive dichotomy, each time we make a decision, right or wrong, we are reenacting the creation process, and creating a whole new flow of our life, based on that decision. Isn’t this what the one Creator did to get the universe going: made a choice?⁵⁰

When we work in consciousness, then, all this work aids in polarization.

QUESTIONER: I would ask if it is possible to increase polarity without increasing harvestability?

RA: I am Ra. The connection between polarization and harvestability is most important in third-density harvest. In this density an increase in the serving of others or the serving of self will almost inevitably increase the ability of an entity to enjoy an higher intensity of light. Thus in this density, we may say, it is hardly possible to polarize without increasing in harvestability.⁵¹

So if we are polarizing, we are working towards graduation, a reassuring point. We are not involved in an abstract struggle to understand good and evil. We are, rather, ethical beings, spiritual entities, who by being attracted to the polarity of our choice are assisting and accelerating our spiritual evolution. Don asks again concerning polarity:

QUESTIONER: When this major galaxy is formed by the Logos, polarity then exists in a sense that we have electrical polarity. We do have electrical polarity existing at that time. Is that correct?

RA: I am Ra. I accept this as correct with the stipulation that what you term electrical be understood as not only the one, Larson, stipulated its meaning but also in what you would call the metaphysical sense.

QUESTIONER: Are you saying then that we have not only a polarity of electrical charge but also a polarity in consciousness at that time?

RA: I am Ra. This is correct. All is potentially available from the beginning of your physical space/time; it then being the function of con-

sciousness complexes to begin to use the physical materials to gain experience to then polarize in a metaphysical sense.⁵²

Those of Q'uo take a look at polarity, this choice of service to others or service to self:

When the one Creator divided Itself in order that It might further know Itself, the division which took place became likened unto an illusion, for the result was the creation and is moment by moment the creation as you know it and far beyond what you know. As the Creator, which is simplicity itself, became that which seemed complex, the possibility of two means of traveling through the creation or each portion of the creation became apparent. That which moved in resonance with unity became that which you know as the service-to-others path, that which is radiant and expresses the light of the one Creator to all about it, for all is seen the same as self, that is, the one Creator. The service-to-self path became possible when the first division in third-density consciousness occurred due to the placement of what you have called the veil of forgetting between the conscious and the unconscious minds. This intensification of the illusion of separation provided to the Creator a more intense and purified means for that portion of Itself which may be seen as magnetic to function. Thus, the service-to-self path is one which draws unto itself the light of the Creator in all portions of the creation about the entity which has chosen this means of knowing itself and of evolving towards the same Creator. Thus, it is the same light which powers both paths in opposite fashion, or so it would seem within the saga of polarity, for as those of the service-to-others path give forth the light to all about them, it would seem that this action is in opposition to the service-to-self-path which absorbs the light and uses it for its own purposes. Yet, in truth, it is the Creator which provides the light for both paths, and the same Creator which receives the light as a result of the action that is potentiating upon each path.⁵³

One point about polarity has bothered those who write to me through the years perhaps more than any other, and Peter Stewart puts it very well:

I have always felt that there was a need for a balance of these two types of behavior, "service to self" and "service to others." However there are times when an action is for my own benefit, but others can often benefit from this action, in a direct experiential way. If I plant beautiful trees and flowers in my yard for my personal enjoyment and enhancement of my living situation, others also can appreciate and enjoy the beauty. The opposite is true if the same plants and flowers were donated to the

community to be planted in a park, it will benefit everyone including myself. Am I missing something here?⁵⁴

The seeming contradiction is typical of spiritual matters. Yes, if one is serving others, one cannot help serving the self, for not only does it feel pleasing to polarize towards love, it also is a spiritual truth that anything that one gives to the creation comes back a hundred and a thousand fold. Further, if we serve ourselves, we end up serving others because all is one, both ourselves and other selves being the Creator. It truly is a matter of preference and desire which way one decides to seek. There are very, very few negatively oriented wanderers here, the risk of the forgetting process being too great for selfish souls, so if we feel we are wanderers, we are almost certainly one of those who has worked previously in the positive polarity. Seekers in general, as they awaken, are overwhelmingly of positive polarity and wish to polarize further. So it is well to accept that there is no simple, logical simplification of this spiritual process. It is as it is. Those of Q'uo say:

We have used the terms “the way of that which is” to describe the path of the positive polarity and “the path of that which is not” to describe the path of negative polarity. Both paths reach the same Creator.⁵⁵

What is that which is? Unity. What is that which is not? Separation. The positive polarity chooses to see all as worthy of love and care, to be given to without expectation of return. The negative polarity sees all others as needing to be controlled and protected for their own good by the self, according to the needs and desires of the self. To love without demand or to control is THE choice of this density:

Each of you is a being of pure light. Each of you has complete freedom to choose the way in which you will manifest that light. All the so called evils of the world are but love distorted. We encourage you to find ways to choose love over fear, light over darkness, surrender over control, for the attempt to control is at heart service to self. Know as deeply as you can and as often as you can who you are and where you are going and for the rest, trust destiny.⁵⁶

Most seekers, as I said, already yearn for being more polarized in service to others:

The times in my life where I truly give to others or truly am in service to other beings, are the moments in which the joy, the love and the union vibrate in my whole body. Are the meaningful moments of my life because true joy and gratitude are felt in my heart? I want to expand

this experience and be able to polarize more towards the service-to-others path.⁵⁷

This process is a difficult one, or certainly can seem so. Q'uo speaks eloquently of the hardships of the spiritual polarizer:

The efforts to rectify difficult situations can oftentimes lead to breakthrough experiences with the other self as hearts open honestly to each other. That this does not occur often makes the desire for it all the greater in those who wish to give and to receive love within your illusion. The constant desire and effort made in this direction is that which builds within you the metaphysical or spiritual power which is much like the power of any battery which stores energy. As you increase the positive polarization the battery has the ability to do more work.⁵⁸

The nature of positive polarity is such that in order to deal lovingly with someone else's dark side, we will see our own dark side too. This is hard! Those of Q'uo help with this concept:

One's relation to one's dark side should be one of gratitude and love, for the dark side is that which strengthens and enables the light side. Each experience of the darker side of self is that which burns away pride and what this instrument would call egotism. It is well when one sees that side of self which has those vices and sins, if you will, in abundance not to turn away but rather to embrace, to love, to accept and to forgive that part of the self for being.⁵⁹

We will find this to be no easy thing. It need not founder us, however. We just need to accept that we will experience that varied menu of both the good and bad of life as we go. Bruce Peret puts it this way:

Everything in this universe seeks unity, correct? So, if the positive path seeks only positive experience, it will become a sharply unbalanced polarity, kind of like all the clothes lumped up on one side of the washing machine during the spin cycle. And we all know what that does! The mechanism starts to fail, parts can break, and the washer cannot do its job effectively. So, would it not make sense for those on either path, to seek encounters with both positive and negative, so that the clothes stay evenly distributed around the drum in the washer? You still get your increase in polarity, but don't end up lopsided and inefficient.⁶⁰

We would never want our spiritual development to be lopsided! Further, Bruce points out, the process of individuation in youth has a service-to-self aspect that is not our lasting choice, hopefully:

Service to self must occur in our youth, as a survival necessity. We are simply not equipped, either physically, mentally or emotionally to engage in true service to others, until we have a reasonable understanding of who we are, and what we are capable of. One needs to “serve oneself” during youth to make these discoveries. Once we have learned a bit about who we are, we then know what we can offer in service to others, and only then can a person truly become service-to-other oriented, as a conscious act.⁶¹

The time of that conscious awareness varies greatly. I awoke very early in my babyhood. I cannot remember not knowing, simply *assuming*, that I was a child of the Creator, that my father was in heaven, not in the sense of being dead, but in the sense of being pure deity. I knew I had a father on Earth, but I identified myself as a child of God. The general range of awakening is from 13 or 14, at the onset of puberty, through about age 25. Naturally, some awaken as children, some as in between child and adult, some as adults, middle-aged or older people. We all have a uniquely set alarm clock for spiritual awakening. Those of Q’uo add:

Before one can be free to serve another, one must come into relationship with the self, and the process of arriving at a love and acceptance of the self may seem very selfish and egotistical.⁶²

This process of choosing polarity, then, will be difficult, at least on the surface of it, time and again. Aluna Joy shares a delightful story:

A parable is told of a farmer who owned an old donkey. The donkey fell into the farmer’s well. The farmer heard the donkey braying, or whatever donkeys do when they fall into wells. After carefully assessing the situation, the farmer sympathized with the donkey, but decided that neither the donkey nor the well was worth the trouble of saving. Instead, he called his neighbors together and told them what had happened, and enlisted them to help haul dirt to bury the old donkey in the well and put him out of his misery. Initially, the old donkey was hysterical! But as the farmer and his neighbors continued shoveling and the dirt hit his back, a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back, he should shake it off and step up! This he did, blow after blow. “Shake it off and step up, shake it off and step up, shake it off and step up!” he repeated to encourage himself. No matter how painful the blows, or distressing the situation seemed the old donkey fought panic and just kept right on shaking it off and stepping up! You’re right! It wasn’t long before the old donkey, battered and exhausted, stepped triumphantly over the wall of

that well! What seemed like something that would bury him, actually blessed him, all because of the manner in which he handled his adversity.⁶³

The best attitude, then, is guarded equanimity, supported by whatever action seems, in our best judgment, called for. We may remain calm, but we stand ready to paddle like mad, like the polarizing ducks we are, through all manner of times of testing:

One who seeks the truth cannot rest upon the previously found truths or previously made ethical choices of one's pilgrimage, but must continuously be prepared to meet that present circumstance which uses all past choices and demands then a living witness of your own polarity. Your choices without the energy of your will are like lamps without fuel and are not useful. Thusly, in your theoretical, abstract, metaphysical being, be very conscious that the entity who seeks shall be tested and the seeking shall go forward when the test has been passed, the passing of the test being the responsible and reliable remembrance and embracing of past choices which have increased positive polarity.⁶⁴

And in this testing cycle, we will be experiencing our own universal self, in its dark side. For we do, indeed, have all polarity within ourselves. I have always thought of this as the full-circle self, one half being light or positive, the other half dark or negative. Larsonian physicist Peret looks at it another way, one helpful in its implications:

The flow of light is much like the flow of water from a faucet. Service to others is the faucet, pouring forth light. Somewhere, there must be a drain, service to self, to absorb that light, and return it to the plumbing. And you know what? The original faucet probably will be pulling that water from the same plumbing, so it is making a big loop, and we only see what comes out of the faucet, and into the drain. When Larson discovered the Cosmic Sector, the "anti-matter" half of the universe that exists in reciprocal (inverse) relationship to the Material, a new door opened up. Because the Cosmic sector existed in three-dimensional time, rather than three-dimensional space, the postulates of the Reciprocal System showed that everything that occurred in space, also occurred in time, in the Cosmic Sector: cosmic stars, cosmic planets, cosmic people. And biological life occurs when one of these cosmic "people" becomes attached with a material "person," the ego and the shadow of the psyche. Now we can see the other half. If the ego of a person is oriented as "service to others," their shadow, the dark side of the person, would naturally be "service to self," but would exist in this Cosmic

sector. Two faces of one coin: here, a service-to-self person, there, a service-to-others person. And the circuit becomes complete, the plumbing revealed. There are not two polarities involved, but actually four. A quadrature: a dichotomy of a dichotomy, divided equally between time and space, but the same entity.⁶⁵

We are larger people than we knew. And we do get tested. Repeatedly. Here is a good example of such a time of testing, reported by Dale Chorley, a deeply thoughtful wanderer:

I feel there is residual permanence in all we do and all we touch (foreverness) and in that vein I was wondering if the knowledge gained about negatively polarized entities serves as a foothold for their efforts. I ask because I have been having brief but intense episodes of what could be called panic attacks that start in the lower abdomen, what I would call a chakra rush, that quickly reaches my head and is hot, hot, hot. All the while I am coaxed into thinking about taking the easy way to do something. It lasts maybe ten seconds or so but it totally encompasses every fiber of my being. I am not afraid *per se* but I am trying to understand.⁶⁶

It's not so hard to understand when we have some background. Dale had been working with an orange-ray issue repeatedly. It was time for him to be tested to see if his life equaled his learning. And I would say a ten-second battle indicates a fairly high degree of learning! Well done, Dale! Once this process of cyclical testing is understood, it becomes a more efficient process, though not easier:

The principle of seniority of incarnation by vibration is simply that as an entity takes hold of those gifts, talents and resources with which it entered the incarnational experience and works to maximize the giving of those gifts through the manner of living, the efforts and intentions to serve and to offer the perceived gifts as fully as possible create a rhythm of learning, changing, consolidating and preparing for more learning. This cycle, once perceived by an entity, can be cooperated with by that entity, thereby doubling and redoubling the polarity of the incarnational experience and the efficiency of processing the catalyst received.⁶⁷

This inspires my passionate hope! What we want to avoid is the well of indifference, that powerless land of the unpolarized:

Those who are indifferent in your density are those most to be mourned, for as they eat and drink and are merry without regard to serving others or the self, they simply continue in this density of

experience, finding upon graduation that they have not graduated, they have not learned to love, they have not learned to turn towards the light, or to use the light. And so they shall be given, not hell, any more than third density is hell, but simply another third-density experience lasting approximately 75,000 of your years.⁶⁸

This is a free choice. We can and may repeat third-density experience in cycles that last forever, if we choose, and there is no tragedy involved. We have all the time we wish to have to be here and make a substantial choice of service. But for awakened spiritual seekers, the usual attitude is to get on with the work, once the nature of the work is seen. It is a fair question to ask how many of us wanderers are here, by seniority of vibration, for “just one more chance” at cracking this choice code! A goodly number, I think!⁶⁹ Paradoxically, a great asset in coming to this work of polarization is a willingness to surrender our certainties and assumptions, to step aside and just heed what is occurring. Heikki Malaska shares his experience:

I did not know how to resolve a situation of disagreement with another person. I just knew I had had enough of it all. As I was walking along the riverbank, mulling over all this, I found myself unexpectedly in a state of mind where time seemed to stand still for a moment. In that moment I became clearly conscious of having two distinct choices: I could choose to ignore and not believe in all the power and the good I encountered in myself. Choosing that, I would immediately start experiencing want or lack, would start feeling that I did not have what it would take to be glad I was alive. That would lead to competition with everyone else around me, who would feel the same, and so we would all be fighting each other to be able to grasp what we need before someone else gets it. Thus anything I would need, would always come at the cost of someone else’s welfare. But I also realized that in that moment I could choose otherwise. In choosing the other way, creativity immediately opens up in such fashion that there is no way to forecast what will follow, because it will spontaneously be created in the moment it manifests !! and it will always be fresh and new, and for the ultimate good.⁷⁰

And Mike Korinko echoes:

I am on my way once again. It is such a strange feeling to say, “I do not know where I’m going, but I know that the Lord wishes me to walk in this direction.” Life offers so many distractions. It is hard to stay focused. But at times like today, it is so beautiful!⁷¹

Ah, the joy when that happens, when that moment comes and we feel that all is well. Those of Q'uo talk about this surrender:

Who chooses? Allow that thought to dissolve the intellect. Who chooses? If you choose, you are not choiceless. Yet the one who chooses, chooses most skillfully, most humanly, most full of polarity, when the choice is made with the new mind of entirety and wholeness. The one known as Jesus said, "I am come that you might have life, and have it more abundantly." There is, in the Christ consciousness, that choiceless acceptance of the Creator's will. There is, for each entity, the same potential for being true to and complete within the personal line of destiny that accompanies the complete freedom of choice: another paradox.⁷²

What more challenging concept for the seeker who wishes to make this choice than to be told that in a way, he also must become choiceless!? This is not easy work.

The quality of consciousness which you would call grace is that quality that is nurtured in each seeker, as the seeker is able to open itself to the awareness of the perfection of all creation. Thus, it is also a process of realization. You may, in a moment of great desire, fling all predetermined expectations to the wind and become as hollow as the pipe through which the water moves, and this water for you is grace. The movement of the spirit aligning with your open heart causes the feeling of perfection, purpose, place and identity with all to occur, so that your experience is the perfect reflection of the one Creator smiling through your face.⁷³

WILL AND FAITH (AS A POLARIZING NECESSITY)

Where does this faith that sparks such spiritual stamina start? How can one acquire this? Melissa repines:

You talk about the burden and sacrifice of living in faith. I don't suppose I'd terribly mind those things if I had some recognition or sign or positive affirmation, other than, as I said before, the protestations of others, that there was a reason to have faith. I acknowledge that its lack is part of the bleakness in my life. But no matter how celebrated the person, whether it be the writings of Jesus or the words of Lazaris or any number of psychics and/or masters or the subtle hints from faithful

friends pushing me in the direction of faith, unless I know what it is I am supposed to have faith in, I come up feeling like a fake.⁷⁴

We are all in Melissa's boat in our work with faith, for there is no hard evidence of any kind for the efficacy of faith, and it is not an easy thing simply to act as if we had faith. Yet those of Q'uo suggest just that:

Faith is simply that quality that enables those who cannot see into the metaphysical world to act as though they could. In the metaphysical world in which your spirit rests at this precise moment and at all moments, you are a larger being by far. You have chosen many, many things about your present experience that have deep reasons for being as they are. Faith is a matter of trusting that this experience is on the track that you intended it to be before you came.⁷⁵

So what exactly is it to have faith? Q'uo says:

Faith is not faith in anything. Faith is the knowing of things that are not seen, the sureness that one is in the right place. Faith is illogical and cannot be defended rationally, and yet the more time that you spend in this room within the deep mind the more you shall flower as an entity, able to do that work which each truly came to do. For, indeed, what do you wish to control? Over what do you wish to have power? In things of the spirit, those who work within service-to-others polarity will find that there is only one area which needs work. It is not the world that needs work. It is not others that need to change. It is the self that is the province and the realm over which each entity has the right to work, to hope, to dream and to walk that spiritual path.⁷⁶

What those of Q'uo say about belief versus faith deserves a closer look. 245, a Californian with a background in the more esoteric realms of computer skill and an amazing ability to heal and communicate with her garden, says:

There is a fundamental difference between belief and faith. Anyone can just "believe"; no one can just "faith." Without action, faith just lies there inert. In the movie *Indiana Jones And The Last Crusade*, Harrison Ford has to take a "leap of faith" even though he can't see the walkway. Unless you take the leap, and no, it is never easy, you will always doubt, no matter how much you "believe." To answer the call, you must make the leap. Perhaps it is this last item that requires the most recklessness. It isn't enough to stick your toe in the pool; you have to jump.⁷⁷

And those of Q'uo agree:

Knowledge has nothing to do with faith. Dogma and doctrine are deadly enemies of faith. To live a life in faith is simply to say, "I have faith that I am a survivor, that I am held in the gentle arms of a kindly Creator, that that which is happening to me right now is what is supposed to be happening to me right now."⁷⁸

That sounds lovely, does it not? To say, "What is happening is right for me, no matter what it looks like." But of course, depending on the outer picture, this statement often requires a huge leap of faith. A leap is a sudden movement, a springing or jumping from one place to another. We're not talking cautious steps here, we are talking about the archetypal leap of the fool into mid-air. Those of Q'uo speak more upon this:

Faith is not something that you may buy or something that you may work towards. Faith is something that comes to you after you take the leap into empty space. Once you are falling you feel that emotional parachute and you know what faith truly is, but you must jump first.⁷⁹

This requires us to release all fear:

Faith is simply faith that the Creator that made all that there is, including you, is a Creator of infinite and intelligent love, that It loved you as part of Itself, as a child to nurture, as a personality from which to learn about Itself, as all parents learned from their children. Aiming toward living a life in faith is nothing more than releasing fear, and allowing that which is to be, to be.⁸⁰

In this release of fear and surrender to trust, we bid faith to enter our lives:

Keep in mind that it is faith that you are attempting to express in your life and in your being. Faith does not make sense. Faith gives one no avenue to pride. Faith seems to be the slenderest of all reeds to cling to, and yet the soul who lives by faith, the spirit who clings to faith, the one who refuses to let it go, is that spirit which shall achieve advances in polarity, and this is an achievement that redounds not to the incarnational self alone but to the eternal and infinite self.⁸¹

It may seem that we are quite alone in this effort to polarize by living a life in faith. In a way, we are. Each of us does this process for himself. In another way, we do have the staunchest possible ally: our deeper and more real selves:

The real work of living a life in faith is living it within this illusion, at this time, with no evidence of glory or perfection outstanding. The challenge is to feel the glory and the majesty of creation, to feel the life

that is lived now, to feel one's self opening as a flower to the Creator. These memories of aid do not truly help the *émigré* to Earth, for it is here that each spirit has chosen to make, once again, that great choice, of service to others or service to self. And we have all come with balanced karma, but we will not leave unless that karma remains balanced. Consequently, we urge each in this sort of dream experience to acknowledge that you perhaps had unusual adventures. But 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.⁸²

Did we really want to take up an exercise program for the spirit? Apparently so!

It is not easy to live a life in faith. Indeed, the more intense one's faith becomes, the more central and important, the more it is tested in the fire of experience, for faith is not rigid, it is flexible, adaptable, accepting. It allows people their own paths. It allows people to find a way to eternity. It allows people to be where they are without regrets for them, because of the sure knowledge that one day they will awaken to their true self, to the I AM, and they will turn to seek the way, and the truth, and the life that is theirs in eternity.⁸³

Or we can gain courage by imaging our lives as gifts to the Creator:

For if it is understood by faith that faith is the journey, and that the deepest faith is that all that is with one and being experienced by one is that which is correct, then one may simply turn the attention to being, for each entity is a story within the mind of the Creator, and each incarnation a small gift, a bouquet, a scent upon the wind which informs and blesses the Creator as that infinite entity learns ever more about Itself.⁸⁴

There is a feeling of real joy when that moment comes wherein we are feeling the Creator and the forces of light lifting us up:

Those who feel instinctively that the Creator is an unifying, loving and nurturing Creator are those which discover faith in one way; that is, the positive path of polarization through service to the infinite One and to other selves, the images of the infinite One. Those who choose to see the Creator of judgment, righteousness and law are those who wish control, control over the life, control over the self, control over others, that there be no surprises, but that all be reckoned ahead of time, safe and tidy.⁸⁵

How true it is that a positively polarizing wanderer's life is seldom tidy!

As one gazes up to the stars, one realizes the face of the Creator, as it is written in your holy works, moving across the face of the waters of your consciousness. And there is an intuition that says to this intelligence, far or near, "I place and give my faith to this kindly, loving, nurturing Creator; I offer my trust."⁸⁶

Words like "kindly" do not at all times seem to me to catch the essence of the Creator, from within the difficulties of experience. I am biased, naturally. Here is another point at which to invoke faith. And in this regard, once again we come upon suggestions that meditation is most helpful to a spiritual seeker:

Those things which aid in connecting the faith deep within to the conscious mind include first of all the regular meditation, for in the silence of meditation connections from within the deep mind are being made and information is flowing. Also, we suggest the encouragement within the self of praise and thanksgiving for all, large and small, of the ephemeral world that may meet the senses. Prayer, praise and thanksgiving are three resources that add and strengthen the connection to faith.⁸⁷

As we think of faith in regard to polarity, we must reckon with the fact that faith aids polarity; polarity is what we came here to work on in terms of our own learning, and it is our responsibility to act:

In this system and density of Logos' design, extremes in polarity are the reality. Consider: We have bodies here in the third density for a reason: to interact with physical reality. Since the infinite Creator gives us a wonderful toolbox of senses and abilities in these bodies, doesn't it make sense to know how to use the tools of body/mind/spirit in harmony? We are going to need all the help we can get to stay focused during the "inconveniences." Wake up!!!! We are on the other side of the bell curve, folks! I have every intention of being in service all the way out, and my path is action.⁸⁸

Heikki does know how to get a point across! Our path is action, and yet we need to be extremely conscious of the law of free will: our rights end at the tip of our nose. We are doing well to work upon ourselves. We are fools to set out to alter, change or improve others. Those of Ra say:

The Law of Confusion or Free Will is utterly paramount in the workings of the infinite creation. That which is intended has as much

intensity of attraction to the polar opposite as the intensity of the intention or desire. Thus those whose desires are shallow or transitory experience only ephemeral configurations of what might be called the magical circumstance. There is a turning point, a fulcrum which swings as a mind/body/spirit complex tunes its will to service. If this will and desire is for service to others, the corresponding polarity will be activated. We may note that such a configuration of free will, one-pointed in service to others, also has the potential for the alerting of a great mass of light strength. This positive light strength, however, operates also under free will and must be invoked. We could not speak to this and shall not guide you, for the nature of this contact is such that the purity of your free will must, above all things, be preserved. Thus you wend your way through experiences discovering those biases which may be helpful.⁸⁹

Think of ourselves as seed sowers, Johnny Appleseeds of the spirit. Offer a thought when the time seems right, then drop the subject and move on with equanimity. A person will hear us when it is her time to awaken, not before. Trust the alarm clock each of us has set. We are all on schedule. We can choose to accelerate that schedule, but only for ourselves. It is important not to worry about the negative polarity as we work on our positive polarity:

Would that we could guide you to one writing which made all things clear, one set of symbols in which there was no doubt of clear meaning, no confusion as to extraneous detail. We cannot, for there is no construction made of words and concepts which is not also a group of symbols, and in the end that which you know of good and evil abide not in symbols but in essences. Essences are felt by the deepest heart and mind of an entity so that there is recognition and knowingness of that which is, shall we say, morally pleasing and morally distasteful. As you gaze upon this age which many find full of lies and therefore evil, look upon the essences of people, relationships and the stewardship of that which is seemingly evil, money, and find within yourself the positive truth-affirming, life-affirming characteristics and attributes of people, relationships and stewardship which can be brought to bear upon each and every situation. For this is not AN age. This, my children, is YOUR age, and no mark of any beast can shape the rhythm of your own creation. We have no desire to play down the loyal opposition which challenges us and makes us learn to be strong. We wish only to correct any tendency towards feeling that one is in the grip of evil or in any way limited or governed by the apparent world view. To many this is indeed the age of the beast. We find this among the peoples, this attitude of

many greatly disturbed, greatly in pain, but accepting many symbols as essences. Knowing that love created all and that the great original Thought of love forms the heart of all that there is, we ask you to be satisfied only with the essences of things. Thus may you find sunshine in dark places, and thus may your discrimination steer you from unexpected shadows which others may not see. It is your experience, your creation, your living. We ask you to join with us in seeking the Creator, without fear and with an ever-mounting desire to touch again and again the wonderful light-filled mystery of consciousness.⁹⁰

The message is just to let the world wag as it will, and work on ourselves. Of course, we wish to be of service. But in terms of polarity, our arena is self, not others. Those who try to work on others' polarity for their own good are actually service-to-self in orientation, though their desire to serve may be genuine:

QUESTIONER: Many so-called evangelists which we have in our society at present have great desire and very great will, and possibly great polarity, but it seems to me that in many cases that there is a lack of awareness that creates a less than effective working in the magical sense. Am I correct in this analysis?

RA: I am Ra. You are partially correct. In examining the polarity of a service-to-others working, the free will must be seen as paramount. Those entities of which you speak are attempting to generate positive changes in consciousness while abridging free will. This causes the blockage of the magical nature of the working except in those cases wherein an entity freely desires to accept the working of the evangelist, as you have called it.⁹¹

There are always those attracted by service-to-self charisma, and willing to follow the leader. How to guarantee free will? Deny any proof! One thing I have come to believe wholeheartedly is that there will never be any substantive proof in third density for any spiritual realization, concept or understanding. We must choose quite freely:

QUESTIONER: What was the orientation with respect to this type of communication for the one known as Jesus of Nazareth?

RA: I am Ra. You may have read some of this entity's workings. It offered itself as teacher to those mind/body/spirit complexes which gathered to hear and even then spoke as through a veil so as to leave room for those not wishing to hear. When this entity was asked to heal, it oft times did so, always ending the working with two admonitions:

firstly, that the entity healed had been healed by its faith, that is, its ability to allow and accept changes through the violet-ray into the gateway of intelligent energy; secondly, saying always, "Tell no one." These are the workings which attempt the maximal quality of free will while maintaining fidelity to the positive purity of the working.⁹²

And in this process of realization, the purity of our desire for being of more service to others, that polarity which we have already acquired, is most helpful:

There are two elements at work when you are working upon polarity. One is faith. One is desire. Look to your desire that it may be of the highest and the best that you know. Look to the true and the good and the beautiful and hew as best you can to the high road, keeping in mind always that it is intention, not manifestation, that is important in the metaphysical universe of time/space.⁹³

Karen Eck, a wanderer who remembers being from Andromeda, offers a good example of focusing and purifying her desire:

I got into my car and drove to California, giving my life to Holy Spirit, knowing that I would be taken care of and things would work out very well. I wrote down what I wanted to manifest for housing after I landed a job and got pretty close. Which reminds me, that's what I need to do here: write down the best scenario I can think of for being in this place where I now find myself.⁹⁴

This does not always work as smoothly as it did for Karen, but to sharpen and hone the desire, by affirmation and reflection, prayer and meditation, is always a wise thing. Which brings us to the use of our will:

The development of faith and will is in large part a development of the will to seek and the faith to keep on seeking. A persistent, sustained seeking throughout an incarnation, regardless of any results that appear within the incarnation, is in our opinion the very best gift which can be created by you. You are creating a life, and you shall not be done in that great career until your last breath has left the physical vehicle and you yourself move from space/time into the time/space of metaphysical life, that greater life which you hunger for while caught within the clumsy prison of the physical vehicle. You shall be light and free. You shall be full of light and full of freedom. Yet, here and now, within the prison of the earthly body, is your great chance to be faithful to your own consciousness.⁹⁵

Caile Rain, a wonderfully ebullient, spiritually oriented and tuneful Gaelic singing group, has a song story about a man who has been fairly selfish all his life, though a good enough person. When he gets to heaven after death, the man cannot wait to be shown his new mansion, but St. Peter takes him to a little wooden shack. "What happened to my beautiful house in heaven?" the man asks. "Well," says St. Peter, "That's all the lumber you sent!" It is well to work while one has the day. This is a precious moment, this life. Let us see our good works as lumber sent ahead to heaven to build our eternal home. I am more deeply convinced of this as I live the longer.

The nature of faith is that it is what one claims it is. Questioning faith is useful only in the context of a life in faith where the seeker has become able to posit faith as the promise that never becomes a lie, regardless of all appearances. Thusly, faith is often quite incomprehensible. However, faith is served by the simple act of will, the refusal to stop believing. We commend this to the attention of all seekers. The simple assertion of a life in faith creates, when persistently invoked, the life in faith. Harder and more rewarding work for the spiritual seeker can not be conceived.⁹⁶

Focusing on the love in the moment or situation is an aid to polarizing:

We encourage each student to think of itself as responsible in that the will of the infinite Creator is that there be love. Each is love, and each experiences love. This is that which is the truth insofar as we know it.⁹⁷

It is especially important to remember that there is no end to love when dealing with negatively oriented entities:

The negative path is very difficult, but it can be walked and light can be learned in its many uses, this [way as well] as positively. Therefore, it behooves the student of positive polarity constantly to exercise the will to polarize further towards positivity, and when negativity is viewed, to stop and give that entity the honor of an unstinting love, of a generous prayer that it may held upward, that it may be protected, that it may be cherished and loved as a child of the one infinite Creator.⁹⁸

PLANETARY POLARITY

In the concept of polarity in the physical sense, there is included the concept of the compound magnet, which is two or more magnets with the same charge pointing the same way, so that the fields combine. It seems to me that

in an important way, we as spiritual beings become, first magnetized, and then, as the learning deepens, magnets. So I asked Bruce Peret if we as a planetary body of awakened wanderers would be a compound magnet, and if we would have an advance in power over what we could offer on our own. Bruce replied:

Joining two magnets doubles the magnetic field; three triple it. It is a straight, linear progression. The only tangible difference is that a larger magnet can affect a larger area, and the area within the magnet, itself, becomes coherent. But, of course, we are still talking in first density here, with magnets. If you take the logical extrapolation, a third-density “biological magnetic field” would increase exponentially by joining together. The densities could be enumerated as: first density = 0 (base), second density = 1, third density = 2. You would then take this density enumeration, and raise it to the power of the number of individuals working in harmony, either STS or STO. It doesn’t matter in first density, since “0” raised to any power is always “0.” It also doesn’t matter in second density, since “1” raised to any power is also “1.” However, in third density, “2” raised to a power can make a radical difference to the overall field strength. A single person, $2^1 = 2$. Two people: $2^2 = 4$. Three: $2^3 = 8$. Twenty people, $2^{20} = 1,048,576$. Twenty people of third density can produce a similar field strength of over a million entities of second density. Quite a difference.⁹⁹

I hope this computation of the possibilities of conscious work as a group encourages us all to be aware of, and lean into, a daily remembrance of dedicating just a bit of time to planetary work. We can be a part of a very powerful force for positivity.

PRIDE, FEAR, JUDGMENT AND SPIRITUAL GRAVITY

Now let us look at a few things that can block work in polarizing. The attitude of separation, which may also be described often as the attitude based on how things look on the surface, can be very damaging, and has been in Earth’s history:

All levels of your civilization have been eaten by something which we would call a cancer, and that is the cancer of separation, not knowing that all beings are one and that what is done to another is done to one’s self. We see you do those things which involve the concept of two beings; that involve the concept of an enemy or a competitor; that

involve the concept of a wall between. This limits communication and increases hostility. And eventually these vibrations sink into the planet itself. That which is most sensitive to these vibrations, the crust or the mantle of the Earth, begins to move and drastically realign itself, attempting to relieve the tensions of the planetary consciousness. Thus, yes, your people have caused these things over thousands of years.¹⁰⁰

Pride certainly does not help:

It is not ever necessary that others grasp who you are or what you are doing. It is acceptable, in our opinion, to be misunderstood, mis-valued, or mis-estimated. It is acceptable for others to think better of you than you think appropriate just as it is acceptable for others to think less. Release ownership of who you are. You cannot fly away from who you are, yet how closely you clutch and cling to this identity and attempt to torture it into ever more excellent details of behavior, appearance, conduct and thought! Yet, you are asked only to love and worship a mystery and to embrace others just as you embrace, forgive, and accept yourself.¹⁰¹

Judgment is insidious. I find myself bursting with opinions at the drop of a sentence. And fear is the single dynamic which separates and denies the love of our innocent hearts. Let us be fearless when it comes to being kind to people and finding ways to spread a smile and a gesture of reassurance when we are able. Let us see all those who come before us as angels unawares.

SEXUAL POLARITY

We will take a longer look at the issue of sexual polarity in Chapter Nine, which is about sex, but here, in this consideration of polarity, we pause to see that sexual polarity is very powerful as a force attracting people within our density. Bruce Peret notes:

You are not really dealing with a single polarity, but three: electrical, magnetic and gravitic, all active, and all influencing your thoughts. It is interesting to note that the erotic attracting, though the most fleeting, is also the strongest.¹⁰²

Those of Q'uo add:

All polarity has its first expression in red ray, so whether you express this energy or are celibate, it does not matter, for if you know and respect the

goodness of that basic energy it will well up within as the never-failing spring, always life-giving, always life-enhancing.¹⁰³

The Ra say:

In your bisexual natures there is that which is of polarity. This polarity may be seen to be variable according to the, shall we say, male/female polarization of each entity, be each entity biologically male or female. Thus you may see the magnetism with two entities with the appropriate balance, male/female versus female/male polarity, meeting and thus feeling the attraction which polarized forces will exert, one upon the other. This is the strength of the bisexual mechanism. It does not take an act of will to decide to feel attraction for one who is oppositely polarized sexually. It will occur in an inevitable sense giving the free flow of energy a proper, shall we say, avenue. This avenue may be blocked by some distortion toward a belief/condition stating to the entity that this attraction is not desired. However, the basic mechanism functions as simply as would, shall we say, the magnet and the iron.¹⁰⁴

Those of Q'uo expand on this tendency to attraction:

Depending upon the polarities involved, one entity in such an energy exchange is able to fall into an open circuit which allows the two entities who are polarized to circulate the shared energy back and forth, around and around. In this expression one of the polarities will be sharing physical energy. The other will be sharing its excess of spiritual/emotional energy. Although it is most often true that the biological female will share the emotional and spiritual energies whereas the male will share its excess of physical energy, this is not always the polarity which two entities will discover, for many biological males have the excess of spiritual energy. Many biological females have an excess of physical energy.¹⁰⁵

I feel sure that I am one female who has inspiration aplenty to share in terms of energy exchange, but not one iota of physical energy. I have gained a great deal through the years by fortuitous energy exchanges of a sexual nature, both of abundant physical energy and wonderful inspirational and devotional energy, with my mate, Jim McCarty. And he feels strongly that he has gained much of inspiration from our times together. As we get older, the nature of our sexual activity may change. It does for most people if they live long enough. Many experience impotence. We may. But this energy exchange we have available will always be possible, as long as we desire to

offer it to each other, and take the time to share intimate touch and loving feeling, and a desire to be sacred in our intimate unity.

LIFE BEYOND POLARITY

Is there life beyond polarity? Certainly. The creation as a whole, its stars and star systems, does not have polarity. It is we, in our individuated form through these densities three through part of six, that experience it. And we may always move beyond considerations of polarity and dynamic, at any moment, within our hearts and minds, to come to rest in unity:

Within each evolutionary journey, within each density of illusion, within each incarnational pattern, each moment and each thought, there is the interaction and interplay of the positive and the negative polarity that is the fabric of all creation. Thus does each seeker recapitulate the essence of the one Creator, and when accomplished in a directed fashion, this process presents to each seeker the ever-expanding opportunity to grasp more and more of its nature as the One.¹⁰⁶

- ¹ Bruce Peret, letter dated March 20, 2000.
- ² *ibid.*
- ³ Q'uo, transcript dated April 13, 1997, p. 2.
- ⁴ Bruce Peret, letter dated March 20, 2000.
- ⁵ *ibid.*
- ⁶ *Law Of One, Book III*, p. 86.
- ⁷ *ibid.*
- ⁸ Q'uo, transcript dated October 29, 1995, pp. 1-2.
- ⁹ Ed Weigel, letter dated November 27, 1996.
- ¹⁰ *Law Of One, Book IV*, p. 141.
- ¹¹ *Law Of One, Book II*, pp. 26-27.
- ¹² *ibid.*, p. 13.
- ¹³ *Law Of One, Book I*, pp. 107-108.
- ¹⁴ *ibid.*, p. 133.
- ¹⁵ Q'uo, transcript dated May 1, 1994, p. 2.
- ¹⁶ *Law Of One, Book IV*, pp. 13-14.
- ¹⁷ Q'uo, transcript dated May 28, 1989, p. 4.
- ¹⁸ *idem*, transcript dated February 28, 1993, pp. 1-2.
- ¹⁹ Max Zbitnoff, letter dated March 17, 1999.
- ²⁰ Joseph R. Koehm, letter dated January 9, 1998.
- ²¹ Q'uo, transcript dated May 22, 1994, p. 2.
- ²² *Law Of One, Book I*, p. 126.
- ²³ *ibid.*, p. 133.
- ²⁴ *Law Of One, Book II*, p. 81.
- ²⁵ *ibid.*, p. 83.
- ²⁶ Bruce Peret, letter dated March 20, 2000.
- ²⁷ *Law Of One, Book I*, pp. 160-161.
- ²⁸ *ibid.*, p. 157.
- ²⁹ Q'uo, transcript dated August 2, 1988, p. 11.
- ³⁰ *Law Of One, Book II*, pp. 68-69.
- ³¹ Q'uo, transcript dated May 4, 1992, p. 8.
- ³² *idem*, transcript dated June 18, 1989, p. 10. "Gladness and singleness of heart" is from the Holy Eucharist Services in the *Episcopal Book Of Common Prayer*.
- ³³ *idem*, transcript dated June 19, 1994, p. 1.
- ³⁴ Joseph R. Koehm, letter dated August 3, 1998.

- ³⁵ Oxal, transcript dated November 17, 1990, p. 1.
- ³⁶ *Law Of One, Book I*, p. 166.
- ³⁷ *ibid.*, p. 159.
- ³⁸ Q'uo, transcript dated April 20, 1997, p. 3.
- ³⁹ Heikki Malaska, letter dated February 9, 1999.
- ⁴⁰ L/Leema, transcript dated June 2, 1985, p. 8.
- ⁴¹ Q'uo, transcript dated March 19, 1995, pp. 3-4.
- ⁴² B. Lynn Herrmann, letter dated October 1, 1998.
- ⁴³ Q'uo, transcript dated April 26, 1997, p. 2.
- ⁴⁴ Latwii, transcript dated June 5, 1983, p. 3.
- ⁴⁵ Q'uo, transcript dated August 2, 1988, p. 9.
- ⁴⁶ Bruce Peret, letter dated April 5, 2000.
- ⁴⁷ *ibid.*
- ⁴⁸ *ibid.*
- ⁴⁹ *Law Of One, Book I*, p. 185.
- ⁵⁰ Bruce Peret, letter dated April 5, 2000.
- ⁵¹ *Law Of One, Book III*, p. 156.
- ⁵² *Law Of One, Book II*, pp. 15-16.
- ⁵³ Q'uo, transcript dated May 25, 1986, pp. 6-7.
- ⁵⁴ Peter Stewart, letter dated October 28, 1998.
- ⁵⁵ Q'uo, transcript dated June 21, 1987, p. 1.
- ⁵⁶ *idem*, transcript dated December 29, 1997, p. 3.
- ⁵⁷ Gebo, letter dated May 25, 1998.
- ⁵⁸ Q'uo, transcript dated October 23, 1994, p. 7.
- ⁵⁹ *idem*, transcript dated November 10, 1996, p. 3.
- ⁶⁰ Bruce Peret, letter dated April 5, 2000.
- ⁶¹ *ibid.*
- ⁶² Q'uo, transcript dated May 18, 1997, p. 3.
- ⁶³ Aluna Joy, letter dated June 10, 1999.
- ⁶⁴ Q'uo, transcript dated May 24, 1992, p. 3.
- ⁶⁵ Bruce Peret, letter dated April 5, 2000.
- ⁶⁶ Dale Chorley, letter dated November 25, 1997.
- ⁶⁷ Q'uo, transcript dated February 11, 1996, p. 2.
- ⁶⁸ *idem*, transcript dated July 1, 1990, p. 6.
- ⁶⁹ Just thought we needed another footnote!
- ⁷⁰ Heikki Malaska, letter dated February 1, 1999.

- ⁷¹ Mike Korinko, letter dated February 21, 1995.
- ⁷² Q'uo, transcript dated May 2, 1993, p. 7.
- ⁷³ *idem*, transcript dated September 5, 1993, p. 9.
- ⁷⁴ Melissa, letter dated March 17, 1999.
- ⁷⁵ Q'uo, transcript dated September 15, 1996, p. 5.
- ⁷⁶ *idem*, transcript dated January 17, 1999, p. 3.
- ⁷⁷ 245, letter dated October 7, 1999.
- ⁷⁸ Q'uo, transcript dated April 30, 1989, p. 6.
- ⁷⁹ *idem*, transcript dated September 8, 1996, p. 4.
- ⁸⁰ *idem*, transcript dated July 15, 1990, p. 8.
- ⁸¹ *idem*, transcript dated November 21, 1999, p. 4.
- ⁸² *idem*, transcript dated April 12, 1989, pp. 6-7.
- ⁸³ *idem*, transcript dated August 5, 1990, p. 10.
- ⁸⁴ Latwii, transcript dated February 13, 1988, p. 4.
- ⁸⁵ Hatonn, transcript dated February 3, 1991, p. 4.
- ⁸⁶ Q'uo, transcript dated February 3, 1991, p. 6.
- ⁸⁷ *idem*, transcript dated September 10, 1995, p. 3.
- ⁸⁸ Heikki Malaska, letter dated March 7, 1999.
- ⁸⁹ *Law Of One, Book III*, pp. 164-165.
- ⁹⁰ Q'uo, transcript dated February 15, 1987, pp. 3-4.
- ⁹¹ *Law Of One, Book III*, p. 172.
- ⁹² *ibid.*, pp. 172-173.
- ⁹³ Q'uo, transcript dated November 21, 1999, p. 4.
- ⁹⁴ Karen Eck, letter dated June 11, 1999.
- ⁹⁵ Q'uo, transcript dated May 10, 1987, pp. 3-4.
- ⁹⁶ *idem*, transcript dated February 6, 1994, p. 9.
- ⁹⁷ *idem*, transcript dated January 10, 1993, p. 5.
- ⁹⁸ *idem*, transcript dated January 3, 1988, pp. 7-8.
- ⁹⁹ Bruce Peret, letter dated April 5, 2000.
- ¹⁰⁰ Hatonn, transcript dated April 1, 1979, p. 5.
- ¹⁰¹ Q'uo, transcript dated March 14, 1993, pp. 3-4.
- ¹⁰² Bruce Peret, letter dated April 5, 2000.
- ¹⁰³ Q'uo, transcript dated April 28, 1996, p. 4.
- ¹⁰⁴ *Law Of One, Book II*, p. 34.
- ¹⁰⁵ Q'uo, transcript dated February 18, 1996, p. 2.
- ¹⁰⁶ *idem*, transcript dated May 25, 1986, p. 8.

