

L/L Research 1988 Channeling Intensive Workshop

***Editor's Note:** The following workshop was recorded on a cassette tape recorder which was not situated in a position to effectively record all speech in the room. There are many parts that are inaudible, especially discussion from the audience. There is also some material missing at the end of each tape, and the very end of the workshop itself was not recorded, so this is an incomplete recording.*

Male Speaker: So they'll come in and join us as soon as they can. I want to welcome all of you to our tenth annual fall festival at the Bismarck. I'm happy to see so many of you turning out for this intensive, and I know it's going to be a wonderful day-and-a-half event. I don't want to get into much time in the introduction. Carla and Jim, I think most of you know. At least through the program we've given you some brief introduction, and they're going to be able to fill in with more of that. So, I think without further ado, I'll just welcome all of you and turn it over to Carla and Jim.

Carla: Thank you.

Jim: Thank you very much. We feel it a great honor and privilege to be here with you too share information about channeling. We'd like to ask your assistance to start with in helping us to provide the appropriate invocation and protection of the room by either helping to recite the Lord's prayer, or if you're more comfortable with visualizing light surrounding and covering the room, then we would appreciate that help. So, together now let us either visualize or pray the Lord's Prayer.

Group led by Jim: Our Father Who art in heaven, hallowed by Thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive others who trespass against us, and lead us not into temptation, but deliver us from evil. For Thine is the kingdom and the power and the glory forever. Amen.

Jim: Thank you all very much. I'd like to give you a little bit of background about L and L Research and let you know a little bit about what we've experienced in the way of channeling and how it all came about. What L and L Research is working on these days is meditation, metaphysics and the channeling process. The beginning for L and L Research started in the late 40's with research into the UFO phenomenon when Don Elkins, our senior member who is now deceased, was a high school student in Louisville, Kentucky.

He was also a flying student at the Elkins-Mantell Flying School in Bowman Field, and in January of 1948 one of the instructors at the school, Tom Mantell, who was also a captain in the Kentucky Air National Guard, was en route back to Kentucky with two other pilots. They were flying back from Marietta, Georgia and at that time, in January of '48. There was a sighting of an unidentified flying object over Godman Field at Fort Knox, Kentucky. Since Captain Mantell and the two other pilots were already airborne, they were asked to attempt to track and intercept the UFO. They were able to make visual contact and as Captain Mantell radioed back to the tower, he noted that the object was huge; it was metallic, and that it was accelerating in speed and altitude very quickly, and he decided that he would attempt to follow it.

At that time they were flying I believe they were P-51's which were not equipped with oxygen. When he approached the level of about 21,000 feet, it is assumed that at that point he passed out. A few minutes later a report was received that his plane had crashed, so that particular sighting made a great deal of news, not only Kentucky, but around the country, and at that time, Don, being a high school student, became interested in the UFO phenomenon and began a rather informal type of investigation which he carried on more formally from about 1955 to 1965 when he was a professor of physics at the University of Louisville.

And that period of time he was able to investigate people who had seen UFO's or had been abducted or had some kind of a contact with UFO's, and he expanded his investigation to include one of the most important tools of any UFO investigator, and that is regressive hypnosis, to attempt to determine what had happened during the sighting or during the abduction. And while he was utilizing this tool, he discovered that a number of people spontaneously would remember previous incarnations, so that concept of reincarnation became one that also fascinated him. In order to try to discover more about the way that the UFO's would appear and disappear so instantaneously within our reality he also began investigating trance-mediumship and the materialization type of mediumship where ectoplasm is emitted and a spirit will make a form from it. His thinking was that perhaps there was a similarity between the type of materialization that you would see in such a mediumship and the way the UFO's would materialize and dematerialize.

In 1962, he met a fellow that had moved to Louisville from Detroit, a man by the name of Hal Price, who had been in a meditation group in Detroit that was hosted by a fellow who had had an abduction and who had seen entities face-to-face. He had an experience with them and later had been contacted apparently by the same entities in a telepathic type of sense. This seems to be a portion of the UFO phenomenon is that people who have face-to-face encounters are typically contacted later telepathically. The fellow was named Walt Rodgers and he had a meditation group in the late 50's where he was channeling an entity by the name of Hatonn. Hal Price was a member of that group and part of the information they received from Hatonn concerned how people who were interested in this type of telepathic contact could set up meditation groups and set up the situation and the conditions that would allow the reproduction of telepathic contact without the necessity of the face-to-face encounter or any type of abduction.

So Don took this information, this general guideline, and decided to set up an experiment with a dozen of his students at the Speed Scientific school at the University of Louisville. He chose twelve from among them that he had become familiar with and whom he thought might be interested in such an experiment. Carla at that time was the girlfriend of one those twelve, so she became the thirteenth member, and over the next few months there was the attempt made to set up contact without telling anyone in the group just exactly what to expect. They were to meditate to clear the mind as much as possible, and if they were aware of any type of a transmission or a contact that they should speak the words and to make them known.

Well, not too much happened over the first six or eight months because each person, having that general piece of information that there was the possibility for a contact, did not want to be responsible for manufacturing or creating it out of his or her own mind. So they required and requested a great deal of control. They wanted to be sure that any contact was from someone besides themselves. So not too much happened besides some

slurping and slapping of the tongues and some tightness of the throat and so forth until Walt Rogers from Detroit came down for a visit and joined the group. And, of course, he channeled the entity called Hatonn, who spoke to the group and told them that they had been attempting to contact the group, but that each had desired such a great deal of control that they weren't able to get through. So the experiment was pretty well blown at that point.

After that point it was much easier for the people to begin channeling and eventually all twelve of the men in the group became channels. Carla was the only one who did not begin channeling then. She preferred to listen for the next twelve years rather than to channel. She was very fascinated by the information but was not interested at that time in becoming a channel.

So in 1965 Don changed careers and became a pilot for Eastern Airlines. This allowed him a great deal more free time to travel about the country and more ease in traveling, so that he could investigate more people who had had contacts. He could go out and visit George Adamsky and George Van Tassel and George Hunt Williamson and find out what was happening in their areas, and he continued the investigation. In 1976, with Carla, he compiled what they had discovered and wrote the book called, *Secrets of the UFO*.

To backtrack a couple of years—in 1974 then, there was a renewed influx of UFO sightings in the Ohio River Valley. A great many sightings were reported, and the group that Don and Carla had formed to carry on the meditations that were begun in 1962 at Hal Price's, was interested itself in becoming channels. There was an intensive effort made, meeting every day, to train new channels, and at that time Carla began her training as a channel. Don told her that her free lunch was over, it was time to learn how to channel and to provide the service to others.

So, in 1974 she began her channeling process and about that time I moved from Nebraska to Kentucky, about seventy miles south of Louisville and bought about 132 acres of wilderness and built a log cabin and Welcome, come right in. We're just giving a little bit of background about ourselves. I was attempting by buying that piece of wilderness and living alone in the log cabin to reproduce a system of consciousness expansion which I had become familiar with in a course which I had taken in Colorado. It was called "Brain Self Control." It was based upon the assumption, the theory, that the human brain, in the primal nature environment operates very much more automatically to, first of all, help one do a type of self-therapy and then when that has been completed, to aid one in the natural circuiting forwarding to the frontal lobes portion, into the third eye portion, so that the potential for contact with advanced intelligence was set up.

During that time that I spent on the land from 1974 to '80, I came in contact with some of the people who were in Don and Carla's group, and they had also bought a piece of land in the same area in which I was located and through them I met Don and Carla. I'd been coming to their meditations on Sunday night throughout the summer, and they invited me to join them, which I did in December of 1980. Now, just previous to that a member of their meditation group, a woman by the name of Elaine Flaherty, had been ill for quite some time with kidney problems and heart problems, and she died.

Her husband and she had been members of the group for quite some time, and she had told Tom, her husband, that when she died, she would attempt to make contact with him in some means to let him know that she was okay and that life did indeed go on. About two or three weeks after she died, Tom came to Carla and asked if she would attempt to contact Elaine and to channel her. This was something that Carla had never tried before; she had never utilized any form of trance. She had served as a conscious channel in the meditative state where you're aware both of sitting in a room and of information being transmitted, but since Tom and Elaine were close friends, Carla said that she would give it a try, although she had no idea what might occur. There were two attempts made and apparently during each attempt the voice that came through Carla sounded to Tom and their son, Michael, just exactly like Elaine and gave them both information which only Elaine would know. So they were both satisfied that Elaine was all right and that indeed life did go on.

However, Carla, being quite unused to the trance state and being somewhat uncomfortable with not remembering what had occurred and being somewhat worn out by it, asked Tom if two would be enough because she didn't really want to continue with that type of trance mediumship. But apparently that experience with trance was helpful and even necessary for the establishment of a contact with a group of entities that are known in the history of our planet as Ra.

Three weeks after I joined Don and Carla in December of 1980, the Ra contact began as Carla was teaching another student the channeling process. She received a contact from an entity that described itself as Ra. And being very cautious and not desiring to be in contact with some entity that was apparently so well known—it was just a little bit much to believe at the time—she challenged the entity at least ten times to be sure that it came in the name of Jesus Christ and the Christ consciousness in service to others, and each time the entity very patiently and lovingly said that it did indeed come in that Christ consciousness and in the name of Jesus the Christ.

So she allowed it to speak and once again found that she, well, afterwards she was told that she went to sleep—she did not remember anything about the contact—and from that point on, during the next 106 sessions, she was able to make the contact through a means which we never truly understood. She would apparently go to sleep and leave her body, and instead of the body being inhabited by the entities known as Ra, it was apparently used at a distance you might say, to make the words which were in response to our questions. The format of the contact was question and answer only. This was due to Ra's desire not to infringe upon free will in any way that could be avoided.

Apparently, according to Ra, 11,000 years earlier, the culture that we now call Egypt, the Egyptians, were at a state of their understanding where they were calling for information concerning the Law of One, which is the area in which Ra had information to offer; the Law of One of unity or singleness. These entities in Egypt at that time had reached a point in understanding where by their very nature, by the way they conducted their lives, the beingness and the way they treated each other were apparently ready to receive this kind of information, and the way that those of Ra chose to impart it was a way that they had experienced at a similar point in their own evolution, a great span of time ago on the planet that we call Venus.

When they were at the third density in their own understanding, teachers from the sixth density landed their craft and taught them in person. The population of Venus that was those of Ra apparently was quite a bit more metaphysically inclined at that time than were the Egyptians 11,000 years ago and our particular populations of the planet now. We tend to be somewhat more bellicose and have taken more of the adversarial relationships of power over others. The landing and attempt to teach the Law of One in person then was a very short-lived experience.

Apparently for every word of instruction that those of Ra had to impart to the Egyptians there were at least thirty misperceptions or distortions, and to add to that difficulty the information was apparently reserved for those of the more powerful or of the royal nature. It was not shared in equal fashion with the entire population of those of Egypt, so it was Ra's decision then to make the visit short and to retire, you might say, to the inner planes of our planet to consider more carefully how to be of service without either infringing upon the free will of those they desired to serve or without causing distortions in the Law of One which is what they came to teach. They felt responsible for the distortions that had been created when the information was misperceived and when it was reserved only for those of a powerful or royal nature.

Thus, for the next few thousand years, the only type of contact they made with the people of our planet was through the dream or sleeping state where an entity would experience a vivid or inspirational kind of dream, one which might give a direction to the entity so that the life pattern or choices could be made at that time in the way in which to be of service. There was also contacts of the mind-to-mind nature, the telepathic contact set up and that was the type of contact that was chosen for our group so that free will would not be infringed upon and that we would be the ones that would decide what information was imparted by the kinds of questions and the lines of inquiry that we chose to follow.

The information which we received from those of Ra concerned what you might call a blueprint or the plan of evolution, the means by which evolution of mind, body and spirit may be attempted by any entity of the third density, such as each of us is. We will be sharing some of that information with you later this morning and throughout the rest of the seminar in order to give you somewhat of a background to see how the channeling phenomenon and process, in particular, and the evolutionary process in general, takes place within this creation which we inhabit and how we each are a very important part of that process, and each reproduce the overall plan of the creation within our individual life patterns. So, with that bit of information about our group, I'll turn the floor over to Carla, and she will give you a bit more information about her experience with the channeling process.

Carla: Thank you. Can you all hear me? I have a meager voice. Pardon me for sitting down with all of this garbage around me. I have some physical distortions that this helps. Let me see where I am here. How many have read *The Channeling Handbook*? Any of it. One, two, three, four five, six. Okay. How many are practicing channeling? One, two, three. Okay. How many are practicing healers, psychic readers? How many are using their psychic powers? A lot. Good. Okay. How many are here simply out of curiosity? Good. Okay. Now, I know where we are a little bit more. Because of the fact that this is not an area which can be attacked

with objective reference, evidence or any other logic that makes sense, really what I can tell you before I give you all these opinions I'm going to give you, and that's all they are is opinions. I could be wrong.

I'm going to tell you the kind of person I am. Okay? And then you can decide for yourself if what I'm saying is right because Jim is giving information about things that we channel as a group, and I happen to be the channel. I'm giving my own opinion. You can't argue with somebody that says it's on page 37, but you can certainly think that somebody is wrong if he has an opinion and even page 37 could be wrong, but it's not Jim's fault. Okay, so we have a slightly different relationship. So, what I want to tell you about myself is basically the spiritual part of myself.

I was, as probably many of you were, a very lonely kid. I did not seem to be able to nail down a friendship with a peer with a railroad brand, and I felt pretty lonely except in books and dancing and in nature. I loved to walk in the rain and hug trees and things like that. I saw life through a golden glow. I don't know how many people are natural mystics, but I seemed to have come into this world seeing everything as holy and it's a gift I have kept a hold on. I have also had some kind of strange faith in Jesus, in redemption, in that whole thing. Apparently an incarnation previously has given this, I brought this into my incarnation as my forte. So I have gone with the Christian faith all my life.

I was very lucky in my work. Aside from the usual things one does in college, you know, carrying beer to various people's tables without slipping on it. I was a librarian, and it was a dream job. I was an engineering librarian first and then for most of my career as a librarian I worked with kids. I had my own library at a private girls school with thirteen grades of kids to bend their little minds. I loved it, and I love books too, so it was a perfect job for me. I just, I really loved it. I had all my kids all day, and since I've never had any of my own, it was a real blessing, but I did not think twice when Don asked me to join his work.

He had moved to a higher paying job basically so he could afford the time to travel and the money to pay somebody that would actually do research because it's very difficult to find the time when you're working full time to do the reading and the thinking and the pondering that you have to do. Now I'm not a phenomenologist. My mind is very sharp, and if I didn't have such a deep faith—and I don't know why I have that faith, and I don't know what it's faith in—but I trust it, I would be a bloody intellectual. I would be so skeptical and so intellectual that the only place for me would be up at the top of an ivory tower. Luckily, it turns out that I have a strong intellect and I have a strong intuition, so I'm pretty well balanced, but both are extremes.

I enjoyed every day I worked. I enjoyed every day I worked for Don, except for the fact that phenomenology was frustrating to me. I investigated all the things Jim mentioned; UFO's, psychic surgery: Is there such a thing as materialization? Is there such a thing as a ghost? Do people survive after death? What is a Bigfoot? I mean I have studied so many phenomena carefully, thoroughly through the years. Admittedly, a lot of the information by now is a decade old because I kept finding cul-de-sac after cul-de-sac—everything was a dead end. When I went for phenomenology and I found myself trying to prove it, and I have found that in every single case, if it is spiritual it will not be proven, and even if the proof is absolutely valid to you, you can tell it to somebody else and it will not be valid to them. Each person's truth is his own truth.

In spiritual truth there is no real sharing. We can offer ideas to each other, and I do consider each of you my colleague, not my student. I may be a teach/learner. I might be teaching you more than I'm learning, but I guarantee each of you could teach me a good deal. So, I want you to think very democratically here and that will help a lot. I had my kidneys fail when I was thirteen, and as soon as I made the choice to work with Don, rheumatoid arthritis, which had been diagnosed at thirteen but which I hadn't had any trouble with, started kicking up, and the more I got into a contemplative lifestyle, the more the limitations were and this continues.

So, I had to apply for disability because I could no longer hoist the old bod up to the typewriter and wiggle the keys, and I didn't feel right about taking Don's money for just being there and smiling. So, after my disablement, I discovered that my best way of working was to channel, which you can do in an iron lung if necessary. It's also legal. Very few horizontal jobs are legal. I can teach, whether I can sit up or lie done or what, you know. I'm very grateful for that.

And I do a lot of work through the mail because when Jim and I work with people, actually teaching them to channel, we do it in our own home in an intensive fashion. I mean it doesn't sound intensive; we just have a silent meditation in the morning and a working meditation or a channeling meditation at night. But believe it or not, it gets incredibly intense, but before a person comes that person usually has spent a good deal of time with me, writing letters, getting tapes back, working on clearing some of the lower blockages in order to prepare to be a channel.

I also work with anybody who writes and says, "I'm having a miserable time. Can somebody write me?" And I will do that. That often happens, especially with prisoners. They don't know exactly what they want, but they want it. So that's my present work. I love to work. My biggest problem right now is that as I can do less, I have to deal with accepting and being cheerful about limitations, and perhaps some of you have experienced that as you've gotten a little bit older. I've just aged prematurely.

Okay. I'd like to read something from Emmanuel's book about channeling. It says here, "We are the bridge between the human yearning and the spirit truth. This is our chosen task. We can guide you to deeper understanding. We can assure you that you go on forever, and that you are eternally loved and tended. This is all we can do. Beyond that, you must walk it step by step. You are here to live your life. My function through my love is to shine the light on the areas that will direct you towards your own inner light."

As far as I'm concerned channeling is a way of bringing people into touch with ideas that may lead to a wider point of view—more light, more love on a subject, and so my teaching and channeling is because I listened for so long, I was a very reluctant channel. It took me two months to get my first message out. My first message was, "I am Hatonn. I'm having trouble with this instrument." So I figured if I could do it, anybody could do it. It's just a matter of working. I don't consider myself a psychic.

I have never worked hard to develop any of the many valid psychic focuses for one's abilities, like astrology, palm reading, head reading, polarity therapy, reiki, we were talking about this morning. All kinds of things act as a focus for your abilities and put you in the right state of mind. I haven't chosen to do that. I learned to

channel because Don said, "You're going to learn to channel." And I said, "Okay," and I did, and so after two years of it where Don was a teacher—but he didn't channel—I was channeling, and I was learning about it, and I was learning things that I hadn't seen written down anywhere because everything I'd heard about channeling was totally positive. Everything anybody had talked to me about channeling—this was in the 60's, late 60's—was very positive, and so I had to start from scratch and try to figure out what was happening. And as I have learned, I have taught, and I hopefully I've gotten to be a better teacher year by year.

Now I would prefer to be 70 years-old and teaching this class because I think I have a lot to learn, but I'll share with you what I've learned in fourteen years. One thing I want to say up front, I'm a Christian, and I don't want to convert you. If you are a Christian and are having trouble with your faith and the New Age, I'd be glad to talk to you about it. I have the same problems. I do the same work. If you are not a Christian, I believe totally in your own path, and all I want to do is help you find it. What I want to help you find is your true deep passion because each of you has it. There are things you would die for. There are things you care enough that you live for them day by day. And often this can be expressed in a symbol or a group of words in such a way that it gathers you together and makes you a magical being.

Our culture has become machine-like, laid-back, unpassionate, impersonal, and we don't need it; in spiritual work it's death. We need to feel our way cautiously, treat ourselves gently, and when we find something that works for us, work it, work it hard, and if that truth is a small truth it will leave us after a while. If the truth is essential truth we are beginning to be in a position to channel. I channel in the name of Jesus Christ. Jim channels in the name of Christ consciousness. What I urge is that people consider service to others and think in terms of service to others. Okay, so much about my Christianity. I will be up front about it. Please don't feel threatened by it. I have no desire to save your soul. I know that everybody's in the same boat here, we're all bozos.

Okay, housekeeping detail. Let's see, how are we doing on time? We're doing great on time. No, no, I have some caveats for you. In the first place, if you are not channeling or if you have been having trouble channeling and you're not sure, consider not channeling. Indeed, my first impulse would be to say don't do it. The reason is this: Channeling is not a hobby; it's not an avocation; it's not easy, and it will take you the rest of your life. Whether you channel for the rest of your life or whether you simply be the person who channels. I'll tell you the reason.

Channeling demands, for the highest and best contact that you want, that you begin an ordeal that will last you your life long. That ordeal is the purification of the self and the dedication each and every day to being of service in this way. It's very difficult work sometimes. I'm not saying it's difficult all the time; I'm not saying that I haven't found great joy in it. I'm saying it's a certain kind of life, and it is not a plaything or something to be taken lightly.

I would like to warn you against taking anything I have to say or Jim has to say with any more degree of authority than speaks to you from within. We are, as I said, your colleagues. You must use your discrimination. If anything we say swears with what you believe, drop it; it's not for you; it's not your truth; don't worry about it. As I said, the ordeal of being a channel is fierce; it can be very fierce. The basic idea is

that we are polarizing in one of two ways in this lifetime; either towards service towards others or to service to self. Most of us swing around in this little well here, the well of I'm not sure; or I'm indifferent; or I can't decide; or I feel good today and bad today. We cuss people out in the car; and we're lonely to somebody at work; and we pass the guy on the street; and we feed the hungry; and we do things that are service to others and service to self, back and forth and we don't gain polarity. That means we don't gain power, spiritual power. By polarity I mean either the power to express the love of God through service to others or the power to express the love of God through service to self. I do believe that there are people in visible positions that are good examples of the latter and also, of course, of the former. They're harder to find, but you can certainly find them.

The basic problem is that this goes on until you die, you see, because you set yourself up to meditate, to clear yourself for channel, you're going to do this on a daily basis. This means you're going to be changing; you're going to be changing very quickly, and you're going to be changing until you die. It is not a process in which you come into the Promised Land, you know all the truth and that's it. This doesn't happen.

As a matter of fact, as you grow closer to the light, as you are able in your group, through your group, to share the Creator's light through to the world, you will be ever more tempted and challenged and tested. It's only fair. The loyal opposition has a right to get its points made. You choose every time the way you're going to react to the difficulties, the slings and arrows of outrageous fortune and all that. Consequently you spend a lot of time on the cross, if you don't mind my using a Christian metaphor. This is not; I am not, a person, a New Age person who talks to you only of the bottom line. Love is all; love is wonderful; is bliss, all is one, and so forth.

There is a bottom line, and that's it, and it's wonderful. I'm still here, but above that bottom line is an endless daily effort of dying because you have to get up on that cross and give up a bunch of stuff that's getting in your way. Let me read you a couple of quotes from people that say things better than I do about that. Louis Egle, one of my favorites, from "That Man is You." Now, he uses prayer in the same way that we would use meditation. He's talking about silent prayer. "Prayer alone can wear down our frightful resistance to God. Praying is exposing ourselves to His influence. Placing ourselves under His command so that He may do in us for once what He'd want to do forever, giving Him at last time and opportunity to entrust Himself and His secrets to use us as He planned from eternity. Praying is letting Him kill in us that boorish, loud-mouthed egotistic character who's bellowing keeps us from conversing with God."

And another quote very much along the same lines, but from the Association of the Light Morning. Anybody know that group? Marvelous book called, *Wax Statutes, Cotton Candy and the Second Coming*. Nice title, you'll never remember it in a million years. "Now freedom imposes restrictions upon its disciples or perhaps more accurately we might say that freedom and restriction are interchangeable concepts like an optical illusion in which the foreground and the background shift places. If, by the way, one of those illusions is concentrated on for any length of time interesting distortions will take place in the viewer's field of interpreter perception. This can be quite instructive if it is not carried to extremes. Freedom grows out of and ultimately justifies restriction. The reverse is likewise true. Creation is born of a loving interplay. The intercourse between them

fleshes out the world. When your restrictions are your freedom and your freedom is found in your obligations, then the androgynous youth dances gaily in your heart and sings the song of life even though your body be still and your lips be silent."

That's the ordeal. I truly do believe and have experienced more freedom, that in the service of others is perfect freedom. I really do believe it. I have found myself with the most joyfulness when following what I consider to be my service to others, whether it was helping little kids find books or whether teaching people like you, and at this point in my life I kind of have to pay for the ability to do that. I know it doesn't look like it, but I walk every day and I exercise every day just so I can sit up because actually from the x-rays, I'm supposed to be in a wheelchair. But I've got a great body, and it really responds well, so here I am. But whatever it takes, when you find what feels really good in your heart to do, you know, it's really worth the doing of it because the feeling of freedom is just tremendous.

Okay, we're in good shape here. Now, housekeeping details. Scooting up on the chair. You see the numbers on your folders? I doubt if we'll use them, but that is in case we have some little extra time. I personally love talking to people about what we've heard in a small group. It kind of seats the knowledge; it gives you the chance to get to know the people, and I notice a lot of you know each other already. Nice to have an old home week here. I'm the new kid on the block. But if we do run so that we have some extra time, excuse me, we will definitely have small groups, and you all can talk among yourselves. And I think there are five groups, so there would be about four or five people in each group, and that's a good size group. Everybody can get his word in and if we do have a small group and you notice that there's a shy one in your group, draw that person out, would you?

Everybody's got really good opinions here. You know that. It's possible that we may channel tonight. I intend at 9:00, when we finish our regular program, and hopefully it will go short. I just don't know. It hasn't gone short in practicing it, but I've only practiced it once and I tend to ramble on. That's fine, we'll definitely do it for everybody. If it doesn't go short tonight, and it ends at 9:00 what I'm going to do is have a fifteen minute break for questions and answers for people to leave, for people to settle down and then anybody that wants to have a meditation the way Jim and I would have a Sunday meditation, we'll be glad to. I know you all are channels and some of you may not be that fascinated with the idea of somebody else channeling, but I'll just ask at the time.

The reason I'm saying this now is the way that I like to work is I like to ask for philosophical questions, general philosophical questions that we can address in the channeling. It sort of focuses the group energy. So, through the day today, be thinking and when it's time for the channeling, either through consensus or through writing this stuff down on a piece of paper, and I'll draw one out, and then we'll get a question that somebody in the group really wanted to know. We'll make sure it's one that everybody would be interested in.

Bathrooms—has anybody not found the closest bathrooms to here? They're just outside the room, down the hall and to the left. The women's is visible on the hall and the men's around the corner, I believe that's right.

That's an important point, I realize. If there is a foul-up see him because I don't know anything about the arrangements that have been made at the hotel and everything.

This is a real cute microphone. You can't turn it off. All you can do is make it go aahhhkkk. Questions and answers. I like to keep the questions and answers to the end of whatever portion of material that we're working with, but if you absolutely can't figure out what in the world one of us is talking about, put your hand up, let it flow, you know. Don't feel like you've got to wait until the end because I wouldn't want you to miss the whole rest of the talk because you missed that one point. But listen for about a paragraph and see if you can get it from the context because it really does work better if we're able to give the information then answer the questions. Fliers and books are available. Jim, where are they?

Jim: We have some fliers on the table about the books and tapes available from us. You are welcome to take a flier and if you'd like to order anything, just give us your name.

Carla: Our policy on people ordering things from us is that we simply ask for a donation that is comfortable to you. We don't like to ask for a price because that would eliminate senior citizens living on...

(end of tape)

Carla: ... So, we don't put any set price on our books, and you're welcome to give a donation. You're also welcome to do this through the mail rather than do it right here. I would like to ask for your help in one thing. We have a limited amount of time, and Jim and I have an awful lot of material, and we'd really like to get to the material on this outline. We'll answer questions on anything at the end, but the main thing is to get you the material in the outline because that's what you came for.

So, like I said, give me a paragraph or so to convince you that I'm off the outline. I digress terribly; I never talk the same way twice to a group. I'm talking to you all. I'm not giving a prepared speech, and my biggest problem as a speaker is digression because of the fact that I'm so loose, unfortunately. I'll just sort of slide non-linearly from one subject to another, and if you see that happening just hold up your hand and say, "You're off the outline, Carla," you know, because I really do want to give you this information. Please help me with that.

Now there are some changes that we made in the outline. I won't be able to tell you all of them, but I know you sort of like want to know what's coming up. The changes are that we changed the break for this session. We're going to have a break, a fifteen-minute break, and I suppose you can ask questions and answers at this point, but really I don't know if there's much to question about at this break. But it's a bathroom break is what it is, and we'll break for fifteen minutes. And another change and see we were going to break after the question of "What is channeling?" And we decided that we wouldn't do that. We'd break earlier, so we're going to break right after what I'm saying about housekeeping detail. Another change is that in Session 3 the time is marked wrongly; it's 7:00 to 9:00 with the meditation taking place afterwards if we go till 9:00 and with the hope that we will go short and be able to start the meditation early. And in Session 4 I just eliminated one break for the simple reason that the material is dense, and I just thought that you'd probably rather get the material in than have a whole lot of time for questions and answers. We will have a Question

and Answer period at the end, that is absolutely, you know, anything that we've worked on that you have an opinion about we'd be glad to share with you, but otherwise we prefer that the questions be sort of on the material.

And we, folks are on schedule! So you can have fifteen minutes now. I will see you back here at 10:50 and I will leave you, by the way, with the words in English to the motif that Paul played when you were sitting down. I hope that you hear in these words that which drew you to this workshop. "The spirit helpeth us, for we know not what we ought to pray and pray rightly, but lo, the spirit prays for us and pleadeth with mystic groaning and sighing. But he who does search the heart well doth know what the spirit's mind is, for he does plead for saints as God our Father wills it." We're all saints; we just need a little help from our friends. I'll see you in fifteen.

(break)

Carla: Welcome back.

Female Speaker: I forgot you were single.

Carla: This woman is single!

Woman: I forgot she was single.

Carla: Are you paying attention, guys?

Male Speaker: Yeah.

Carla: I'm a matchmaker, and I don't charge anything, so come and let me know what...

Female Speaker: Now where was the matchmaker when I forgot...

Carla: "What," says the outline so naively, "is Channeling?" Here's my attempt from the *Channeling Handbook*. This is about as good as any of them, so I quoted myself. How's that for ego? "Channeling is the reproduction by words or sounds of concepts not generated within one's own conscious mind but transmitted from the subconscious mind or through the subconscious into the conscious mind, from an impersonal or non-personal source, entity or principle. A good analogy to channeling would be the pipe which carries water. The pipe is does not create the water but rather receives it from a source external to its own identity. You may be aware that there are much vaunted claims for channeling, that channeling is a kind of panacea that takes you into a bliss, and you can wander around forever after in touch with your upper, your lower, your higher, your inner, your outer and your whatever. It's making you completely impervious to all the slings and arrows that I have previously spoken of and happy as a clam, if clams can be said to be happy, which I suppose they can."

For instance, I won't say where this is from. "We can truly serve mankind and at the same time align our personal goals with our spiritual paths. In essence they, our guides, told us that large numbers of people would

be opening to channel in the next five years, and that even more would feel the impulse to connect with their guides in the next ten years. They explained that mankind's spiritual self was awakening, which would result in an accelerated desire for evolution and spiritual growth. They told us that people would need the guidance not only to assist with their spiritual opening but also to understand and use the new energies which were becoming available. A spiritual shimmer was being activated in mankind's aura. The ability to reach high levels of consciousness and find enlightenment was becoming possible for more people.

The guides felt that channeling, connecting with high-level guide and bringing through verbal information would be one of the keys to assist people as they opened up spiritually. It would help them to make the most of their new experiences. They proposed that with their assistance we start teaching people to channel. They told us that the theme of the coming age would be personal empowerment and direct experience. People would learn to trust their inner guidance and many would be opening naturally to channeling. People would find their teachers coming from within, self-generated and self-taught, rather than from without. Their guides wanted to make sure people who were opening to channel were assisted in connecting with high level guides, that they learned to recognize high guidance and that they used their channeling for spiritual purposes."

Now you will find in this semi-channeled material and I do mean it that way, it was a beautiful book, just enough wrong-headedness to put people in the wrong direction. Much of what they say is true. Let me go through it and look at it and point out. "A lot of people are more open to intuitive and psychic and subliminal gateways into different perceptions than ever before." That's true. "It probably will continue to happen." I think that's true, too. "I think that people need to use their discrimination, and I think that all guidance ultimately does come from within." That's true. There's this one little problem: you can't tell the good guys from the bad guys. All you can tell is the amount of light they use. So that when someone says to you, "Oh, I know my guide's vibration, I couldn't mistake him for anyone else."

What they're not gathering, in my opinion—this is only my opinion—is that a negative entity in the same density using the same amount of the Creator's light will come in on exactly the same vibratory frequency, but the goal would be not to radiantly bathe mankind in information and inspiration making it grow, but to offer mankind first, positive-sounding material with just a few kickers in it that are a little bit negative, then more and more negative information, then finally some great prophecy, say, that the world is going to, you know, California is going to drop into the ocean on May 17th, and it doesn't or something. The whole group has lost its credibility and the loyal opposition has once again, because the person has not tuned and has not challenged a spirit that is so familiar with it, it doesn't need to, has lost the whole thing and it happens a lot. I've seen it happen a lot.

So, you can't really say, "I know my guide, I know my channel." Now, I sound very paranoid. I sound paranoid to myself, and I spent a lot of years questioning whether or not I'm right about this. I don't think I'm wrong. I may not have it exact. I may not have every detail in place yet, but I think that we are dealing with people who know who they are and in the negative sense, people who are developing in the negative sense, they know who they are; they know who we are; and they know what they want us to become; and that

implies a good deal of control over our lives, and I don't like that. Plus the fact that I don't like inconveniences, such as psychic greeting.

So, there are a lot of promises made by people who give weekend seminars in which they open people's channel, and it's very easy to open people to channel. I'm sure each of you who channels will attest to the fact that mechanically, the process can be fairly simple. I can teach it to you in about half an hour if you do everything I said. I can't teach you to be a good channel in fifteen minutes. I can teach you to do the equivalent of playing chopsticks. But I would not teach you in a weekend and then let you loose on the world, and I don't understand the people that teach the many hundreds in a weekend, to open their channels and then let them loose.

The ones who have no particular natural gift are pretty much okay. The ones who aren't really interested but who are just dilettantes are pretty much okay, but think about the gifted ones. Think about the natural channels, and think about what can come flooding through from a very crowded universe, destroying lives, destroying families, putting people in mental institutions. It's not funny. Basically, what a channel is, is a kind of, if you would pardon my using again the language I'm most familiar with, a lay minister. We aren't priests. I mean there are people among us that may be priests in their own spiritual development choice, in their own way of seeking, but most of us are not priests, yet we are, to use Carlos Castaneda's phrase, "spiritual warriors."

We can't let days go by where we're rotten to everybody and our thoughts are consistently negative. We need to be aware day by day and thought by thought that who we are is going to inform, create and determine whom we get as a contact. So living the life is paramount and first priority of someone who wants to channel and that life is a life which is boringly virtuous in many ways. The reason for that simply is that there isn't anything wrong with some of the lower energies except that they cause a lot of strife and people that are fond of both lower energies and strife should definitely do both of those things and grab all the gusto that they can.

For those of us who wish to do some kind of lay ministry in our life, whether it is healing, readings, channeling, whatever, we simply can't afford the excitement. What can I say? We need a peaceful background, a stable background against which to turn our attention inward to whatever is coming through from the Holy Spirit or whatever you want to call it: your guides, your teachers, name me the different ways, your higher self, the Holy Spirit. I don't know. I'm willing to use any vocabulary you use. It's all the same thing. Grace! In this ordeal you begin each day anew. You cannot take your spiritual temperature, you see, because you have another day to do now and this day is now, now, so you can't think about how wonderful you're going to be tomorrow or how terrific you were yesterday.

You must focus in on being the kind of person that you'd like to give as a gift to the Creator each moment, each hour, each time you can think of it. Now I'd like to point out that neither I nor anyone else I know has been doing this with any regularity of success. It's the attempt that's important. Not the achievement. We will fail repeatedly. It's time to learn to forgive yourself for that. If you haven't learned it already this is very important.

I'd like to read a quote on the ordeal which I found to be most inspiring. See, I get these quotes, really I must admit to you, I'm not trying to be manipulative, but I realized after I did these quotes I was being—by telling you some of my favorite books, pardon me for that. It was an unconscious manipulation. Anyway, *Wax Statues, Cotton Candy and the Second Coming* also says, "Disavowal yourselves of the notion that by the exertion of a personal will you may cause the growth or motion of anything whatsoever. All power comes from above and is guided from above for the purposes residing in the above. Even when the originating impulse is derived from below, know this is to be a reflection only as a partial and often distorted representation of that which casts the reflection. Once you acknowledge this one single basic premise and let this be an acknowledgement first of the mind and then of the heart, you will find your entire life turning away from its former pathways and preoccupations. Other doors will open, other opportunities will be discerned where now there are but barren fields and a thinly veiled sense of futility. Why then do you delay the coming of this realization? Your struggles with the angels of adversity served to strengthen you and bring you to a specialized form of awareness. Yet when this point has been attained, cease your mighty rebellion and allow the minister of death to be transformed into your confidant, friend and advisor. The degree of our ripeness may be judged by our willingness to accept the lord of misfortune as a friend."

Enough about the ordeal for now. I'll be coming back to that again and again. It's a real central point of what I have to say. I want you all to understand what you're getting into. You may well be persecuted by becoming a channel. If you have friends or relatives who are church goers in a sect which is inerrantist or fundamentalist or just plain mean, you'll be accused of being a Satan. You will be humiliated, made to feel really badly. If you're not able to tolerate that with silence, with acceptance, with love, and with a simple request to ask the person to pray for you, realizing how much he cares or he wouldn't be trying to save your soul. Do that. I can't remember how I started that sentence. Do these things, don't defend yourself; don't try to change his mind; accept in silence and humility, deep humility. Feel it that this man or this woman cares for your soul and is trying hard in his own way to save you and appreciate, spend your time on a positive agenda here, and appreciate this person's caring for you. Ask this person to pray for you; it's the only thing you can do that would make any sense to that person. Anything else you'd ask them to do would be outside of their scope of ability. Let that person have their own path and be no stumbling block before him or her.

I really mean that. That's pretty important. That's harder actually than just listening to people slam you, the not saying anything back. But it's good exercise. One reason that channeling remains difficult, and I've touched on this, is that as you meditate and as you work the program daily and I mean daily: meditate every day, do some reading every day, take this seriously. You will be learning a larger point of view. I'm not saying that you will be learning true wisdom; I'm not sure that's of this density at all. What I'm saying is you will have a larger or more general grasp of things. You'll maybe be widening your point of view, and that means that you know more. And that means that you're responsible for more, and that means if you know it you should be living it. If you find yourself in a do-as-I- say, don't-do-as-I-do mode, with somebody then you have to go back to your own life and work on your own life.

That's always the first consideration. You can't—I mean, we're all hypocrites. I'm a hypocrite teaching you because I fail constantly, but I can honestly say that I have never gone into meditation and channeled for

anybody without carefully clearing and praying first. So, it's a matter of trying to put that Law of Responsibility into effect in your life with gratitude and thanksgiving no matter what it costs. You've learned; you know a better way. It may be a harder way. Give thanksgiving for it. You may be discouraged from channeling. And I hope if you're a true channel that you won't be, but it is very discouraging. That is so very difficult really to be of service to other people.

Being of service to other people involves: 1. Doing something that they perceive to be of service. A lot of times what they perceive to be of service is not service. It's pleasing them. You have to know the difference; you've got to figure it out. It's all right to please people. I've told more white lies to people in the church than I care to tell you, but it's, I think, one of the hardest things in the world to be of true spiritual service to another because you must both serve as perceived by the other person by walking in their shoes long enough to see their incarnational patterns, to operate in terms of their agendas, to be where they are, not to ask them to come over to where you are, and at the same time be true to the principles for which you live and die. It's something that you need to do and release, do and release.

Never expect that your service to others will be taken well or be considered a success. Don't judge yourself. Just keep as close to God as you can in your consciousness, and do your best, and after you've done your best that's the end of it, so you just let it go. That's especially important to channels because people are listening to channeled information and perhaps that channeled information and perhaps your teaching that person is totally unacceptable. It needs not to be an issue. There needs to be no attachment to the outcome. That's a difficult thing to achieve; I recommend that you work towards it.

You, in addition to being human, are accelerating the process of change in your life through meditation, as I've said. Consequently you will be in what Don Elkins used to call "one trouble bubble" after another. I like the word "trouble bubble." It's just so exactly what it is. It just pops one day and it's all gone, but you don't know that until it happens, you see. It seems very real at the time. Don't get lost in those trouble bubble; don't start believing the local topography, the local geography; don't believe it. Don't believe the mineral assays; don't believe anything anybody tells you about the situation because the situation is that there is love. The challenge is to perceive it.

This takes a faith in love itself and the will to persist in that faith beyond all reasonable time limit, because sometimes the easy part of life will come quickly; sometimes it will take a long time to come. Sometimes we're in the desert for a long time, to use another Christian image. Keep your faith whole; honor it; give it first place. Don't talk about it, just preserve it and keep it separate and apart from anything that your mind can go for. Don't let your mind take your faith over. I never let mine anywhere near my faith; it would destroy it in a matter of minutes. Faith doesn't make sense, so don't make sense with faith. If you have it, feel it. If you haven't had it get yourself into a situation to experience it, and remember that experience because it's real. What you experience is real for you.

Now there's a matter just in connection with channeling, a few little emotionally-laden words here that I would like to express myself upon because it's better if I blast them in general than if one person says something, and I blast them in person. I don't care whether anybody is here on a mission. I don't care

whether anybody here is a Wanderer. I don't care whether anybody here is a walk-in. I have no actual opinion on these terms. I myself have felt that I had something that I came here to do for a long time. I died when I was 13. My kidneys failed. That's how come I've got the arthritis and the Creator or some emissary of His said to me, "You can stay here if you want to, but you haven't finished what you came here to do. Do you want to go back or not?"

And my 13 year-old self with its over-responsible character said, "I'm going back," and I did. And even though my kidneys had failed for two weeks this great body of mine just took right up and got well again. It was wonderful, and I did lose a bunch of kidneys, and I got rheumatoid arthritis. But I think any other body would have died, and I'm very grateful. So I honestly do think that I do have a mission, but that can't rule your life. I mean you can't say, what is my mission? Your mission is in front of your face. Your mission is what you're doing. Until you find something that calls you even more, until you find something that gives you even more joy.

The way to find out your mission in life is not to drop everything and go off on a search for it, not for everybody at least, but rather patiently, persistently and slowly, carefully, thoroughly to examine the spiritual tools and resources available to you and choose your way. Because Wanderers - which I've been declared to be by Ra - and walk-ins - which Abraham Lincoln was declared to be by Ra - I don't know if these things are real or not. My rational mind is very skeptical. Whoever is coming in-- if we're coming from other densities we're still naturalized citizens when we come into incarnation. We are here under the local rules and the gendarmeries are not letting us out of here if we have unbalanced business.

Now some people call it karma. I don't like that word because I don't think that it's a mathematical account-keeping kind of thing the way a lot of people describe karma to be. I think karma is a matter of unforgiveness. Something happens between two people and there is unforgiveness of the other person and unforgiveness of the self. Karma ends for you when you forgive the other person and yourself and the whole situation and the only way you can do that really in most of those situations is by praying for the other person, praying for yourself, nurturing yourself, being your mother, being the mother goddess in you and letting some blessing come down on the situation.

Why not channel? Well, the obvious reason is one given by a lady that sounds just like me, I love her so much. Her name is Evelyn Underhill and in a book called *Mysticism*, she writes, "Transcendental genius obeys the laws which govern all other forms of genius in being susceptible of culture and indeed cannot develop its full powers without an educated process of some kind. This strange art of contemplation which the mystic tends to practice during the whole of his career, which develops step by step with his vision and his love, demands of the self which undertakes this same hard, dull work, the same slow training of the will which lies behind all supreme achievement and is the price of all true liberty. It is the want of such training, such supersensual drill which is responsible for the mass of vague and ineffectual and sometimes harmful mysticism which has always existed. The dilute cosmic emotion and limp spirituality which hang as it were on the skirts of the true secrets of the absolute and bring discredit upon their science."

Again, another favorite book of mine, *Ordinary People as Monks and Mystics*: "In terms of the practical, transformative nature of the mystic's life, we might compare it to a rebirthing process which usually starts with a conversion experience. The mystic process ends, although certainly not in a life-terminating way, with the individual's complete experiential, as opposed to merely intellectual, union with God. This rebirth can take a lifetime to manifest or it can happen in an instant as apparently it did with St. Paul, who in typical mystic phraseology said to live as Christ and to die is gain. His sentiment is permeated with that rhapsodic ardor which characterizes the mystic's rebirth. Once the rebirth process has taken hold, the individual is never his own again and by a complete renewal of mind and heart, lives his life in the absolute, his entire personality being taken over by a consciousness of the transcendent."

Do you want your life to be taken over by the absolute? Do you want to spend your time in eternity, or do you want to spend it here on earth? We have a choice. If we spend enough time in eternity, we bring eternity to earth and then the choice is one. That's the way it unites, but we cannot unite it by paying attention to the earthly things and attempting then to fix them with heavenly principles; it works the other way around. First, you must commit yourself to being a citizen of an eternal world of absolutes. This is an earth of shades of gray. There are no absolutes. Make your choice and then work it day by day for the rest of your life because, as I said, this is an ongoing process. That's the basic reason not to channel, because it's too much of a responsibility; it's too much of a hassle, unless you really feel a calling to it. If you really feel that you have a cluster of gifts involved in.

I'm just about on time amazingly enough, so we're not going to break here. We're going to break after Jim talks and then we'll have questions and answers from both of us. So, Jim?

Jim: Well, we have to finish in about half an hour.

Carla: I thought we were finishing at 12:30.

Jim: If it goes longer then we'll...

Carla: Yes, we were going to go until 12:30 today if that's okay with you all, so that we can handle the questions and answers.

Jim: Yes. The information that I would like to share with you now is information which we gained during the Ra contact concerning the nature of our creation and the movement of our own consciousness through it. Carla has spoken about the relationship that a channel sets up by the being a channel; that is, you are attempting to create a pathway between yourself and eternity with the infinite creation so that information can be generated and passed through you that might help illuminate some of the darkness, some of the mystery to help others and yourself move along this path of evolution that we find ourselves in the midst of here. So what I'm going to give you here is basically a report, rather than my opinion, a report concerning the nature of the creation.

Ra suggests that in the beginning before there was a creation that all that existed was simply what Ra called intelligent infinity or the Infinite Creator, if you will. There was not yet any thing. There was simple unity. At

some point the Creator made a decision. This decision was to know Itself, and this decision Ra called the first distortion or first movement from unity. When this decision was made the possibility for something other than total unity then existed, but the way the Creator decided to know Itself was by making what we call the creation. The power by which It did this is by the force that we call Love or Logos, the divine creative principle. By focusing Its desire to know Itself through Love, what precipitated was light or more specifically, the photon. The photon which rotates at various speeds and angles of rotation then, has precipitated into what we see as dimensions or densities of this octave of creation. The creation, according to Ra, began first with the first density element. I want to define the term "density" here.

The densities are used as a term rather than dimension by Ra because the light exists in certain quantities or is denser in nature within each succeeding density. The first density then begins in a state of being which we would see as chaos: earth, wind, fire and water, blowing and burning incandescently in a manner which has the purpose of determining what can be made spiritually viable, what can begin a journey through the creation, gaining in its own individual experiences and then returning to the unity of the creation to bring back those experiences to the Creator in order that It might, through those experiences, know Itself.

At some point within the first density, there is the coalescing of earth, wind, fire and water so that fire and wind begin to shape earth and water into the forms that we know of as planets, so that they can at some point support what we call life. The unrolling of the scroll of time then begins and continues through the first density for a period of approximately 2 1/2 billion years. Now the times I'm going to give you are rather immense and are also rather unimportant. I give them just so you'll see something of the relationship between the experience that develops and the ground, the reach, the realm, the time in which it develops. There is at the end, apparently, of the first density a quantum leap in the type of consciousness possible.

The first density has a very simple kind of awareness; there is no movement, no growth as we see it, yet there is intelligence. The photon is vibrating at a certain rate of vibration and at certain angles of vibration. At the end of this period of time, the quantum jump in consciousness reflects itself at the subatomic level with the increased vibrational rate of a photon, the increased levels or shells, so that there is another type of consciousness that is possible in the second density. This is the type of consciousness that does have movement; it does have growth. It's what we eventually see as the plant and the animal kingdom, beginning first with the single cell creature that Ra called the polymorphous dinoflagellate that will eventually move in its development into the plants and animals that we see.

Consciousness is quite literally represented by the leaf which turns toward the light. All of the creation has the movement towards the inner light. The phenomenon of the leaf turning toward the actual sunlight is a symbolic representation of the more inward directed turning toward the light that each portion of the creation is undertaking as it is evolving. The second density apparently lasts about 4 1/2 billion years; it is apparently our longest density and one which prepares the evolution of consciousness for the further individualization. The individualization of consciousness is the process which seems to be perfected in our particular density, the third density that we inhabit.

We have a conscious awareness of ourselves as being, to our own perceptions, quite separate, quite different from each other portion of the creation. The consciousness which began in the first density of simple awareness, without differentiation of any kind, and which evolved then into the second density in which there was the beginning of movement. Then there was the beginning of the separation of consciousness. The individualization of consciousness has now become quite individualized so that it is easy for us to believe that we are separate one from another and each from every other portion of the creation. We have taken the consciousness with which the creation began and have taken it about as far as it can go into a seemingly separate existence.

Within our third density experience then we have about, according to Ra, 75,000 years, three major cycles of 25,000 years, to experience enough incarnations that we are able to take this consciousness that does move, that does have direction and to focus it in one of two directions. The ability to do this is a direct result of a choice which we can make. The choice is the one that Carla alluded to previously, that being either to decide to be of service to others in a radiant manner, in a manner which attempts to see all of the creation as being the Creator and attempts to serve the creation as the Creator. Or we can attempt to be of service to the self in order that the light or the energy or the consciousness of the Creator is focused inwardly. This is the left hand path, the absorbent path, the path which attempts to control the environment about it in order that the self which is doing it might benefit from that controlling, that manipulation. This is where the concepts of good and evil originate within our illusion.

So that if we wish to move beyond this particular experience within the third density that we now have, we need to make a choice that is of a relatively pure nature, to choose either the positive or the negative path. Now, Ra suggested that this can be done in the positive sense by having the intention for our thoughts, our words and our actions be service to others. That doesn't mean that we are wise enough to ascertain whether we have actually served anybody; it means the attempt to serve, it means that our intention, the reason, the motivator for our action is that we desire to serve another. If we are able to do that 51% of the time that is apparently sufficient for us to be able to move ourselves or to graduate into the fourth density and the quality of that density is one which Ra describes as simply as love, either love of others in the positive sense or love of self in the negative sense. ...

(end of tape)

Jim: Motivation for action in being of service to self, in other words, the negatively-oriented entity sees itself as the Creator and sees other selves as being in need of finding the same realization that it has but finding it through serving it. In other words, the negative entity operates in the polar opposite fashion of the positive entity. It attempts to control the environment about it, rather than accept it. Attempts to control and manipulate other entities about it in order that they will serve it, but it must do this, this ability to control with a 95% efficiency. Entities which travel the service-to-self path must do so in a conscious fashion. It is a very concentrated type of path, and it can't be done in anything other than a very purely consciously controlled way.

However, on the positive path, apparently, to achieve the 51% service-to-others requirement can be done not just in a conscious fashion but unconsciously, so that within any incarnation it would not be necessary for an entity to realize the nature of the evolutionary process, but simply to have its own subconscious choices, perhaps from previous incarnations, direct the actions in which it accomplishes, so that 51% of them are motivated by service-to-others choice. An analogy I could make here as to how this works is with your car battery. In order for the battery to have any power, to be able to do work of a mechanical nature, there has to be a potential difference between the positive pole and the negative pole. If there is not a sufficient potential difference then the battery is dead, it won't start the car.

The same seems to be true in consciousness. In order for us to move ourselves in consciousness, we must make a choice that is relatively pure in relation to the opposite choice. For the positive entity, as I said, this would be to attempt to see the Creator in all the creation, in all other selves and attempt to serve that Creator at least 51% of the time, so that there is a direction given to the consciousness.

Carla mentioned the well of indifference that exists between the positive and the negative poles. When we are unaware that a choice is necessary or for any reason move back and forth between the poles, accomplishing service to self occasionally, serve to others and back and forth, we are not creating the situation in which we have the power to actually move ourselves, and there will apparently then be further incarnations that will be necessary in order for us to finally make that choice.

What the New Age that has been spoken of so frequently in the last couple of decades is, according to Ra, is our movement from this third density into the fourth density in which the qualities of love and understanding are developed far more purely and clearly than we have heretofore developed them. We have a great deal of mystery in our lives here due to that veil of forgetting that we all pass through in order that our experiences here might be a result of the free will choices within in incarnation, of course, influenced by the choices we make in previous incarnations.

In the fourth density that we are moving towards, there is apparently a great clearing of that veil so the choice we make here becomes the axis for the further creation and evolution that we partake in past this illusion. The negatively-oriented entity will graduate itself from this illusion and move to a negatively-oriented planet or social memory complex.

The term, "social memory complex," Ra uses as an analogy to what C.G. Jung referred to as the "collective unconscious." If each of us were aware of the total experiences and knowledge of every other person on our planet, we would have the situation of a social memory complex. It is one in which each person has the, you might say, holographic memory and experience to call on one for further evolution and further service to others in the positive sense, and service to self in the negative sense, so that the negatively-oriented entity then will graduate itself and move towards the negatively-oriented social memory complex, to those of its kind.

The positively-oriented entity that is able within that incarnation in the third density, to graduate itself, however, does not move on, shall we say, but remains until those of its kind also are able to move on. It works either from the inner planes or from the incarnation, further incarnations in order to be of service to others

and will then graduate with the group that it is a portion of, whether it is the cultural heritage, the racial heritage or a religious heritage that it is a part of.

In the fourth density, then, there is apparently at least 30 million years during which the lessons of love and understanding are pursued, and at the end of that 30 million year time there is another quantum leap in consciousness that is possible, so that lessons of what we might call wisdom might be pursued. The light and the love with which the creation began are recapitulated as the movement back towards the Creator is accomplished. The density of love then gives over to the density of wisdom, the density of light in which the further learning of service, either to self for the negative entity or to others for the positive entity, is pursued.

These polarizations in consciousness continue then through the fourth and the fifth density and move into the sixth density. The sixth density is apparently a time in which the lessons of love and the lessons of wisdom are balanced. The entity which is fully imbued with the fourth density quality of love tends to look upon the creation as a place which is in need of great love; that each entity within the creation is deserving of and shall be given whatever service and love is required. This giving is so total and so pure and so complete that the quality that we might call the martyr can be seen as the hallmark of a fourth density entity in the positive sense.

The positive fifth density entity, however, would have a somewhat different viewpoint of the creation. It will again see it as a creation of unity as the fourth density entity does, will see it as a creation which is in need of service, but it is aware that there is the possibility of confusion occurring when the service is given so wholeheartedly that one life pattern becomes somewhat of a stumbling block for another. If the service is given so fully that the entity served, for example, has its lessons learned for it, rather than learning them by its own spiritual sweat, shall we say, then it might be seen in the long-run that the service was not as effective as it would have wished to have been by the one doing the serving.

So the fifth density entity in the positive sense tends to look at the service as something that needs to be approached a little more carefully, so that there is wisdom applied as a kind of governor to the great desire to serve that is found in the density of love, in the fourth density. Now, as I mentioned, in the sixth density, these two qualities are attempted in balance so that the love of service and the wisdom of service provides a greater power or efficiency of service. The sixth density entity will see the creation as being a place of unity and service being needed, but the ability to be of service in a more wise or considered fashion then is what is pursued. The serving of others in the positive sense is that which paradoxically also allows the positively-oriented entity to evolve itself so that the service of others reflects to the positively-oriented entity.

Now, an interesting thing occurs, apparently, at the mid-sixth density level. The entire density supposedly lasts about 75,000,000 years. At the mid-sixth density level, in order to love and wisdom—these lessons that have taken such a great span of time and experience to learn in previous densities—in order for these to be balanced, any entity, positive or negative that it wishes to progress further must see the self and all other selves as the Creator. This is not difficult for the positively-oriented entity for this has been its path for the entire time that it has been conscious that it is following a path. It is difficult enough for the negatively-oriented entities that the negative polarization must be given up. It must be abandoned, and the power that has been

generated by that negative polarization then is immediately reversed so what we would see as positive polarization then takes place within the negatively-oriented entities.

What it actually is, is now a progression in evolution without polarity. At the mid-sixth density level when the wisdom of service and the love of service have been balanced then the density becomes that which is unified. Ra suggests that it has moved to that point and speaks from the density of unity so that the paradoxes are resolved, that which is broken is made whole and there is light now that shines upon the darkness, and what is seen is the total unity of all the creation. It is not only seen, it is experienced and instead of seeking the light, the entities at that point become the light.

At the end of the sixth density experience there is the movement into what Ra called, "the gateway density" the density of foreverness in which there is the movement towards the total unification, the total reunification of all portions of the Creator with the Creator. This reunification occurs apparently at what could be seen as an eighth density level which is the culmination of this great octave of experience.

Our astronomers and physicists see the physical manifestation of this unification when they report the black hole. All is drawn to the black hole, including light. It is drawn into it quite completely so that every experience that any entity in any portion of the creation has gained through that creation then is brought as a fruit of the journey. It is brought back as a means by which the Creator has been able to know Itself by the interplay, the interaction of Its portions in the polarized sense, the light and the dark, the maleness and the femaleness, these qualities, the absorbent and the radiant.

Then the fruit of the experience of each entity then becomes likened unto the seeds that will form the next creation. The next octave of experience will be formed by the previous one, that which has been found to be most useful will then become the foundation of the next creation which begins again in an unending, apparently, spiral so that the Creator is constantly offering to Itself the ability to know Itself by functionally dividing Itself into various portions providing the potential for free will and then allowing this free will to develop as it will within the boundary of love.

It is almost as if the Creator is asking the rhetorical question "Is there any experience beyond the ability of love to heal?" And the answer seems to be "no," for all of creation is created from that which we call love and is powered only by that. The illusions that we notice between the first and eighth density are the means by which the Creator knows Itself and each portion of the creation then gets to know itself. We get to know ourselves by partaking in this evolution, we get to know the Creator by partaking of the evolution and it is also informed as to Its own nature by this evolutionary process. Do you want to take a break now, or should I have questions and answers?

Carla: Why don't you have questions and answers?

Female Speaker: Do we as entities come into this lifetime or (*inaudible*).

Jim: Well, the population of our planet now, wherever we have come from, is third density. Now there are entities of higher density that find the best way, in a positive sense, for them to be of service is to move back

towards this third density in an attempt to provide service by entering the third density, going through the same forgetting process and becoming, as Carla said, a 100% third density citizen.

Now, whether you've come from a higher density, or this is your home density, and you're attempting to progress from it all the incarnations that you have experienced prior to this time have resulted in a certain deficiency of making this choice, whether it is towards the positive which is far more the popular choice, the easier path or towards the negative. All of the previous incarnations have allowed you to crystallize your own self, your energy centers, your very being, so that you are making the choice one way or the other, and at some point then the choice will be made whether it is at this incarnation or a previous one. Ask me again if I haven't quite answered.

Female Speaker: So you are saying everybody who is in a physical body or living at this time on earth in third density...

Jim: Right. Right.

Female Speaker: There is no way one could be living in fourth density even though their consciousness is expanded.

Jim: You can have experiences that are of a fourth density nature, the experience of love, the experience that various mystics of the East describe as light, nirvana, Samadhi. You can have experiences that reach into other densities and give you illuminations or glimpses of them as a kind of inspiration or motivation for further service or action in this density. But if we are here now, we are of the third density, and we are partaking in it completely

Male Speaker: Are all of the incarnations that we experience—and I'll say in the flesh— on earth plane are taking place in the third density over the course of the 75,000 years?

Jim: Right.

Male Speaker: And when we move from third to fourth density there won't be this kind of incarnation; there won't be all the flesh?

Jim: Well, there's another type of body. Apparently, it's the body associated with the green ray or the heart energy center, what we call now is the astral body. It's a body that has our same form. Our form is apparently chosen from the second density level of experience. The Logos of our local creation here chose the ape-like form with the opposable thumb, standing erect, to invest, so that further evolution would move into that kind of a form. This form is apparently kept through the fourth density and into the fifth density. But at that point we are apparently in command enough of our own being that we can form ourselves however we like. Many fifth density beings of light that appear in a vision, a dream or however they appear to us, appear to us in this form that we recognize because we are familiar with it, but it may not be their natural form.

Male Speaker: The reincarnational aspect though is, pertains to the 75,000 year period of third density only?

Jim: Right, but there apparently are incarnations in the fourth density, but there is not the forgetting that we go through here.

Male Speaker: Oh, all right.

Female Speaker: I'm sure it's just a matter of semantics now, but when you were talking about the negative and the positive person I think our culture and some of our churches really raised us to not really understand self-love. It was all service, and you had to be out there, no matter what it was, and you came last. The individual really came last, and I think that I know for myself that one of the things that I came here to do was self-love. I think very definitely. I think I was out of the service before I really understood, "Hey, wait a minute. I couldn't be doing less of something and they didn't love me." So, am I just confused about what you are saying?

Jim: Well, I think it might be a...

Carla: Let me take that, Micky. I think that the concept of selfishness is very difficult for people. I think that the concept of self-forgiveness is very difficult for people because of our cultural heritage. But I think that there's a certain amount of work that needs to be done with the self before we can possibly withstand the brunt of service to others. Service to others is sacrificial, and we must love someone as if he were our self in order to be able to make that sacrifice, in order to make that person be important enough to us.

Now, if we don't think ourselves are very important and loved or worthwhile or forgiven for our many iniquities, then how can we forgive this poor soul out here? How can we serve this soul? I believe it is written in the Bible, the disciples had just heard Jesus say, "Listen, I'm going to die and I'm going to rise again in three days and I'll see you," and they said, "What?" What did they talk about? They talked about which one was going to take over, who was the greatest among them. Remember that in the Bible? And Jesus goes, you know, "What have I been teaching all this time?" And I think you'd find that passage in the Bible very instructive.

Female Speaker: So who is this person that's...

Carla: You know, he said, "The person who is the greatest among you will be the servant of all," and I think that is where the toughness comes in and that's why you must love yourself first and see Christ or Christ consciousness or the Godself in yourself first.

Female Speaker: Before you were suggesting that we get over in the negative, what is that...

Jim: The motivation for the action is, I believe, the important thing here.

Female Speaker: So...

Jim: If we desire to love ourselves in order that we be made whole, so that we might do what is most appropriate for us to do in service to others. The motivation of the heart there is to be of service to others, but the motivation of the negatively-oriented entity or the black magician is not just to love the self because he

thinks he's a good guy. It's because there is seen by the negatively-oriented entity a hierarchy of power that is able to be achieved.

If you look at any bureaucracy or say, the army or the armed forces, they operate on blind obedience, so that the efforts of the many below are bent towards serving those on top. They have to take the orders so that the power is given to those of succeeding higher ranks and multiply that in intensity to the negatively-oriented entity, the black magician, and you have an idea of the kind of environment in which it operates. One in which it must control those about it, so that it harvests their fruits and progresses by their power, it takes it for itself.

Male Speaker: Could you resolve a slight conflict? (*inaudible*) relationship to the Neanderthal, what is the (*inaudible*) you mentioned fourth density, they are in the same kind of thing (*inaudible*) the entities that come (*inaudible*) both people in the sixth density Can you kind of resolve that?

Jim: Well, apparently there have been visitors to this planet we generally label as UFO or extra-terrestrial that are from our own density, the third, from the fourth, from the fifth and from the sixth. There are some anomalistic situations such as, you know, when Calvin Parker was taken on board in Pascagoula, Mississippi in 1973 where that was apparently a very highly advanced third density civilization from the Sirius star system. They had evolved from what we call trees, and that accounts for the very odd description that he gives of them seeming to be block-like and having odd shapes about their tops.

They were an anomalistic situation which they were here as kind of a fly-by. They took Calvin Parker and Charlie Hixson on board in order to review their memories of war because both had served in the armed services and had vivid memories to give them as experience. Being trees, it was not possible for them to contend one against the other. In our illusion we need constant periods of meditation to balance our activity. In their illusion they needed some sort of activity to balance their constant meditation, and they had to get it from the memories of those such as Charlie and Calvin who had them.

Now, that's a third density type of experience of a UFO. There are apparently more fourth density type of UFO craft in our environment, both positive and negative—by the way, more negative than positive. The positively-oriented entities are here in order to be of service whether fourth, fifth or sixth density. They see establishing contact with channels as being a type of service. They see simply being here and lending their light as a kind of service. The negatively-oriented entities also attempt to establish a contact so that their point of view might have an opportunity to be heard as well. So, UFO entities are various, they're not just from one density or one place or one polarity.

Male Speaker: Question here. How do, or is it appropriate in this lifetime for an individual to be both physical and spiritual, or is it your teaching that the individual needs to choose in this course?

Carla: Rumble again, excuse me. That was mine, I guess. I believe that it is a unified experience, and that there is a choice that must be made; not a choice between the world only or the spirit only, but merely a prioritizing so that you begin your day by squaring yourself away with the Creator. I like to call it tabernacling, so that the place where you are is holy ground and you're aware of yourself as a holy vessel. This

is an earthly vessel on the outside, but it contains treasure, and to sit in meditation and become aware and to sing a hymns or chants, to give thanksgiving, to offer prayers, this sort of thing and, of course, above all, silent meditation, I very much believe in, starts the day off. And the idea is to keep coming back into that state of consciousness throughout the day, especially as needed.

I have a friend, for instance, a Christian, who crosses herself whenever she answers the telephone. You see, she is bringing eternity into every being with every Christ she speaks to, even if it's a salesman. So, it is a unification gradually of eternity and temporality. It is an acknowledgement of our full nature; we who are temporal and eternal. However, we cannot get at eternal through the temporal very well. It happens very slowly by meditating and working on ourselves.

We progress faster in our growing awareness of the largeness of eternity and the smallness of this illusion until finally one day, the world within us becomes greater than the world without. When the world within us, the world of truth and beauty and ideals and black and white—no shades of gray—has come to us when we have found our true crystalline nature, then it becomes easier and easier to live united and unified life. But a good deal of work goes into that unification. I would never advise somebody to choose one over the other because I think they can be unified. Certainly that path is open to people who want to deny the world, there is another reason. What do you call 'monkery'?

Lots of Voices: Monasteries.

Carla: There are wonderful places for people to go and sing six services a day and till the ground and really worship, and there are lots of chances in other world religions for that kind of intense worship program, but not everybody feels the light is there in the worship. Some people feel the need to move out to other people. So I think there are many choices of ways to serve, and that's one of them certainly, but my way has to been to try to unify. I think it can be done.

Male Speaker: How are we telepathically communicating with forces and channeling? I've been reading, I think it was the Ra materials and suggested that among a lot of other things that they are the ones who suggested religion to the world and telepathically communicated these thoughts to people. One of the ways that they connected with them would be through the Lord's Prayer and suggested through chanting to find light and so forth. And I actually told some friends of mine, well maybe that's where religions came into the world in the first place. Will you comment on that?

Jim: Well, we've had a number of contacts that have suggested that most of the world's religions have had some inspiration or seeding from what we might call extraterrestrial intelligence. Various entities that were the founding fathers/mothers of the various religions had been inspired in their own seeking to make a contact which they may not have been aware of it was with an entity from another solar system. That was a guiding principle or a being who appeared as light or whatever, and that we have been overseen for thousands of years by other entities from other star systems.

Their desire in the positive sense has been to be of service by sharing the principles that have been helpful to them in their own evolutionary process. The people with whom they shared those principles oftentimes had a

desire to write them down, to codify them and in some way begin what later became religion. Many of the current religions did not begin as religions. The religion began after the one who had the inspiration had passed to another incarnation.

Carla: I would like to say one word about that. I don't care which way you choose, or if you have to make up your own way, but one of the things I'd like to teach you today is the vast importance once you have found your way of working it every day, practice, practice, practice.

Female Speaker: Well, I was going to ask you about expanding consciousness. I'm working very hard on this and meditation and you know getting to really work on self and what not. Where do you think this—and maybe this is an unfair question—where do you think this leaves the average—and I hate the word—but New Age person in terms of church worship?

Carla: Having religion outside of church. That's why I said sometimes you have to form your own path. I think eventually the New Age will get itself together enough to have an acceptable religion. Now if I were going to form a church it would be the church of "I'm Not Sure." It might pull people, I don't know, I doubt it. Most "blissanese", as a friend of mine calls them with the bottom-line religions, but it's not much of a program that works. But there is enough material in the New Age for all kinds of resources and workings and affirmations and dream journals and lots of tools to use, lots of ways to think about the Creator, lots of ways to think about our relationship to the Creator and what we wish to do with and for the Creator.

But we haven't developed a church yet. That's why channels, good channels, responsible channels, philosophical channels are so very important right now. Until someone with a vision can reshape our myth so that we can get into an inner world so full of wonderful, mythical images that we can follow our journey and make our program whole and eternal we'll have to find those mythological elements, the passion, the sacrifice, the resurrection, the challenge, the forgiveness, all the things that are in all the myths all over the world. We have to find these things in ourselves; probably the best way is studying the archetypal mind in some way, according to Ra.

Female Speaker: What is each of your impressions on the entity of known as Ramtha?

Carla: I would like to give instead an apology. I'm a channel and I have my opinions and listen—I am critical, born that way. I was the kind of person in college whose English professor said, "We need your voice in American literature." I think it's really rough to do that kind of thing to movies, to cards or to channeling sources. Now I have my opinion about Ramtha, okay? But I'm not going to share it, and I'm not going to share my opinion of any other channel because Ramtha has helped people, and every other channel has helped people. I don't know who they are, and I don't know how they've been helped, but I have heard that people have been helped by Ramtha. I have heard that people have been helped by sources that I am appalled by, and I just think we need not to judge, especially when we have some talent, which I do a little bit.

Female Speaker: That's a very fair answer. Thank you.

Carla: I think I speak for you, too.

Male Speaker: You mentioned 106 transmissions. Is the, are they continuing or have they stopped?

Jim: No, they ended in 1984 with the death of Don Elkins. It was the harmony between the three of us produced vibrations you might liken to a chord created by three notes on a stringed instrument. Without that third string we don't produce the right sound.

Female Speaker: You mean you're not getting the Ra material anymore?

Jim: No, the 106 sessions was completed and recorded. We work at other types of channeling. We don't do trance channeling any longer.

Carla: We continue; we just have changed it.

Female Speaker: This is how I feel. If you don't want to answer that's fine. But it just sort of hit me. Do you suppose that what you were actually channeling might have been a person who has died? Perhaps his higher, as they say higher, lower, way to get him?

Jim: Well, anything's possible. One of pieces of information we got during the Ra contact was that each of us here in the third density has a higher self at the mid-sixth density level without exception. So that you could be channeling your higher self in this situation like that, but we don't know.

Carla: What I really think is that the combination of the three of us, the harmonics between the three of us were quite unusual. They were wonderful. It was just a golden time in my life. Meanwhile I was losing two or three pounds every time we had a session. I was having a lot of trouble getting enough food in to stay alive, but it was just wonderful. The three of us got along really well together, and I think Don asked those questions. You have to hear the Ra material to realize how difficult it was even understand Ra much less to even get enough to get a question. So there's a great deal of Don in that book, just straight out Don and every time you see him following a question that's Don all the way, and I think also he did help bring it along, no question about it. It was the three of us all together.

Female Speaker: Have you asked him to come back to you?

Carla: I kept getting Ra very insistently after the death of Don, and it was my judgment that this was a testing, and that Ra could not pass the challenge. And I felt that I was going to get into a situation where I was under-protected I was not able to satisfy myself as to the challenge involved, and I felt that it would denigrate the channel, and I didn't want to do that in light of the fact that the work that we had produced was in as much as we could do it, impeccable. I didn't want to get 'peccable.'

Female Speaker: What about Don, hasn't he tried to come back to anyone?

Carla: Yes, he came back three times to me in the first two weeks. I was very concerned about that because he had suffered greatly and so I suggested gently to him that he move on to be healed. I didn't want him feeling responsible and so forth when he had gone through so much.

Female Speaker: Do you think he carried his physical pain in his spiritual body?

Carla: No, it was spiritual pain. He didn't—it wasn't physical, it was spiritual that I was concerned about. So I exchanged the utmost love with him. We had always had that together and suggested to him that he go on to be healed, that I would be okay and I'd look forward to seeing him, but that his process of healing meant more to me than my being able to (*inaudible*) and he laughed and said he understood and thanked me and that was it. Now, other people have seen Don since then, but I have not.

Female Speaker: I actually have two questions. One is how do you know you're not—I don't mean you personally—how does one know when they're channeling their higher self or other intelligence? And the other, what kind of channeling do you do now?

Carla: I'd like to hold on that first one because it gets involved in something we'll be saying later. The kind of channeling that we do now is every Sunday night we hold a public meditation. I request the Confederation of Planets in the service of the Infinite Creator because I have had really good luck with these peoples being very service-to-others oriented, very free will oriented. They are very easy for me to work with my orientation.

I really like that group, and Jim holds my hand so I won't go into trance. I go pretty deep. I don't remember what's was said, you know. I have to read it to find out what happened and to ask if it was any good or not, but I don't actually go out. I just am not aware. What I'm saying is I'm concentrating too much on the process, and it's the same group. I think it's a fifth-density or a sixth-density source, and our basic feeling was not to hold on to the past in any way, shape, or form, just have faith in the present and what we could do in the present. And so when Don died it was a new reality, and we behaved accordingly. Well, anybody else? You want to go for lunch? Okay. I'll see you all at two.

Female Speaker: Thank you.

...

(*end of tape*)

Carla: ...because we are entering into the chewier part of the session. Perhaps something that we can do that will help us in two ways; pass a little time and let a couple of people show up and help us work off our lunch. Everybody up. Get enough room so you won't bop your neighbors. I'm a little sideways. Up, stretch to the sky, stretch over this way. Oh, it feels so good! Stretch the other side. Umm, hug yourself. Uhhmm, huggle, hug somebody else. Why not? Now march in place, march in place. Okay. Our lunches may go down better after that. If you have any further dyspepsia let me know and we'll try a joke. I'll try not to make the scrapie sound. Okay, that got everybody, didn't it, just about?

Female Speaker: You can start now, I'm back.

Carla: Okay. We were waiting for you. It was a stretch, but we made it.

Female Speaker: What'd you bring on board with you?

Carla: Becoming a crystallized being is basically what I want to talk about, and this is such a chewy subject that it should be macadamia—I mean, it's rough. Because to become a crystallized being is to do what I've been talking about, to leave everything that you thought you knew about yourself on the table and up for grabs and honestly and fearlessly to examine each portion of your feelings, your thoughts and your emotions and your beliefs. Now belief is different from faith. I don't ever want to encourage anybody to question his faith because faith is basically faith in things unseen. It is a faith that the mystery is benign basically. No matter what words you put to it, whether it's a faith that there is redemption or faith that there is forgiveness, it basically remains faith.

Now, if you believe you have to believe in some content or other which gets you into a bunch of doctrine and dogma, and this is a much different kind of thing. The things that you believe in must come under scrutiny, whereas the emotion or the feeling tone of faith itself you should leave completely alone. We all have our ways of expressing our worship. Some of us haven't found them yet; some of us have joyfully found them; and some of us are beginning to find them. Don't ever confuse faith with some kind of a belief system. Faith is a human emotion that's part of our birthright. Belief in this or that is strictly up to you. They will be your truths and nobody else's.

So the first thing that we have to do, before we can think about channeling, is to think about getting ready for the onslaught of a non-personal or deeply impersonal "other" that will come into the energy web of a hopefully well-integrated, waking personality, and that waking personality will have found a way to open a channel that is stable and safe, so that the channeling may come through very clearly, but the individual is not harmed in any way. In order to do that, the first thing you have to do is know yourself. Who said that first? You may remember from your Greek philosophy class. Know thyself is the beginning of it and it's so true.

I mean some of these wisdoms—nothing I'm telling you actually is new, I don't think. It's just the way I put it together from observing this particular phenomenon. It's not actually new. To know yourself is really your basic source of energy, joy, peace and power in this life. If you don't know yourself you're liable to go tearing off trying to be of service to people without any resources to do it. You'll then be a disappointment to yourself; you'll feel bitter because you haven't helped people; you'll think the whole thing's a crock; and the light will dim a little bit on planet earth. We don't want that, do we? We, of a generation of light-bringers, really want to do that. So, we have to know and love ourselves.

I'd like to quote from this book, *Ordinary People as Monks and Mystics*, which I just really enjoy. "When I refer to a person's good, I mean those traits, values and qualities which represent the source of his humanity, his individuality, his truest self. The entire process of expressing this good requires a setting of standards for one's entire life. It means knowing what is worth living for as well as what is worth dying for. It means learning how to positively rebel against our own unconscious living as well as against those things, however innocent and warming in society that would have us silence our unique dignity, our best self."

So, you not only have to know all the little idiosyncrasies about you that are in need of self-forgiveness; you not only have to forgive yourself moment-by-moment; but you need to get in touch with your truest self, your deepest self, your most passionate self and I mean PASSION in a strong way. I'm talking about the

passion between men and women. I'm talking about the passion between God and humankind. I'm talking about the passion that holds the planets in their courses. I'm talking about creation. We're part of it; we should feel it; if we don't feel it, we should open and open and open to the experiences of joy that we find available to us as we go through life until we KNOW what passion is, and we claim it. It's our birthright.

This is not a passionate century. People who tell us things in an authoritative manner in this century, pinch their noses and say, "It's all relative." Doctors, scientist—they are our authorities. They have about as much passion, for the most part, as a pencil. They are responsible for an enormous increase in the comfort level of our society and for the ability of that society to distract us every single moment of the day and night. I'm not saying that it's not great. I'm very grateful to the twentieth century; I wouldn't be here if it weren't for the fact that when I was born certain processes were available because I was ill from birth on with one thing or another. I'm grateful for the technology, I'm still grateful for the technology, but I don't want you all to think of yourselves as machines in any way, and that's what this culture helps you to do.

You all see the same things on the television if you watch, you know, the Bill Cosby show or whatever's popular, and you all see the same commercials, and we all go to the same big stores to buy the same big groceries and with the situation of income being as it is, so many women have to work now, there're more houses than there are homes. There is a busy-ness, a harassing element to living that there didn't used to be. I think it's a pressurized part of Earth's history and the pressure cooker needs more vents and, of course, the big vent is meditation. An even bigger vent, of course, is thinking through each of these areas and deciding what you really want to lose, what you really want to give up, what you really don't want any part of, but you've just been going along with it.

Like, you know, if you're thinking about committing yourself to a very, very large debt, is that important? Or would this smaller debt be okay? Or, what do you want in life? When you have to think these things through you have to know yourself. Not to justify yourself before God, yourself or Uncle Herman, but just to know yourself. Okay. The main thing you have to know about yourself in order to become a citizen of eternity, to become a crystal being, instead of a bunch of pebbles, is to look carefully at your mind.

We all think and perceive in certain ways. We're like computers. We filter out about 99%—correct me if I'm wrong—of everything we perceive. We never even hear about it in our mind. All the stuff from the five senses is so overwhelming, usually, that we simply throw most of it out. Can you tell me what everybody in this circle is wearing? Through peripheral vision I can see just about everybody. Darn if I could tell you what everybody was wearing, though. We don't actually see the illusion. The illusion comes into our senses, is filtered through immense programming, which we learned over all the years of our incarnation, as to what's important for survival and comfort and hopefully, service to others, and what's not important, and we only get the stuff up here as a perception that's made it through all those barriers.

So, in no way can we know our whole mind at any time, and it is in that light that I would like to bring up the concept of the world out there as opposed to a theoretical world. The question basically is: Who is the self? Is the self the universe of which you are a spark? Is the self capable of splitting so that it can talk to itself? Am I the same self as you or you or you? My basic feeling, and this cuts through a lot of thinking, a lot of

years of thinking about it, is that it doesn't matter. Either we are dealing with elements of our subconscious that are so crystalline and sure of themselves that they are able to exist as forms in the thought world, or we are dealing with non-personal, non-self-created, but God-created other selves of some nature who are giving us the same information.

As far as I'm concerned whether all this information that we get and have gotten through the centuries, as far back as human history goes, is our development of an awareness of our subconscious minds, deeper and deeper, or whether through our subconscious minds we were able to pull in more cosmic energies, is really not relevant to me. I think the content is the only relevant thing. You cannot judge authority on anything except whether it makes sense or not.

So, in order to deal with these crystal forms or principles which may contact our waking consciousness through our subconscious and speak to us, we need to become a crystal being as far as our awareness is concerned. In order to do that the first thing we have to know before we begin any judgment or any clearing or anything like that is just to learn about ourselves. How do we think? This is a marvelous description of what a channel is supposed to be like by a fellow that wrote the first book on channeling that I've seen that I would recommend, and it's a fellow named Jon, J-O-N, Klimo or Klimo, anybody know actually how you pronounce that name?

Male Speaker: It's Klimo.

Carla: Klimo. Klimo sounds better anyway. In it, I think it's just called, *Channeling*, but it is a scholarly work. Of course, I like him because he agrees with me when he addresses subjects that I address. And actually it's the book I hoped for, you know. In my own book I started out by saying this is not a scholarly review. It would be great if it were, but time is of the essence, and I did get the book out in one year and 2500 copies before he managed to do all the scholarly research that he just came out with in this book. I haven't even finished it yet, or at least I just saw it for the first time.

Male Speaker: Spell the first name again, would you?

Carla: J-O-N. Yeah, anyway, what he says is, "In attempting to determine personality and attributes shared by those who seem to have a high degree of success in receiving paranormal information, noted parapsychologist Gertrude Schmeidler found that relaxation, extroversion, spontaneity and good rapport appears consistently in her most successful subjects. Other prevalent characteristics included a generally open attitude and a people-oriented disposition, a tendency to perceive in a global rather than a fragmented manner, a particularly rich imagination, strong curiosity and creativity and an openness to what Schmeidler termed 'self-transcendence.'"

So, you've heard of self-transcendence a lot. That's really the center of what I have to say to you is that you will be changing if you follow this course of channeling, but I think that if you will talk to different channels or read the different things that channels may have to say, I think you find that channels in general enjoy being with people, and I certainly wouldn't be doing this work if I didn't just love being here with you guys.

Okay. But given that someone is fond of people, it doesn't necessarily make them rational or intuitive, and that is what we have to find out about first.

We have to look at our self and just see how our mind balance runs. I mean, there's this little trick you can do to see which way your thumb folds over, right? If you're right-brained, your right thumb will be over and if you're left-brained, your left thumb will be over on top, and I did this and I found that was extremely fascinating, except for the fact that in one-third of the cases, the right brain does the left brain's job, and the left brain does the right brain's job, so you can't really tell anything from that. But at any rate, I guess the perfectly balanced person would be going like this. Because I think in two-thirds of the people the right brain is the rational and the left brain is - anybody know?

Female Speaker: Left is rational.

Carla: Left is rational, right. Okay. Anyway, it doesn't help in one-third of the cases, but that's one quick way of just sort of dousing to see whether you're making your decisions with your heart or with your logic circuitry. How do you perceive? Look at yourself; watch yourself. Are you a pessimist? Pessimists usually perceive by deduction and logic. Logically, we're in the toilet, we all know this. I mean that's life. Life is tough, and then you die. That's whether you're a channel or somebody that just wants to live a regular life and enjoy himself. Life always offers us challenges, but when we look at those challenges, are we a pessimist? Are we using our logic? Are we using our rational mind? Are we being pragmatic?

Or are we tending toward the optimistic, maybe even when there's no sense in it? Are we being faithful? Do we think with our heart or do we think with our rationality? Either works fine when we get through life, whatever our balance is. But in order to become the most universally understood channel that you can be, it is extremely helpful for you to try to balance your rational mind and your intuitive mind. So you need to ask yourself, "Why, exactly did I want to learn to channel? What kind of information did I hope to be able one day to offer? Is that kind of information the kind that matches up with the way I am? Or do I have some balancing to do?" Now if you're a real strong logic circuitry person, a good thing to do is work on worship experiences to increase your intuition. You know, don't, don't try to become sensitive. I mean you can't get from there to here without some kind of jolt, you know. You can't have an insensitive person who is totally unaware become sensitive unless somebody is working with you in some way. It seldom happens that you realize, you wake up and a flash of insight and say, "By golly!" So, but you can jump out of an airplane and feel worshipful, you know. Even if you're the most hard-headed cynic that ever lived, you will suddenly feel full of life. I guarantee you.

Actually, what I recommend for people that are relentlessly intellectual and don't have the faith aspect to balance it, is Sufi. Because in Sufi what you do is go on say, a two-week or a four-week or six-week or an eight-week program where you eat less and less while you're meditating and exercising more and more beyond your physical limitations, which eventually puts you in a different state of mind which is worshipful. It is a natural way to get high, and I realize that most people can't take church as a way to get high, although I get high at church. I just, I think it's the high spot of the week, but I'm a little bit stronger on faith than I am on rationality, even though I'm very rational.

But if you feel that you fall into that category vigorously seek out an experience—scare yourself to death diving off a 3-meter board, or jumping out of an airplane, or whatever it takes, mountain climbing, you know, whatever you can do and still live. It's the cat out in the hall syndrome. I used to have a cat that was terrified of the outdoors, but he loved to go out in the hall and shiver because it made him real scared and his tail got real big and he'd come back in the apartment with his eyes twice as big as when he went out, and it really is a worshipful experience to be scared to death. So, or run, run cross-country, I mean gradually, don't kill yourself over this thing, but run until you've gotten to the point you can run past your physical limitations and get your second wind and then by oxygen deprivation alone, your brain will change, and you will be experiencing happiness and euphoria.

It's a real important thing to experience just so that you know it's real because life is hard enough that a lot of people don't think that kind of thing is even real; think it's all a snare and a delusion. And if you're going to be passionately in love with life and people, eternity and the Creator, you just can't let that kind of attitude go on. Now, really, I think most of us are on the side of faith. And what I would suggest for people who are very faithful, but whose perceptions could be improved by an increased awareness of earthly things, is simply that you move into some kind of service to others that is physical.

Do some background reading on the problems that we're having. Get some kind of a handle on what the big deal is with the international bankers and the Star Wars thing. Read a book on recent American history and find out what's been going on. Read around and get a feeling for politics, for economics, for things that sound so dull. They actually aren't. They're part of the illusion; it's good to understand. It's like the weather, I mean; we're talking about weather on another level of life. It's good to understand the weather, to see just what the weather can do, to realize when the Red Cross needs to come in, to realize when it's not going to come.

As you do this, you will moving towards the center between rational and intuitive, and the closer you get to the center the more accurate, yet inspiring, the information is that you can channel which means, as far as I'm concerned. The more people that can read your stuff when it starts getting good enough to share and grasp some of it, get something out of it. Otherwise, if you're channeling very rationally, you'll be channeling ethics probably and only those people interested in that branch of philosophy known as ethics will be interested. On the other hand, if you're very, very religious, very devout, very faithful, you channel very inspiring material which is available only to those whose level of devotion makes reading your channeling a comfortable experience rather than a daunting one, you know, or a sickeningly sweet one. A lot of people can't take that kind of thing.

So, I urge you to, first of all, before you go any deeper, look at your conscious mind, and see how you perceive things, and work to balance it. If you don't want to balance it, you don't have to. If you want to channel spiritual material that is a wonderful inspiration just to those people who feel as you do, that's fine, that's your choice. I'm just saying that if you want to get more universal in your appeal, the thing you do is try to move more towards the middle of perceptions, of ways to perceive and give yourself a full use of your brain on the right side and on the left side.

Now, the practice that encourages this balance is not just thinking about yourself but taking that thought into meditation. I come back again and again and again to meditation simply because I have found it in my own life to be an enormously effective tool, in spite of the fact that I have yet to feel I've had a really good meditation. I'm not that good a meditator. It must have a lot to do with your intention, or I wouldn't have gotten anywhere yet, and I may not have for that matter!

Now in meditation, let me quote Evelyn Underhill in this because I think that meditation is a New Age word, and I think I need to link that up for you with the word 'prayer', which is an emotionally-charged and much disliked word which Christians use to beat you over the head, but prayer is a most blessed thing to do and meditation is simply silent prayer, listening. Now, notice when I say prayer I am assuming, and it is simply because I find it easier to picture God as somebody other than myself, you know, I like to talk to somebody. I pray to God and I listen to God, but the process is internal. I don't need an intermediary; I simply need to do it and to do it every day. I have to be as relentless as my calling.

Okay. Now in this daily meditation, daily practice of doing everything right, you will fail very frequently. Let me quote something before I go on, this is a very gentle quote from another book by Evelyn Underhill, whose work I recommend. "The gentle penetration of every circumstance of life of super-natural values is the mark of the really persuasive type of religion and this comes neither from a multiplication of suitable services nor from the promulgation of political ideas, nor yet from the deliberate cultivation of hearty, good fellowship, excellent, though all these things may be. It comes always and only from a very pure child-like and continuous life of prayer."

If you're not a little bit in meditation right now, I haven't set the room up right, and I'm not giving you the chances you should have here because you should be able to feel a lot of energy in this room, and I'm sure you do. I can, but I do think that when people say, "Meditate, meditate, meditate," they don't realize that there's also... there's contemplation of a rose is a beautiful meditation. The contemplation of a garbage dump is a beautiful meditation. The taking into meditation of a situation and releasing it and asking and letting it go is a wonderful meditation. These are all much more active than simple silent meditations, and I recommend that if you do these things, you do a silent meditation per day in addition to everything that may be active because no matter how much we may want to talk to God, no matter how sure we are of what we need, what we really need is to listen to God, not talk to Him, not the most. Because it is in that silent prayer that we get our orders, and we will get them.

We will fail continuously. I've mentioned this. I ask you not to worry about that. We all fail. Sometimes somebody like me doesn't realize that. I've found the intellectual things in life easy. I've gotten jobs whenever I've applied, that kind of thing, and I don't really see some of the difficulties that other people have to fight. You know, I've never been black and felt discriminated against or been a Vietnamese and had a civil war fought by strangers. I mean, some of these things that people go through are really strange, but through all these things there is the discipline, there is the persistence, there is the self-forgiveness, and I really stress self-forgiveness.

You see, we forgive everyone in the world but ourselves. If we hear something about somebody else, we'll say, "Why that poor person. Oh, of course, I forgive you, my goodness; anybody would have done the same thing. Well, you did, you're a heroine, you did a wonderful thing." We do the same thing ourselves and what do we say? "You stupid person, why would you do that?" And give yourself all kinds of negative programming. You're not forgiving yourself and unless you forgive yourself, you've had it. Your spiritual life stops right there and you're working on human talent. Working on human power is like getting one horse to drag you along instead of solar energy that's totally without limit. You'll run out of energy, being human. You'll get burned out and you won't be able to feel the fruit of all of the work that you've done.

So you must keep forgiving yourself when you fail to something you think you should have or when you do something you think you shouldn't of. It's very important, especially for people that don't go to church and don't go through this mythological process of saying, "I am a jerk and I am a kind of a bozo and I really regret it, I really do. You know, I really, really regret it" and having somebody say, "Hey, it's okay," which is basically all you do in confession is just say this is how I'm a jerk. But the answer is always the same. It's okay. Just start over. So we just have to start over every day and sometimes every hour and sometimes if we're really screwing up about every thirty seconds. Trying to keep up with yourself, that's all. It takes a lifetime to do the kind of thing I'm talking about, so don't expect a real hot number in a week.

Let me read something to you again from Klimo, but it's actually quoting from another favorite author of mine, Joseph Benner. Anybody else read *The Impersonal Life*? It's an old classic. This is what he said about his intention, "Dear Father, Thou hast placed in my heart a great desire to give forth unto the world the message of the impersonal life and I know this is my desire, and Thou has chosen me as the medium through which Thou wilt bring into manifestation. I now ask Thee to remove from me everything that hinders the outer manifestation of this desire and that Thou now supply me with all the means necessary to give perfect expression of the impersonal life, both in my own life"—a life comes first—"and to the millions of my fellows in the manner to which Thou hast chosen." Very humble man.

Let's see, how are we doing on time? Okay, my next note to myself is 'take it easy', but I think that I've said that already. It's just, if you're having a bad day, you know, I mean when things get beyond you and you're tired or you're ill or something and you simply can't hack it, you can't even forgive yourself any more. I mean, you've had it. I mean that's okay too. Turn on the tube or go to sleep or something and wake up again and then hit it again. Realize that people can run out of gas and you're not made of steel. You know, you have to take it easy. You cannot do work faster than you can do work. You cannot bring your channeling along faster than you can bring your personality discipline along, or you're going to be in danger of disrupting and disintegrating your personality.

So, the basic idea here is surrender. Surrender of the smaller self to the larger Self. Now there has been a lot of controversy lately in the New Age movement about whether there is a smaller self and a larger Self or whether there is only a self that should do just what it wants to do at all times. More about that later. I believe that there is indeed a good deal of work to be done in transmuting the lower self to the higher Self and a good deal to be left behind, and a good deal of pain involved in it.

And that's really the big reason you have to take it easy, you can't just wipe yourself out, you need to take it in. Surrender is not easy, surrender is like dying. You know, Paul said in the Bible, "I die daily." I mean, I think the guy did, too. He was real hard on himself, but I think we all spend a lot of time on the cross. If we are following a spiritual path because suffering is so much a part of it. Now, when you're working on yourself, it's important during the time that you're allowing information about yourself to float around in your consciousness, that you be very gullible because, especially if you've taken it into meditation and then come out of meditation, taken it into meditation and come out.

If you've done this for a while you're going to be receiving subconsciously-generated information about yourself, and you will receive it better as a gullible person. So simply listen to the impressions that are given to you about yourself. After that experience is over bring your discrimination into full play. Not until the experience is over. Once you start discriminating you stop experiencing. So, insofar as you are able as a human being, experience things with your whole being, and don't have any hidden agendas, just experience, because you learn about yourself that way.

Another way of learning about yourself, a very good way, is the dream diary. I'm sure a lot of you have heard about this in the past. Any of you kept any? Have you found it useful? For those of you who haven't, let me tell you, I started doing it to see what it would be like and I can, my hands are basically decorative, they've had like ten operations on my hands and wrists and they don't work real well, and I was writing for like 45 minutes a night, and I didn't even have the time to read it. So my keeping a dream journal was one of the most overwhelming experiences of my life. I had to stop it after a while, I was learning too much, but that doesn't happen to most people.

Most people will write down their dream and it will be a shorter dream than that and something they can work on and you can train yourself very easily to keep a dream journal by keeping something like this right by your bed with a pencil right there and a flashlight right here, and if you wake up at 2:00 in the morning with a dream on your mind, you simply write it down. You don't analyze it at that time; you go back to sleep, but when it's time to sit down and think about yourself, what's been going on in your mind, you look at those dreams and you look at that symbology and that is your subconscious probably moving up into the conscious mind so that you can work with it. It's very helpful and it's more helpful, of course, if you are consciously aware that this work is being done so that you can then follow up on it with your analytical and rational mind. But you've got to write it down as soon as you wake up, or you won't remember the dream.

So, and the last thing I wanted to talk about before the questions and answers—no, let's see, what do I have here? Yes, before the questions I'm going to have a question and answer/break, okay, of 30 minutes after I get this last subject that we're getting into more meaty material here and also because of the fact that you can't sit still forever.

My last idea is something that I really have never seen in print before, but the person that comes about as close to addressing the subject is Evelyn Underhill, who says, "Expression, once it is divorced from the critical action of the service of intelligence, always tends to assume a dithoramic form, rhythmic, measure and color, exaltation of language here, take a more important place than the analytic intellect will generally permit. This

feature is easily observable in prophecy and in automatic writing; it forms an interesting link with poetry, which insofar as it is genuine and spontaneous, is largely the result of subliminal activity. Life, which eludes language, can yet, we know not why, be communicated by rhythm and the mystic fact is above all else, the communication of the greater life. Hence we must not take it amiss if the voice of the Absolute is translated to us by those mystics who are alone capable of hearing it, often seems to adopt the grand manner."

And I simply wanted to say if you find yourself beginning to channel and you find yourself using high-flung language, try to make it high-flung language with good grammar. Try to make it high-flung language with real words. If you use 'thou's' and 'thee's', try to make them grammatical. Read books if you don't feel that you have an adequate vocabulary. Go see movies, anything, to get some words into your head if you've if you feel deficient in this area. If you feel you are not able to be poetic, read some poetry.

Part of the responsibility for conscious channeling is your own because you are taking concepts communication class, and you are clothing those concepts with the clothing of words, and the way you use the language is in some part your choice. The particular words that you use will have certain nuances, the particular style you use, which, by the way, is common to channeling all over the planet in any language, will have a lot of feeling tone to it that most things don't, that most prose does not. Feel okay about channeling beautiful language. Just don't feel okay unless all you want is beautiful language about channeling a beautiful language that's about nothing but ever-ness and wonderfulness because we have a lot of that channeling already and we really don't need more.

(end of tape)

Group: Row, row, row your boat, gently down the stream. Merrily, merrily, merrily, merrily, life is but a dream. Row, row, row your boat, gently down the stream. Merrily, merrily, merrily, merrily, life is but a dream. Row, row, row your boat, gently down the stream. Merrily, merrily, merrily, merrily, life is but a dream.

Jim: Very good. Okay, I'd like to start this session with some information again from the Ra contact concerning how each of us in our own evolutionary process during each incarnation repeats or recapitulate the overall process that the entire creation goes through. As the creation is made of the various densities of light, we have an analogy here in our energy centers or in the chakras, as you might call them. During the Ra contact, Ra referred to them as the energy centers, looking at the white light or the prana of the Creator as being an intelligent energy which enters through the soles of our feet and the base chakra or energy center, And then, according to the way that we have constructed these energy centers previous to the incarnation, is reflected or refracted through each one and eventually moves to the crown and out the head.

So one who is able to see the aura is able to determine how the energy is moving .And what we're attempting in each incarnation, as Carla mentioned, is to become crystallized beings so that we're able to receive and transmit the white light of the Creator in order to enable our own learning and service to others. Now, the way this seems to work is that as we are between incarnations—we've completed one incarnation and we're about to enter another—we look at the formation of our energy centers. We look at what we've learned; we

look at what awaits to be learned; and we set for ourselves different lessons or different challenges, different experiences that will pop up as many times as are necessary in the incarnation until we finally discover the lesson and begin working on it in some fashion, bring it into a balance.

Any disharmony or imbalance that you find in your energy centers is simply a lesson that is waiting to be learned. Now, before the incarnation then, as we look at each energy center, we can use each one to program these lessons. Just as each of the densities of the creation offers consciousness itself an expanded way or manner by which it might expand, so does each energy center offer us an increased way through which we can interact with others, with ourselves, with the creation and find those lessons that we've put there in order that, as a soul in the overall sense, we might become a balanced being.

In the third density illusion what we're looking for, according to Ra, is balance of all the energy centers together. We're not attempting to fully activate any particular energy center, much less all energy centers. There is a great deal of time in the higher densities available for that kind of refinement and that kind of balance. What we need to do is to find a balance that will allow us, when we are able, to be graduated to the fourth density, that will allow us to handle the more intense love/light or prana of the Creator. If we are exposed to that type of an energy without having a basic or minimal balance in our energy centers, it's the same as putting too much electricity through a circuit that can't handle it. So, in order for us to be able to handle that increased vibration, we look for balance.

To give you an idea about what Ra suggested the energy centers had to offer, the energy centers were given designations according to color, corresponding to the spectrum of light, red through violet, with the eighth energy center being above the crown, the white light once again. The energy of the Creator or the prana, the love/light or the intelligent energy, these are all interchangeable terms that were used. It apparently enters through the soles of our feet and through the base chakra which Ra suggested was the red-ray energy center. This energy center has to do with the basics, with survival, with reproduction, within the lower animals sometimes in our third density, with fight or flight. There is apparently not a great deal of conscious work that we do to affect this energy center, it's more like the given of a mathematical or geometric problem. It's what we start with; it's the foundation upon which we shall build all else that follows.

However, due to certain programmings or traumatic experiences, say, that occur to some people during their incarnation it is possible to block this energy center in some fashion so that the reproductive or survival nature is turned or distorted in some fashion so there it is possible that work can be done here. However it is not normal to consciously affect this energy center. Rather it is an energy center which provides energy to higher centers that we do indeed work upon.

The energy, as it passes through the red ray then, can go to the orange-ray energy center which is located in the general vicinity of your belly button, and this energy center has to do with your unique nature. Your personal characteristics, your eccentricities, the way you express yourself. It's sort of the handwriting of the soul for a particular incarnation. It's the way you express yourself in a one-to-one relationship, the first movement out of your own consciousness to another conscious entity. Now, usually the first one is with the mother and then with the father and then with any siblings, any parent, any brothers or sisters, with friends,

with a teacher in school, with the boss or co-workers, it's a one-to-one relationship and how you express yourself in that one-to-one relationship.

The theme that most frequently comes up in the orange-ray energy center is the theme of possession. Either the desire to possess another entity or the desire to be possessed by another entity or the fear of possessing another entity or the fear of being possessed by. This is usually found in the mated relationship and the way in which we see ourselves as melding into a oneness so that the relationship itself becomes like unto an entity. The problems then, or the challenges, the opportunities to learn that present themselves usually revolve around the concept of possession or of being able to give of the self or not being able to give of the self. The energy here, if it is not blocked too greatly, is then free to move on to the yellow ray, to the solar plexus center where there is an additional type of expression that is possible.

The type of expression here has to do with how you see yourself in groups, not just the one-to-one relationship of the orange ray, but how you see yourself in groups of entities, whether it's the family, the neighborhood, the class at school, the workplace, the religious affiliation that you may have, the political party, the spiritual group that you attend, the meditation group, whatever. The football team, right. Any type of group activity is the focus of this particular energy center. Any type of difficulty that you have in relating to groups of people can be related to this energy center in becoming a crystallized being and in attempting to learn those lessons you've placed for yourself.

Then you can begin to correlate the types of experiences you have in your daily life to these energy centers, especially if they don't seem quite balanced to you, if they don't seem quite the way you would wish them to be. You can begin to look to the energy center and see where these behaviors might fit and begin a process of balancing which I'll share a bit of that with you after I complete the information of the total energy centers.

The group consciousness then is not only the experience of the yellow ray solar plexus. That is the experience that we have in general in the third density. It's the experience from which we are attempting to move as we move into what has been called the New Age or the fourth density of understanding of love and of compassion. What we're attempting to do is to move from being able to relate in a harmonious fashion to groups of people that we're familiar with to groups of people and the entire creation that we may not have had any contact with whatsoever.

This is the area of the green ray, the heart, the area of love and compassion and the unconditional type of love where we attempt to open ourselves to the acceptance of all other beings and all other forms of creation, all other forms of life, whether we have any relationship to them in a concrete sense or not in this incarnation. It is a taking into the self, an acceptance, an unconditional type of acceptance or love that is the quality then of the green-ray energy center.

These first four energy centers are the one which instruments or channels work most consciously on, the ones that are really the basic requirements, the necessities. The higher energy centers are quite helpful, and the more successful channel or instrument will have worked with the higher ones as well, but these first four are the ones that we need to have in the most basic kind of balance in order to serve as instruments most

effectively and especially in order to be able to handle or welcome and enjoy the greater intensity of light that will be available with the New Age that is increasingly making itself apparent as thoughts become things more, more and more within our illusion.

Now, as we move from the green to the blue energy center, which is located at the throat, we're moving into the first area in which there is an out-flowing of energy, the possibility of the radiance of the energy that we have been able to assimilate and move through the first four energy centers then. This energy center at the throat is concerning communication and inspiration, freely-given communication, that which expects no return, but is given because it is required, it is asked, it is called, there is seen to be a way in which service may be offered. By activating and balancing and energizing the blue-ray energy center of the throat then, we are able to begin the first outflow of energy that we've balanced in the lower three energy centers. And through the fourth one we've been able to take into ourselves a kind of acceptance then, a kind of melding or blending of our being with the entire creation, seeing in an experiential fashion however short or long it might be, the unity of all of the creation.

Then there comes after that experience the natural desire to want to give out that which has been received and that which has been enjoyed and that which is seen to be of central value in any incarnation or any experience. When we move past the blue ray then and move to the brow or the indigo ray energy center, we're moving to the area that Ra suggested was the area of adept, the white magician. In the classical sense, magic is the ability to create changes in consciousness at will. Ra added some to that definition by suggesting that magic, or the ability to create changes in consciousness at will, is a function of our conscious ability to utilize the resources of the unconscious or subconscious mind.

Through the tree of mind, if we look at the branches of the tree being the conscious mind and the trunk of the tree being our intuition and the roots of the tree being our subconscious mind, the roots then, of our mind are our connection to the cosmos, are our connection to every incarnation we've had, are our connection to all the rest of the creation. In the indigo-ray energy center then, when it is activated and balanced, it is possible for the adept to move through the crown chakra, the violet ray, and to make contact with that eighth energy center, the white light above the head and to partake in what Ra calls the fully experienced presence of the One Infinite Creator, or as other cultures have called it, the nirvana experience, Samadhi, kensho.

This experience of unity with the Creator then is activated first in the indigo-ray energy center and may express itself—if it is expressed—and it is often not expressed, but remains in a state of un-manifested beingness, so that the entity simply has what you might call a radiance of the being. But if it is expressed may be expressed in any one of three ways, using the green, the blue and the indigo-ray energy centers.

The first expression that is possible is through the green ray energy center where the healing energies of the acceptance of love and of forgiveness are activated by this contact with what Ra called Intelligent Infinity or the white light with the Creator. These are all terms that describe different aspects of this contact.

The second kind of manifestation has to do with the blue ray or the throat energy center in which inspiration and communication and service is freely offered without any expectation of return.

The third type of expression of that contact with Intelligent Infinity remains within the indigo-ray energy center and has its place in what Ra called the, with faith or with will, where union with the Creator is sought in order that the entity experiencing the union may be of increased service in whatever manner is its chosen way of being of service.

So that the indigo ray is then the last energy center over which we have an effect that we actually work upon because as we go to the violet ray or the crown chakra energy center, we have again an energy center which is constant in nature. It can be seen more as the thermometer, the index, the vibratory nature or quality of the individual. An entity that is able to see the aura and look at the violet-ray energy center then will be looking at your balance of mind, body and spirit, will be looking at the balance that you've been able to achieve in the lower energy centers and can get what you might call a quick or a thumbnail reading from this.

This energy center, in combination with the red ray, both being constant in nature, combines to form a red/violet shell about the aura which holds in place the level of balance of mind, body and spirit which is another way of saying that it holds in place our degree of health or dis-ease or the way in which we've been able to balance ourselves. Any imbalances, any leaks that we have that are hindering our progress may be observed and held in place by this red/violet combination in the aura. When a healer works upon the one to be healed, what is first done, whether it is consciously done or unconsciously done, just by the force or power of the healer, is to interrupt this red/violet shell that holds in place our current level of health. Apparently, that's what the pyramid shape does and was one of the reasons that Ra gave the pyramid as a tool or as Ra called it, training wheel, to the Egyptians to utilize. It was used for healing and for initiation.

The shape of the pyramid is similar in function to the prana of the Creator as the drain in your bathtub is to water. It tends to spin it in a fashion that will interrupt that shell that holds the health or the balance of mind, body and spirit in place so that if the one to be healed has been efficient enough in learning certain lessons then it is able to accept a new or novel configuration of mind, body and spirit that then becomes the new balance and is then re-inserted as that which is held in place by the red/violet shell of the aura.

The type of balancing that I was talking about before, that you can use as you observe your daily life, was something that Ra suggested is well accomplished at the end of the day or at any time where you have some quiet moments that you can reflect peacefully and objectively upon situations that have made an impression in your consciousness, whether they have been very positive and joyful or whether they've been negative and distress-making. There is the need, apparently, to balance both kinds of experiences so that there is, as a result, only one response from you in the balanced fashion to any stimulus that you may be presented, whether the stimulus is of the greatest tragedy that you can imagine or the greatest harmonious joining of energies of people. No matter what the situation, the one response that Ra suggests indicates balance is love.

If your response is to give love to the situation, then you've got a balanced condition within your energy centers. As you all may know, there are very few who are able to do this, but that is apparently the goal and

the way that you can go about balancing your responses to various stimuli, positive or negative, is in the contemplative or meditative state, to review the day and to see what's made an impression upon you.

Relive again that experience as it was, then intensify the experience through your mental activity or through the force of your will, intensify it until it becomes ridiculously loaded in whatever direction it was, whether it was anger, it's ridiculously angry, whether it was joy, ridiculously joyful. Make it so absurdly large and obvious that when you then let it go, it will call to you it's polar opposite as a natural function so that if you felt a great deal of anger at some point during the day and angry at a certain person or angry at yourself, anger at whatever, then you would intensify that consciously in your meditative state and then let it draw to you the feelings of wishing to make all well again, which are a natural feeling to any person that really has a sensitivity to the self or to any other self.

If you've injured a person and you know that it was part of your doing that the person has suffered an injury and in the quiet moment you think about it, naturally want to try to do something to make that well, to make whole what was broken. This natural faculty then is called to the fore of your consciousness in your meditative state after you've gone through the process of re-experiencing it and magnifying it until it's beyond all normal proportion. Then, after you've done this, you've got the polar opposites of the experience in your field of vision. You simply accept yourself and all other people that were involved in this experience, but most importantly, yourself, because you are the one who created the experience that you experienced. You accept yourself for having both of these means by which the Creator will know Itself.

Now, if you think about it and think about the lessons that you've learned in your life, this really seems to be nothing more than a speeded up function of what really goes on. We tend to learn most easily from afar or from hindsight. I guess that's why hindsight is said to be 20-20 in its vision. We can accept things that we've done that are less than harmonious most easily when they're behind us. It's easier to accept that which we've already done, we've committed, than it is to accept what might be going on in our lives right now. What this particular type of technique offers you then is a means by which to speed that process if you do it in a constant fashion, in a repeated fashion, regular, as a part of your nightly ritual or as often as you possibly can. If you regularize this practice then, all you are doing is putting somewhat of a magnifying glass on a normal function that is on-going in your incarnation all the time anyway.

And at this point, I think it would probably be good if I asked if there are any questions. Again, I've given you a whole bunch of information in a short period of time.

Female Speaker: Okay. You're talking about the polarization. I had a very weird experience at the time I lived in Mobile, but I went with her on a trip and everything was going fine as a matter of fact, almost spiritual, and she gave me a five o'clock time to go. She was watching me and helping me try on clothes, and we went out for dinner. We were sitting there, and all of a sudden she started screaming at me, "Where do you get off with being spiritual?"

"Pardon me, what are we talking about?" And the whole entire restaurant turned around and stared and I said, "There's nothing wrong here, there's nothing going on. We haven't had an argument." Nothing had

happened, and then she continue in that style, that stupid, holy cow and I never could figure out quite exactly, you know, what happened and we talk about—I didn't feel angry. I didn't feel anything and I said, "God, what do You want me to get out of this, you know. What am I supposed to know about and totally unprovoked, something. And I did come home. I got stuck with the bill and the car bill and found thousand other things. Plus, I'm wanting to write a note and say I have no feelings about that, you know, I love you. I care about you, and I told one friend, whose quite spiritual and she said, "Oh, for God's sake, don't do that." So, if someone in looking at these weird types of what, what do you do? Just say, whatever it was, I don't get it. I mean, isn't the lesson just saying a lot of things just really don't have to be analyzed, just happen?

Jim: Well, that seems to be a fairly exaggerated example of...

Female Speaker: That was weird.

Jim: Of what really occurs every day for us because each of us creates with our own perceptions a world of our own, a universe of our own and usually we interact in a more easily understandable and harmonious fashion with each other. When you want to use an experience like that for your own balancing, you would take whatever response you had to it. If it was anything other than love and pure acceptance at that moment, then you would take whatever deviation you had from pure love and accentuate it until it was ridiculous and then go through the process of dropping it, letting it call the opposite, accepting yourself for both.

Female Speaker: This is so...but I got the idea.

Carla: I think plus the fact that you have to realize that when somebody without provocation hits you with something like that, that you're looking at a person in trouble and person needs a friend then if they ever did.

Female Speaker: Well, what kind of response...

Carla: Well, there was no need to respond, all you're going to do is pray.

Female Speaker: Yeah, that's true.

Carla: Yeah, there's no need to do anything for her but pray. You don't need to tell her about that.

Female Speaker: No, I don't. Right.

Carla: I mean just to get her back in the act and say, you know, she's not giving you a clear signal. The clear signal is she's in trouble. I don't know why, but she was in trouble at that point. So, you know, I think that holding her in the light, forget the more neutral term than praying, but I really do think that when one is confused like that, that the best service you can do is simply to hold that person in the light.

Female Speaker: I guess so...

Carla: It's very healing to the...

Female Speaker: I guess sort of...

Carla: It's very healing to the..

Female Speaker: What you're bringing to yourself, I mean if the

Jim: Well, Ra suggested that each of us sees our world about us. We perceive it subconsciously first and color it according to our pre-incarnative choices to look for certain kinds of energy in certain patterns so that we can learn how to respond to this certain sort of energy. So we're coloring everything that we see first, before it's ever seen. We all see a slightly different cup of water here and what Ra suggested to do in the moment is not to try to contrive or create a response, but to spontaneously respond whatever you're feeling, and then take that as a valid response into your meditation and work with it then. Don't try to force it or form it in a certain way that you ideally would wish to act, but simply spontaneously respond and use those kind of spontaneous responses then in your meditation for balancing.

Carla: You may hold your questions because I've got a little bit more to do here, and then we can accept that same subject. And then we can have questions until the end of the time. Let me see your outline.

Jim: You're right. I asked too soon for questions, my fault.

Carla: We changed it, yeah, but that's okay. Plenty of time. Getting people to really change the... Oh, thank you. Just anywhere. Evelyn Underhill puts it this way: "A well-ordered natural life is the only safe basis of our super-natural life. The human power of choice must be submitted to the rule of prudence. Human impulse and desire to the rule of temperance. Our self-protecting mechanisms softness, nervous fears to the bracing touch of fortitude."

The basic principles of getting peaceful begin with being totally, totally honest with yourself. This is an exercise highly underrated among our people because nobody, almost nobody is completely honest with himself. I'm not, by the way, a male chauvinist. I am merely using the language. Please excuse me if I don't say he, she and they, but I happen to believe in English. Never mind, it's another subject.

Anyway, I do believe in sitting down and thinking over all of our relationships in the same light of honesty and if there is something we can do to say, "I'm sorry." If there's an imbalance that we perceive, then I think that it's a real good idea to go work that out so far as it is physically possible for us to do so. If not, it's time to forgive ourselves, forgive that person and let it go. If there's something we can do about it, do everything we can. If it still doesn't work, we forgive ourselves; we forgive the other person; we forgive the situation; we let it go. That's that basic of it.

Getting peaceful is being honest because when you're honest about who you are and what you want, you either like your life or you don't. And a lot of times you actually like your life, but you don't know that you like your life because you've really gotten it made very complex by some little details you haven't worked out, you know, little things. Which way the toilet paper goes in a relationship with your husband. I mean this can be very important. So find out where the areas of conflict are, be they stupid and scatological or extremely deep and important. Most people have a basically negative agenda of life—life is tough, and then you die. That's because life is tough, and then you die.

That's true, that's absolutely true. Philosophy and spirituality do not give you an easy life. They give you a point of view which is full of joy and peace and hope, and after a while they'll discover that it's a very merry life as well. But it looks like a negative agenda, and when you wake up tomorrow morning it will probably still look like a negative agenda and the challenge is to gaze at it until you find the key. This may take years. This may come instantly, who knows? But there is a key to your life pattern that lets you understand yourself, not as a victim of this and that and the other thing, but as someone who may respond in this way to this pattern and thereby learn that particular lesson and go on to something else. That's not to say your life will be easy thereafter, it's merely to say you'll be done with that particular lesson. There's always another one.

One thing a lot of people come to me about is right livelihood. They want to serve the Creator, and they want to serve the Creator by some obviously spiritual act. Now, I have found that serving the Creator right where you are, right where you stand, is the most spiritual act you can perform. And I tell this to the prisoners that write as well as everybody else. We all live in our own prisons and whatever prison we're living in personally we are sharing an even larger prison on this little chicken coop that's flying through the air. As Oscar Wilde said, "All of us are drunk in the gutter, but some of us are looking at the stars." As Jim said and so well, the basic goal is to open the heart chakra. We have a certain amount, an infinite amount actually, of energy coming through our lowest chakra. Our goal is to get all of it up into the heart chakra. Not shoving it up in there, but it being attracted by that which is up here, you know, the Kundalini idea, the idea of the God-force coming from above and your own prana coming from below, and if you're open enough it comes up through the energy centers and hopefully all the way up.

Well, what we're hoping for in preparing people for channeling is to open up all the way to the heart chakra because once your heart chakra is open and you're feeling unconditional love then there is no impediment to your channeling, besides what we're going to get into tonight. Okay. In one's own self-image and so forth it's extremely doubtful that you have any real work to do. I will say to most women and some men that there is a little work to do because I think I perceive most American women do not perceive the goddess in themselves and I want to tell you COME CLOSER TO THE GODDESS, you know! I mean if you don't have that kind of passion, what kind of passion are you going to bring to your love of people and your love of God?

To be a vital person—I don't mean to say that everybody has to be sexually active. I have been sexually inactive for long periods of time before, not my choice. It's a matter of accepting that strength in yourself, that incredible power, getting in touch with it, claiming it, being it, at heart, the God-self in you is absolutely gorgeous, absolutely beautiful and perfect. Now men know this for the most part. Men are cool. At least they act like they know it more than we do. We are going around; we're putting stuff on our face, you know; we're cinching in our waist; we're boofing up our boobs; I mean we do everything we can think of to look good for each other as women and to attract men.

We're not sure of ourselves. We're not firm-footed goddesses until we claim it, and that to me is what I would urge, is feeling good about exactly what you weigh, exactly what color your hair is, exactly what dress you're wearing and the whole bit. It's hard to do in this culture because it's just not, you know, unless you have a playboy figure, you're not trained to think really, really well of yourself. I don't think men have this trouble so

much. I don't know, men, maybe balding is hard. Balding is probably hard, but that's as hard as the women think...

Female Speaker: Well, you picked a good thing to bring up.

Carla: But to feel good about yourself as a body, as a sexual, vital being is really an important thing, because when I ask you to be passionate, I'm talking PASSIONATE, and I want you to see passion the way you see sexual passion because I think from experiences that I have had of unification with God or whatever, some giant weirdness, that it is truly an experience of constant orgasm. It is that strong, that beautiful, that deep and that creative. That is God in action. That is the energy I experience coming from the unity. Now, don't we passionately want that? We want that just as passionately as we ever wanted a mate. As a matter of fact, that is our spiritual mate. He loved us first, or He wouldn't have made us. It makes perfect sense that we would passionately wish to find out more about Whoever the Creator is.

So, I urge passion. However, most of our blockages come in orange ray as Jim has mentioned, and I'm going to get down and dirty about marriage because that is, of all the things that people write me about, by far the most common problem. Using sex as a bargaining chip in marriage, absolute no-no. Very easy to do, mostly by women, but also by men. But if you say, "Not tonight, honey, I've got a headache," when you mean you are really ticking me off, and I am not about to get close to you right now, what you should do is say, "You are really ticking me off and we have to talk." See, you're denying yourself when you deny your mate. It's a real blockage of sexual energy, but it's blocking in orange ray because of fear usually. Usually fear of being possessed. Usually people want more freedom, you know, or something like that or somebody's after you so hard that you're trying to run away.

You can have blockage - my blockage, I think from a child onward has been a feeling of low self-worth. I'm an adult child of an alcoholic, and I was one of those over-responsible kids, and by the time I got to be older, and you know, my parents, they were just not functional. I don't know if any of you have come from that kind of a household, but drunks don't function. They didn't know what I did in school or anything. They were just doing what they were doing. So, if you come from a workaholic family, any kind of an addiction at all family, if you've been brought up in this culture, which is somewhat addictive by nature, you are likely to be plagued by low self-worth. That means that you're blocking in orange because you don't love yourself.

You have to love those parts of yourself that you most dislike; you've got to face them down. You must love those parts of yourself. You would if it was anybody else. Let yourself be anybody else; we are all one. When you meditate and your mate does not meditate, it's only a matter of time. I urge each of you that has a mate or a spouse, if you're meditating, see what you can do about doing it with him or her because otherwise, you will be changing. The mate will not be changing. It will be increasingly difficult to communicate, and I have seen many marriages break up because of the beginning of the spiritual search of one of the two.

It's a real shame; it shouldn't be; it should make you stronger to stay together; it should give one the wider point of view that sees that the purpose of the marriage ordeal is the purpose of any other ordeal and that is to give love. It is not usually seen that way. You know of doctors divorcing their wives so often after medical

school because they just can't communicate any more. Well, spiritual medical school is basically, I mean, we're talking about changing rapidly into a different kind of person, and if you can possibly get your mate to meditate with you, do it, because otherwise you are going to have to work very, very hard on communication, and I do recommend working very, very hard on communication as opposed to bugging out.

Okay. Infidelity, number one problem I ever hear in the people I work with. It's not usually their own, usually somebody on the spiritual path is off at too many conferences and it's the mate that's finding secretaries and things like that, but think about it. Infidelity. How miserable must your mate be to have done that? How much out of touch must he or she feel? When did that person ever need a friend more? When was that person ever more in need of forgiveness more and non-judgment? I realize it tears the roots out of your heart to do things like this; it's not natural and you can say, "I'm really hurting a lot," but after that I strongly suggest you explore the possibilities of being strong enough to remain through such an experience with your mate because of the nature of the marriage contract. Have you ever looked at it real carefully? There's no small print. It's for better, for worse, for richer or poorer.

So, as I said in my book the first thing that happens when you break up a marriage is that you break your word because you promised to love this guy or this gal until you both don't exist anymore. One of you doesn't exist. Now, I don't think most people should get married because I think it's a highly underrated institution, you know. I think marriage is a wonderful ordeal; it should be taken on by very strong people who want to do some work in this world. It's a working relationship. It's not romantic. It doesn't seem to me to be romantic. The work of a marriage is to pull together because we are going to be going through suffering. There it is; that's just the way life is.

As Joseph Campbell said, "Life is lost," but when you have a mate you are working on your spiritual path together. If you're absolutely honest with each other, you're good mirrors for each other, so nobody's getting away with any BS and you together, then, can reach outward with much more strength than one of you alone could, and that is a very idealistic look at marriage. But I think that there are at least two married couples in this room who live lives basically on that model, and it is an ordeal; it is a giving up of the small self in order for us to happen because we need the "us" more than we need the part of the "I" that we have to give up. We never give up our inner self, our true self. That's impossible, I mean, we can try, but we can't do it, but there are extraneous details upon which we can discover that we merely have a preference not a necessity. Jim and I have to talk an awful lot, for instance, to maintain a total relationship, a totally clear relationship. We do, we think it's worth it. When Don was alive, my primary relationship was with Don for many years and we...

(end of tape)

Carla: We all have different relationships. In some relationships talking is all important. In other relationships very little needs to be said because the two happen to be thinking very much alike, and so the people are always up with each other. Jim and I think totally differently. You can tell from the way we speak, but I think anything is worth it in this particular ordeal because I think that the benefits of marriage to each other, to the selves and to the world around us are just incalculable. It is really too bad that people do not value it as they once did and think instead that either it should be gratifying them all the time, or they should move on.

I know that in the New Age it has been said many, many times by many different channels that people are having short relationships and many of them because of having to finish up karma, you know, because this is the last incarnation. I think it's because they didn't want to work very hard, guys, at least in some cases. Perhaps a term that I heard once called "bricks" is the one that I would use. I would say at the end of the day if you have five-ten minutes before going to bed, think of any bricks that have started to build a wall between you and your mate and take them down and talk about them.

Female Speaker: Would you, like, to want to get the other party that doesn't want to do anything at all. How would you describe that? And a marriage like that? I mean, you're assuming here that you have two people...

Carla: That want to talk, yes.

Female Speaker: Yes.

Carla: If the other person doesn't want to talk, you are left with expressing yourself fully to the other person and accepting that the outcome was not as you would have wished. Now, if you feel strongly that this relationship should continue, you simply live with that, with not being understood and not understanding his problems. You have the choice, of course, at all times, and I'm not against, I mean I would never say, "Don't divorce," you know. All I'm saying is if you're going to get divorced for the next year or two, don't channel cause you'll get too crazy.

So, I guess, be slow with yourself. Talk to each other if you can, and if you can't express yourself, even if the other person won't do anything back. Give it your best shot. Don't be daunted by anything. I mean, when you're discouraged, call upon your faith; call upon your hope; call upon those things that you can't see that you believe in. Don't be a fanatic. You can drop a seed here and there, but don't go around trying to change people, even people who won't talk to you.

Don, by the way, would never talk to me, ever, but I know love when I feel it. He was worth it. You just had to be persistent. Now, the whole reason that I'm telling you all this is that there is a lot of danger involved in opening your heart chakra before you've done this clearing work. I've seen it happen, and I'll tell you more about it tonight during the tuning and challenging part. But if you open your heart chakra and you've got an inadequate amount of energy there, it is possible to peel off a not very well integrated portion of your personality. It is possible for you to have a breakdown; it is possible for you to become dysfunctional it is possible for you to end up in a mental hospital. These are not nice things, but I have seen them happen, and I honestly do think that this process that I'm talking about here is the beginning of the safeguards against that happening to you as channels.

Questions?

Oh, I did have one thing I wanted to do. I wanted to read to you three things that bugged me, just because they bugged me, okay? I'm not going to tell you where I got these things. I just... there are problems with authority in the New Age and one thing I say over and over again is use your discrimination on me and on everybody. Here are three things that personally beg me.

"Illness can be cleared by learning to listen to what the body is trying to say to you when you are ill. Understanding this message gives the body a most needed feeling of acceptance instead of feeling it is you against your body trying to defeat illness as though illness is some kind of a sabotage by the body. Illness is not sabotage; it is the body's statement that it has been having to hold the imbalance of denied will and needs release. If you can accept the message and regain the necessary balance, illness disappears and health prevails." This is quite true for many illnesses. However, what makes me really upset is that what is actually a very benign process—aging, dying and death—has been given more guilt by the New Age movement than even the Christians. I mean, you don't get that much guilt from a hard-shelled Baptists about being sick.

It's just amazing how guilty the New Age can make you feel. You know, I totally accept responsibility, for instance, for the things that are wrong with me, and there are lots of things wrong with me. I have absolutely no idea, having done quite a bit and had to do more than I'm doing to release the energy that I'm using to hold that in place. I have, in fact, after a lot of different sources have said the same thing to me in a lot of different places, begun to accept that it may be possible that what they're all saying is correct, and that some illnesses are pre-incarnatively disposed.

Okay, that may be so, but to tell a blind person that if only that blind person were willing to see, he would; to tell a person in a wheelchair who's had a car accident that it's his fault he's not walking is just horrendous to me. To tell a person who has AIDS that it's because of his relationships, poohy! I'm sorry, I don't think that that's right and I don't think that is an idea in the New Age that really needs to be examined and thought about. Like I said, I do believe that anger, for instance, will cause cancer real fast under the right circumstances, and diet can undo it and, you know, releasing the anger, but I do think that it's a more complex subject than people make it out to be in the New Age.

Okay, here's another one. It's all mixed up here. "Feelings of being undeserving must be released. Judging yourself to be more deserving or less deserving than others is not being open to what is simply appropriate. Feelings of inferiority or superiority are off balance. Love accepts all as perfect, and yet love loves everything exactly as it needs to be loved and as it can accept love. The path of recovering the balance of spirit and will in the heart will show you that your own right place can be recognized by you because it will feel just perfect to you." I have been in exactly the right place my whole life, and there were long periods of time where it felt terrible. I don't think that being in the right place means necessarily that you're going to be filled with joy and happiness. I really think that sometimes the very, very right place for you is a place in which you are going to suffer and like the quote said earlier, if you can look at misfortune and say, "Hello, friend. I see you again. What shall we do this time?" Then you've begun to find joy, but not by expecting everything to be joyful.

Last quote: "When the earth's changes intensify, animals that need clearance may become suddenly fierce and unapproachable. Others may choose to die. Cattle, for example, have asked me to lift most of them off of the earth." Now, what happens to contacts, see, is that they move from talking about the New Age, to talking about the cataclysms before the New Age, to talking about surviving the New Age in their physical bodies, not even thinking about the true nature of themselves as spirit beings, right? So, they want to get lifted off the plane. So you see this in a lot of mixed channeling. You'll see talk about getting lifted off the planet, but in

this one, man, the cattle are getting lifted off the planet. I figure it has to be from India, right? Okay. Okay, I'm done.

Questions and answers.

Male Speaker: I don't really have a phrase so I'll just ramble for a moment until I get my idea across or my question. The thing about having entered into a relationship and forming a marriage contract, okay? We've done it twenty years ago; we've done it thirty or forty years ago, within the last five or less years. We've discovered that there is a path to go to highest, etc., etc., etc. How do you square with that in terms of your partner that's just, "Shhh, don't talk about it, or leave, or if you talk about it I'll leave," What do you do in that situation?

Carla: Well, I guess in that situation you simply have to sit down and be extremely honest with yourself. You have to ask yourself: #1. What does it mean to me if I break my word? Because if you don't respect yourself you're not going to have a happy life. #2. If it's okay for you to break your word if things aren't working out, you know, and you just accept the fact that there's not communication any more. You can go to that person and honestly say, "I don't feel there's any communication between us. What do you want to do?"

Male Speaker: Right.

Carla: And if that person has nothing to say at that point, then you'll have to tell them what you want to do.

Male Speaker: I guess I have a problem with the term 'breaking your word'. You enter into a contract (*inaudible*) from the other standpoint or view the aspects that cause the contract to be drawn up change at which time the contract is alterable.

Carla: I think agreements are always alterable.

Male Speaker: Right.

Carla: There's something about the marriage contract that gets into yellow-ray business, and it is a business, and that's why I refer to the marriage contract as such. I think that's it great failing, as a matter of fact, and when Jim and I married, we agreed that our lovers would never marry, that we'd meet each on the side.

Male Speaker: Yeah, now see, this is, this is the essence of what I'm discoursing as opposed to questioning. You entered this contractual agreement with full awareness of this great change that the essence of our world and business is going through, one individual at a time. When you've been in a contract, a holy contract, with a person for a number of decades possibly and one discovers one opens themselves to the light, recognizes it however terminology you wish to use, and the other one says, Things were just fine; things are just fine; things will be just fine. I don't want any part of that," that comes after that marriage contract.

Carla: Well, I'm a negotiator myself. I really believe in talking, so in that situation I would say, "Can I follow this path and can you support me in this path as long as I don't talk to you about it?" That is, if you want to stay with the person and make an agreement with the person and even say from time to time, "I will have to

write you letters, you don't have to read them, but I will have to write them," you know. I mean, there are different ways around, but I think when you've spent twenty or thirty years with somebody, you hate to toss it.

Male Speaker: well, absolutely and I'm aware of several workings for my own understanding, very loving and supportive relationships, where one or the other, you know, generally the female of the party is involved and the male isn't, but he remains supportive and she remains supportive of him and his position also.

Carla: Yeah and I think that's really valid.

Male Speaker: It's grueling work.

Carla: Total work, yeah, it's grueling work.

Male Speaker: Yeah, there is no this or that in terms of the terminology that you were using.

Carla: I'm a Christian the same way that a person in that situation would be a New Ager in that Jim doesn't share that, but he is so supportive. He drives me to church, you know. Now what more can you ask? So, it's just all a matter of talking.

Male Speaker: Isn't it true most people probably break their word and contract if you consider the fact that there is no death and the marriage contract says until death do us part? The spirit does not die, so therefore, from one incarnation to another, if you marry different individuals, in truth, you are breaking a covenant.

Carla: All right, that's cute, but that's sophistic. I'm afraid that is not truly logical. The contracts have to do with the illusion, and death is the end of that particular illusion. As a matter of fact, what was it, Jim, that you saw on the gravestone? The guy had.

Jim: In Louisville, Kentucky there is actually a gravestone that has—the husband died first—so on his gravestone he had inscribed the words, "As I am now, so must you be, prepare yourself to follow me." And his ever-independent wife, when she died, was buried beside him, but on her gravestone she said, "To follow you is not my bent, because I don't know which way you went." That's true.

Carla: Isn't that great? Let's see. Anybody else?

Female Speaker: What was the thing you said minutes ago to him just before you know, you said something about Jim and I do it this way.

Carla: We talk a lot.

Another female: She said, "Jim and I," not Gemini.

Carla: Did you say Jim and I?

Jim: Probably about the lovers.

Carla: Oh, something about Jim and I, the lovers never getting married? Yeah.

Female Speaker: What did you mean by that?

Carla: Well, you see, my relationship with Don Elkins, I live an open life, so don't think I'm confiding in you. Everybody that's ever asked me this question, I've told this to. Don and I lived a chaste life together. It was his choice, not mine, and for six out of the sixteen years we were together, I didn't have a lover., I mean I always could have, but there just wasn't anybody that I felt really good about, and so when Jim and I married, we had been lovers since '80 and we really didn't want to lose that. I didn't see Jim as anything but a friend and a lover. Don had been the center of my life.

I just adored the man, but about two years after he died, Jim started gaining good qualities in my eyes, and I guess I did to him, too. We ended up getting married, but we talked about it before we got married and we decided that both of us were so fond of that particular part of our relationship, the intimate part of our relationship, that we didn't want to risk marriage happening to it, because of what we had seen with almost every married couple we'd ever known. And that is that somehow things changed, and we liked things the way they were, so we said, "Well, our lovers will never get married." And to this day, we make dates with each other and we go out on dates.

Female Speaker: Even though you are married.

Carla: Yeah, we go out on each other.

Jim: With each other.

Carla: With each other. I mean we're faithful to each other, but you understood the mental thing. We don't take each other for granted at the heart of it. That's what I was saying.

Female Speaker: All right. Then I want to ask you a question of being faithful to one's mate or partner, or say you're in a married or a not married state, but especially if you are not in the married state. Now, my natural bent is just naturally to focus on one man I'm going with, be it two years or five years...

Carla: Serial monogamy.

Female Speaker: Yeah, like a lot of men do. I don't even think of it as another. If I thought a man is easy, the most natural thing and my partner is one who honestly thinks and desires to operate on... I mean he would highly prefer going with three women all the time.

Carla: Umm-hmm.

Female Speaker: Typical kind of relationship (*inaudible*).

Carla: Whatever's available? Yeah. Well, I'll tell you there's a difference in the way men and woman are brought up. I don't believe there's any difference in the way we're made.

Female Speaker: That thought is dangerous any more.

Carla: We're, yeah. Well, there are always rubber duckies!

Male Speaker: An important benefit of toys. Some people, based upon the understanding of astrology, would seem to nibble at that in that some people who have, for example, their Venus is in Scorpio. They might behave sexually in another way than what would be considered acceptable. Or somebody who has a Venus in Taurus or in Libra where the same is his best possible. It came out that he had sex with over 1500 women, without knowing where his zenith was. They predicted he probably was Gemini, turned out to be. So, I'm saying it's different strokes for different folks again, and there's different kinds of people.

Carla: Do you know how many puns you've made in the last two or three sentences?

Male Speaker: Hmm?

Carla: Never mind. I said, do you know how many puns you've made in the last two or three sentences? Well I'm not an astrologer, and I'm sure that has something to do with it, but I think what has even more to do with it is the way we're brought up and the way we are biologically. If we were brought up completely openly, I think men and women both would have a range of sexual appetite and on meeting each other would express that and share sex as young people before they had decided to set down and have a family, and it would just be sort of fun, you know.

I don't think there's anything more to very young sexual feelings than that. It's just that it's fun, but the problem is children may come of the union and women are going to be the ones that have them so that look, facing the same situation, society teaches the woman to deny her sexuality. That's why I said, women, you're going to have to claim your passion back because the society's been trying to take it away from you since the day you were born. What did your mother tell you? Wait until marriage. They all want the same thing. Didn't they?

Male Speaker: She was right.

Carla: Yeah, and what do they tell men? They say, go for it, guys. Everybody sows his wild oats. So it's just a cultural difference. And so I think that women have a rite of passage if they get married, whereas to men, marriage is not a rite of passage to being grown up. Marriage is something they do as a favor to the girlfriend that wanted to get married. It has no real meaning to a man at all, and I think that men do need a rite of passage in this society and don't have one. I would love to see them have one. I would love to see them be able to do something that was so terribly, terribly, physically difficult that they felt a significant closeness to death doing it and then they were men. I mean do you realize what they used to do to Native Americans, you know pierce their chest skin and hang by their chest skin until the skin broke? I mean, after that, you're a man.

Male Speaker: Possibly in the next octave men will bear children...

Carla: I don't know. I really don't know, but I really do think that there is a difference between the mindset of a man who has basically not gone through that rite of passage to become a man and that is described in the willfulness of his behavior. "I will this, therefore I will have it," and as the man or the woman matures to a certain point, she says, "I am in control of my will, and I wish to use this tremendous power I have in this way." So that the will doesn't move the person, the person uses the will to move in the direction the person wants to go. Women grow up a little bit more in this society, I think, because we take marriage more seriously.

There's something in women's upbringing that links what is actually an emotionally fairly neutral act, sex, with romantic love and romantic love is wonderful between the pages of books. And I read romances all the time, but I think that we women would like our men to be romantic until the day we die. That doesn't always occur, and so I think the best that we can hope for is just remember the romantic times that there were, and rejoice in them when they come along, as infrequently or frequently as the guy's possibly capable of giving it, meanwhile realizing that it is an irrational desire and trying to give back to the guy at least something sensible or at least to say to the guy, for instance, "I'm having a PMS fit," instead of "Well, it's because." You know, when you don't know why, it's because.

Male Speaker: When channeling one of the first things I learned some years ago was that as the chakras begin to open one does naturally become hornier than one would have been before.

Carla: Really?

Male Speaker: Yes. In fact, it's like the human describing the orgasm. It can even be defined as a temporary union with that Infinite Creator as Ra uses the term. Not that one is ever out of union with the divine.

Carla: Umm-hmm.

Male Speaker: And a temporary union with the (?) while they're in the channeling will be most frequently, in my experience, do become hornier than they otherwise would be, and this is one of the first things people were warned about, and who can study all the changes?

Carla: I would like to amend that word, "horny" because really it isn't horniness; it's nothing quite that simple. It's the first group experience of unconditional love. If a group of people would totally open heart chakras and everybody falls in love with everybody, and it's not just sexual or intimate. It is every part of every being in that group at that time, and there's a tremendous amount of energy and love. And I have watched many groups that came to me at the same time as the way it happened, you know.

I'll say seven people start coming to the meditations within a month. Well then they come for two or three years, and during that two or three year period I'm sitting here going let's see, who's with who this week? But it ultimately does settle out and meanwhile, you know, one just hopes that each person will be as prudent as possible. It is, I try to recommend to people that they keep their marriages intact, but if they are single, if people are single and honest with each other, I don't see the problem.

Female Speaker: (*inaudible*) It seems often in relationships with all the struggles and difficulties that people have, is there a point that you ever concede? Where you know and so often you have difficulties. OK, well, I've got a lot to learn from this situation because it's difficult, and what do I have to learn, and you're asking yourself that question, and is there a point you get to where you can say: Okay, now it's not that I have so much to learn, but I'm through with this, or I'm going around because it's not getting any better. You know how you look at things, and we say, "Well, what is there to learn from the difficult situation like some people were talking about in relationships where the other person won't even talk anymore? You can rise or you can stay there and say, " Now what do I need to learn from that knowing he won't talk to me?" Something like that.

Carla: I think one good exercise is to note the date and give it six months, and at the end of six months do a serious re-evaluation and see if you should give it another six months. There's some who would say, give it a decade, but I'm not quite that extreme. I mean some processes do take some time, and they will work out. So, give it some time; just don't think about it for a while and review it later. See if your own situation is having anything to do with it. It's really tough not to be understood, but it's possible and it's easier as you go along.

Female Speaker: May I just say that I've been divorced for eight years, and if I hadn't of done it, I wouldn't have learned. I wouldn't be sitting here right now.

Carla: Right.

Female Speaker: Nor would my ex-husband have made the necessary changes without the push. Our kids turned out totally different than they would have with him around.

Carla: Um-hmm.

Female Speaker: And they understand now, and they've told me that. So I mean four of us rescued ourselves through in the most spiritual growing way possible. Real growth process.

Carla: For you. I'm just saying that everybody's got to think it over for themselves.

Female Speaker: So, that's what I mean. It's a very personal matter. I mean there's no dogma where we should go. Everything in our family is different.

Carla: Yeah. No, I would never tell anybody not to get divorced. I'd just say think about it for a long time.

Female Speaker: One of the thing is that I'm in the same boat. I'm the one who's changed; my husband's not. He doesn't want to talk about our relationship. The point of marriage is like new life, and my friend is really important, and I've gone through all kinds of counselling. And how can I approach this possibility as I'm in a strained relationship? Do I pretend it doesn't bother me and go my own path and let him go his own. He's been very supportive of me in whatever I do. He just doesn't want to hear about it, and that worked for a couple of months. I'm just so unhappy; I'm so dissatisfied. I feel so empty, and I want to know what's going on? So as the process has evolved and I brought my feelings to it, I realized that yes, I am important; My life is important, and I stick around this situation, and is that healthy?

Carla: Umm-hmm.

Female Speaker: (*inaudible*)

Carla: Yeah, but it's not an obvious answer, you see, because you're in a stable situation right now, and you've got much and what you would be giving up would be a good deal. So before, really, I'm not kidding, stability is a wonderful thing.

Female Speaker: The history of my family, my parents and their brothers and sisters—their relationships are like textbooks of why I should really put a lot into this.

Carla: Hmmmm.

Female Speaker: Cause they have done as you have said. They have said I will accept things as they are and they are so.

Carla: Umph.

Female Speaker: All these understand miserable in their lives, and it's so sad, and we just have come pouring out. And then we cope by staying in relationships, and you know why? I can't leave, you know, because what about money? What about living? And I realize in my life material stuff isn't the expression; it doesn't give me fulfillment; it doesn't make my life better. It makes, you know, the clothes I buy and the food I eat and my house more comfortable, you know, but it doesn't help what I feel inside. It doesn't help awareness all weekend and a flashback on saying the same thing.

I'd like to share with you a great thought. Boy, I wrote that all my life. How I look. How can I feed my physical vehicle and what do they do to me?

Because I thought all there is to me is visually, and what I feel inside is unimportant, so I just stuff back in what I shouldn't feel. You're over-emotional, and you just stuck it back and don't feel, don't feel, don't feel all these messages, but the outside is very important. It still is. Oh my. Oh, you look so cute today, is the first thing they ever say.

Carla: Ummmmm.

Female Speaker: You can't turn around and that, if you look good, then everything can...

Carla: You feel like a Barbie doll?

Female Speaker: In more light, so stability to me is illusion. It's packaging, the present, the shell.

Carla: Stability's not an illusion any more than the illusion is an illusion, which of course it is. Stability is a word, a noun, describing a way in which you feel peace and steadiness and bedrock to your existence, as a background for you to do channeling work. And what I'm saying to people who are potential channels is if they put a lot of time into a relationship, and they are getting support for their channeling from their

relationship and there is mutual respect—which it doesn't sound like there may be in your case—although you say he's very supportive of you. I think you don't think he's being very supportive of you because he's not accompanying you. Then, you know, if you can't abide the situation, there's only one answer, obviously, and that is to separate.

But what I was saying in general was if you've put a lot of years into a relationship and it is a stable, happy relationship except for this fact that you're not being understood, and you don't have the opportunity to express the same things or to be understood completely, that perhaps the stability of the situation and the fondness that you do feel for your husband or your wife is just what you do need to ground you for the channeling work that you do. Of course, you would be spending less time with your husband and more time with those people that were around you to act as batteries for you for your channeling work. But you would have a stable background, some place to go home and go to bed.

You know, you say that the money is not real important, but actually, money is part of stability and it may seem like an illusion. From the point of view of where you are right now, where all you're being offered apparently is shelter, food, clothing and perhaps an intimate relationship, but maybe not a real mental and emotional relationship. Perhaps you don't see the goodness to stability, and I can understand it in that case you really just feel like a caged bird, and you need to fly. I wouldn't be surprised if you did it, but look at it carefully first before you do it.

I have two friends exactly the same age with exactly the same situation as you're describing, and this year one of them decided to move into her own room and to follow her channeling and the other one decided to get divorced. I work with both of them. I told them both the same thing. They just made different decisions because they had different relationships. So, all I'm saying is think about it and if you are going to get divorced, realize that for the first couple to three years, you'll be somewhat crazy and unstable.

Female Speaker: *(inaudible)*

Carla: You will be. You have no idea

Lots of voices at once.

Carla: Well, I would say, I would say that you're pretty stable after two, maybe three years.

Female Speaker: *(inaudible)*

Male Speaker: It occurs to me right now that probably for at least the last couple hours I've dropped the part of the theory that everything that we're discussing and that we're learning here is based on opening yourself to channeling and how it applies to a person who has opened himself to being a channel.

Carla: Right, yeah. This is not general advice.

Male Speaker: And by integrating and being discerning, that part has sort of slipped away and applying it to outside this room or outside of the aspect about learning to channel.

Carla: Yeah.

Male Speaker: Where there would be a different set of circumstances, possibly different advice then.

Carla: Yeah. Oh, if it was my girlfriend and...

Male Speaker: Now back in the group.

Carla: Yes. Thank you. Any other questions?

Female Speaker: When Jim was talking about like the orange ray and the energy fields and whoever it might be. I notice that most other people in my life I don't feel possessive about. My friends come and go. Only one per week or one per month and I still feel bad...

Carla: The same. Uhm-hmm.

Female Speaker: And you know the person I'm going with though—there are a couple more flirtations, and so I do feel that in time, when something goes haywire...let's say he starts talking with another woman, and we're at a restaurant and he's really taking an interest in her. So I feel myself flip into the orange ray, you know, that feeling of I want his attention which was being translated possessive. How does one move one's energy on behalf of that orange ray up towards the yellow and a feeling of more comfort within one's self and all is right. How do you move it?

Carla: Well, if you're lucky enough to get a chance to get introduced to the woman, the easiest way to move it is to make friends with her, to assume right off that she's a nice person because once you make eye contact with a person and know who that person is, you realize she's part of a situation; you're part of a situation. The guy was flirting with her. It's not her fault, you know.

Female Speaker: It wasn't.

Carla: But, I really don't... I don't have an answer for jealousy because I feel it myself. All I can tell you is that it's worthwhile in spite of any negative emotion you may feel to back up your loved one in what makes them happy, and if you're unhappy with him about that, then you need to talk to him about that. Okay. If you realize that it's just natural and a lifelong problem which I think it is for most people, and you want another way of balancing it. As an assertive person I would pick out some guy in the restaurant and mentally undress him. I mean, I can look, too. You know, and if I were passive, the way I actually am, I don't do that kind of thing because I did it once in college a real red-face jock came over and asked me out, and believe me jocks never asked me out. I just did it as an experiment. I wanted to see if it would work. It works! But not for everybody, just for me.

Anyway, anyway, that's one way; it's just quid pro quo. You know and let okay, you're making a new agreement, okay, you want to flirt, I'll flirt, you know. As a passive person, I would probably focus on the wine list because I have a very high sexual desire myself, and I understand the problem and we're going to be looking at each other until we stop wanting to. That's all. But you know, just looking is not the same thing as

doing it, and even if there is infidelity it's one of those understandable things because red ray is red ray, it's the strongest force we've got.

So I think it's a real delicate area for people that channel. They need to come to grips with it. I don't really have any solutions. I mean, I have ways. When I was married from 1964 to 68, my husband had an affair, and I got them together and I said, "I know about it and it's okay, you know. I want somebody to be happy out of all this." She had a very unhappy marriage, too. My husband actually loved me, he just hated being married and in a couple of months it ran its course and he said, "Gee, she's a pig. I wonder what I ever saw in her." So, that was nice. It doesn't always work out that way, but—and it hurt the whole time—but at least I knew I was being on his side and I think that's about all you can do.

Female Speaker: You know you're looking at it from a very, I don't know if maybe you're looking at it from a very unconditional kind of love way, but see, I feel it's got to be two-fold. I'm not just there to support him; he also needs to be there to support me.

Carla: I don't feel that way, no. I don't feel that way at all. I think that when you take on somebody and I'm not disagreeing with you, this is just me. When you take on somebody, you take on being their friend, and you don't have any expectations in return.

Female Speaker: Why did you get out of your marriage? You sitting here telling us to work it out and you got out in four years.

Carla: I didn't get out. My husband divorced me. The seventh time he left me, he made it. Actually, he always loved me. He just hated marriage a lot. He never said he didn't love me, not even to the clerk at the divorce court. She said, "This is not a good case," rolling it through her typewriter. We had one lawyer between us. I don't mean to be glib. It was one of the hardest things I ever did. I just mean that there is another way to look at the things men and women do to each other besides calling them negative. They're sometimes hurtful and distressing by the very nature of it, but in those circumstances we can still be heroines and still be friends to the people we love. That's all I can say.

Female Speaker: But it is those kind of feelings that cause what we channel, cause difficulty in channeling. When some of your focus during the day is on your partner who's around...

Carla: That's why you do the balancing.

Female Speaker: I mean, I'm at the point where there are times when I have to say, 'Stay away from me for a couple weeks or a month or two months, okay, (*inaudible*) you know, so I can feel centered again. Totally cleaned out from being stuck in orange ray, you know. I mean if I stay away sometimes we come up with a better relationship, but to me that's costly for a woman to do today. In the past, in my mother's day, men would pay to help them serve and I guess that's not true. Both can serve with each other.

Carla: Umm-hmm. But our relationship with that is from ourselves to the other person. Ideally, I would hope to lower one's expectations from the other person to ourselves and raise our expectations of what we can do to

the highest and best we can give. Cause everybody's got bad days and bad years. You know, you just have to tough it out sometimes, but I certainly agree you should be true to yourself. If you can't talk it out and if you're angry, you shouldn't offer your intimate self, of course, but a lot of times you really can talk it out if you work hard enough. Is there any more question? It is time to go now.

Female Speaker: Please don't leave anything valuable in the room because it seems to be almost impossible to get them to turn the lock.

(end of tape)

Carla: And you may see why I have been so pain-staking in my previous lectures. Where I'm pointing to doesn't have a whole lot to do with civilian life as we know it on earth today. I'm talking to a specialized group of people, people that want to change the rules and accelerate their spiritual growth. People that want to be of service by being channels. Now, tuning and challenging is at the heart of what I have to say.

I don't mind which kind of light it is, this is fine.

Female Speaker: Well, I can't.

Carla: I can read it.

Female Speaker: Can you work with this light now?

Carla: Surely.

Female Speaker: The other light in the room it might do some...

Carla: Fine. You can even turn it down more as long as I can see my notes.

Female Speaker: No, we're all right.

Carla: Okay-dokay. Okay.

Female Speaker: Carla, your mic sounds like it's way inside your blouse.

Carla: It's bouncing off the brass, I'll bet cause of the necklace right next to it. Let me...

Jim: Want me to place it there?

Carla: Let me move it over where the—is this better?

Female Speaker: It isn't your necklace, is it?

Male Speaker: I tried to tune it out, but...

Carla: I think it's clipped.

Male Speaker: Clip it farther down.

Carla: Yeah, I'll try that. Material I got. Now, how's that? Can you hear me?

Female Speaker: Much better, yes.

Carla: Oh, good. Okay. Tuning and challenging are at the heart of what I have to say about the channeling process. Let me just start off by reading from a quote from Klimo's book, quoting David Spangler in his contact with Jon. "The contact with him is through a blending of thoughts and perspectives. In order to accomplish it, I must enter into meditation and align with my own Higher Self, my inner spirit. For it is with that level that Jon can communicate most effectively. What he says, though, I must translate into appropriate words which limits the transmission to my vocabulary and sometimes to my state of mind and attunement in that moment. For this reason, any un-clarity that may result comes from my side of the contact."

You see, what we are is what is most commonly referred to as the analogy of the radio. We can receive; very few of us can transmit, but we can all receive. We have poor receivers, usually poorly-tuned receivers, but we've got them. It's part of our equipment; we came with it. I mean, don't worry, we have it. There's no question about that. But if it's between stations, a radio doesn't really do you a lot of good, does it? Or if it's getting a station with a lot of static it can be pretty irritating, can't it? Or if you don't like country music and you have to listen to country music, you generally want to turn the thing off.

So, what you are doing in tuning is taking first the big knob, then the middle knob, then the little knob and then the teeny Vernier over here and tuning and tuning and tuning your mind to the highest and best that you know. Now, if you don't know what the highest and best that you know is, you're in trouble. This is why I have so painstakingly gone through the questions of who are you, what's blocking you from being the highest person you can be and want to be. Because when you are actually channeling, you need very much to know who you are, and this radio tuning is a tuning higher and higher, the best way that you can until you have reached the tuning that you feel is your maximum state of stable tuning.

Now, you can work on this both with the intuitive mind and the rational mind as you would have guessed. From the intuitive mind side, silent meditation, being alone with yourself is the very, very best beginning tuning. And on that I would like to quote shamelessly Christian, Thomas Akempis, "No man is worthy of heavenly consolation but he who hath diligently exercised himself in holy compunction." Pardon this archaic language. I think it was translated in about the sixteenth century, "If thou wilt feel compunction within thy heart, enter into thy chamber and shut out the tumults of the world. As it is written, 'commune with your own heart in your own chamber and be still'. In retirement thou shalt find what often thou shalt lose abroad. Retirement, if thou continue therein, groweth sweet. But if thou keep not in it, begeteth weariness. If in the beginning of thy conversation thou dwell in it and keep it well, it shall afterwards be to thee a dear friend and a most pleasant solace." Silent meditation.

When you begin to meditate all kinds of things happen to you, you know. You see monsters; your stomach hurts; your head hurts. We in the West are not used to sitting still and doing nothing, and our bodies, our minds, everything rebels. Moreover, we're strengthening the bridge into the subconscious mind and the

things at the top of the subconscious mind are our childhood friends, our monsters, our dragons, as well as our bears and our pussycats and our teddy bears, you know. We have a lot of monsters in there, and they'll come up and say hi because that's what we're doing is we're getting in touch with the subconscious.

So, you have to figure that for at least the first six months that you begin channeling and maybe longer, doing it every day, just physically doing it every day, is incredible success, incredible success. After that you might expect just a little bit more out of yourself, like maybe thirty seconds at a time you're able to be completely in the present and not think anything but only listen. Be modest in your expectations of yourself and just keep on and be diligent, listening and listening and listening. Another quote that I really like about prayer and meditation, "The most efficacious deed we can perform is prayer," this is from Lewis Evily, *That Man is You*. "For it's in the active passivity of prayer that everything is decided and everything takes shape. What we seem to accomplish later was actually done through us as prepared by God during those moments of silent, glad assent in that part of our being."

Now, the intuitive mind can also be worked on by creating in the feeling tone; it's just the feelings; just the gut, an alert but relaxed allowing. Now you can't be alert and relaxed at the same time. Some people tell me that you can. If you really have trouble doing that, drink some really strong coffee or some really strong tea with caffeine in it or I believe Mellow Yellow has the most caffeine of any substance on earth. You know, drown yourself in caffeine and then be loose and perhaps you'll achieve the proper feeling tone. But it's an active passivity; you're not anxious; you're not anticipating; you are allowing. That is the feeling.

The rational mind needs to be prepared too, and the tuning for the rational mind comes much closer to the actual meditation. The tunings you have done perhaps beforehand and you will continue doing them in a silent way during the meditation, especially if you're not channeling, but the rational mind can visualize, can affirm. We can sing music together; we can chant together; we can do our mantras. The important thing if you're channeling with a group is that the group feel really together, really one and usually it is joining the breath together in some sort of chant or song or something that makes us feel like the circle of unified seeking that we really are. The rest is just illusion; there really isn't any separation between us at all. It's just a bunch of energy fields, guys; that's what the scientists tell us. So, let me demonstrate by expressing the tuning procedure that I go through. Prior to a meditation, I will try to clear myself, basically visualizing each energy center that Jim talked about—and all this is from the Ra material. Jim's a real scholar of the Ra material. I found it extremely useful; I recommend it to your reading if you haven't read it. And—where was I?

Jim: You're on tuning properly.

Carla: And get really clear within myself. I just visualize the red chakra and let it be clear and bright and in motion, whirling and see how bright and how crystalline and how clear it is. And go to the orange and visualize it, and maybe when you visualize yours you see it may not be bright, and it may not be turning. Or it may be overly bright or overly turning. In your mind, adjust your visualization of each energy center so that the energy is flowing smoothly on up. Get through orange; visualize green, the all-important green heart center. And the blue communication center—let that be as brilliant as you can be here. And then visualize the

indigo here, and help it to turn. Help it to be bright and strong and flowing, and just open up. Open up everything as far as your own personal energy web.

Now, once you have realized the violet at the top of the head, which will be pretty easy to visualize because it's pretty much like a temperature. It's the sum total of what all is going on inside you, the balance. Take that, imagine yourself swirling it clockwise, down to the red energy ray center, picking up the red so that you've got a red-violet, and protect your body with it. Just imagine it. This is your body's protection of the body. This is still in the body. Now, of course, the Creator is within as well as without, but this is a body protection.

Over this body protection then visualize the white light. That's what I do. Now it may not work for another soul but myself, but that's the first step I take. I feel pretty clear most of the time because I'm so blasted honest that if I have a bone to pick with someone, it gets picked pronto. Consequently, I don't have much baggage to carry around, and that's real important. If you do have some baggage, you know, like I said, before you begin to channel simply unload. Ask people to forgive you; straighten out relationships; get stable. You see, all of these things I have been talking about funnel you into a place where you can do the job you want to do.

Then, when everybody gets to the group, I tune with them to become one with everybody, and I always suggest some kind of singing or listening to singing, so we can all entrain our mind to the same thing, whatever it is. I'll teach you a chant tonight if you'd like to sing. Would that be good? Okay, I'll do that tonight and after that I say the Lord's Prayer with you all, with any group that I'm with, and then I ask people to continue tuning as they feel the need to around the group.

I also ask people not to leave the circle once the meditation has begun because it is a difficulty with the energy. It bobbles the energy a bit and it's not a real good idea. So if there is a rest break needed, I will give you time at 9:00 before the meditation. I have to go cleanse anyway. And that's another thing I do before we actually get down to business. It's just a symbol for me. I don't really cleanse my whole body or put on anything special, but I do wash my hands and brush my teeth and say to myself, you know, I really want every word to be clean of anything petty and coming from truth, coming from God, coming from a Christ consciousness.

When people become quiet and begin to be silent, and perhaps they're tuning to themselves or perhaps they're just resting in the group silence, feeling the energy go around the circle, which I recommend you to do. Just feel it going around because it'll be circling, and you'll see it getting higher and higher as this is a good group. I say the Prayer of St. Francis myself. There are lots of other prayers you can use—the Great Invocation of the White Brotherhood. Does anybody know that Alice Bailey prayer? I've known channels that use that and really loved it. Prayer that you make up on the spot is fine, anything that tunes you, I mean even if it's, you know, hold the mail, it's fine. But it needs to have very subjective importance to you.

At that point I feel that you've done just about all you can to tune body, mind and spirit to the job you're about to perform as a channel, and that is to be open and clear. Now, here's a question for you: Can we trust the guidance we receive? You must test it; you must check it; you must hear what is being told and ultimately

allow your heart and your own inner heart, your own inner wisdom, your own intuition to be the final authority. Accept nothing that does not sound right to you. This responsibility must never be abdicated. That's especially true of a channel. It's important for anybody who listens to anything to determine it, but it's especially important in a challenging situation to know exactly who you are, what you believe in, what you would die for, and what you are living for so that you can begin to challenge whoever's out there. Have I lost you yet? Okay.

Male Speaker: Excuse me. One part of that bothers me a little bit. If it's new material coming through, and I don't know anything about that material, how can I filter it or edit it or whatever?

Carla: You might want to hear the rest of the lecture. I just wanted to make sure you understood the tuning process and the idea of the self as a radio and tuning to the highest and best that you personally are. Everybody's got a different tuning. Just because somebody got Seth doesn't mean that the thing to get is Seth. Just because somebody got Ra doesn't mean that the thing to do is to get Ra. You've got a highest and best of your very own, and it's from that stance that you can serve mankind, not from anybody else's. So, all right. Once you've tuned, you begin the challenging process because you obviously do not want to let a window salesman or some of the loyal opposition that populates our very crowded universe or some other mischief maker start talking to you, play with you, and end up with you feeling very bad about the whole channeling experience.

You want to be able to have the same kind of control over who your discarnate friends are that you have over who your incarnate friends are. And the only way to do that is: 1. To be of spirit. To be a crystalline, magical being yourself. To realize that you are not a student of eternity precisely, although that's what it seems like here, but a resident. We live here. The kingdom of heaven is within us. So we declare who we are to our own lensing system. Lensing system is—who is it?

St. Theresa's way of saying I'm a crystalline being, but I'm a different crystal than anybody else, and here's what she says. "St. Theresa, by her relationship to the Beloved of the soul had a lensing system that permitted her to gain access to a certain kind of knowledge." Actually Jean Houston wrote this about her. "I think of Einstein, who by virtue of his relationship to being itself and to subtle and very abstract concepts of God, was given the creative potency to be able to screen through a whole different relationship to the whole nature and structure of the universe. The lensing system that one has that is often culturally conditioned allows one to create these particular archetypal structures that will be certain kinds of information."

So, in declaring who you are, say very simply, mentally, of course, who you are. Now I say things like I am Carla. I'm the only Carla that there ever was. I am in every grain of sand in the sea. I am in every star in the sky. I am part of all that there is. I am a child of God. I am a disciple of Christ. I wish to serve the circle present and not being able to name your names, I can't do it. But if it were in my home, which wouldn't hold this many people, I probably wouldn't have this many people. I would mentally visualize the people that I was asking for their thoughts and cares to be attended to. Because I don't know. I have absolutely no idea what's coming, you know, or what people need. They just come off the street, right. We don't carry our sorrows on

our sleeves with a little list. We don't have our questions on our breasts. So, you ask for these people to be helped.

You ask then—no, before I go on, let me say one more thing about being yourself. I want you to be passionately yourself. I keep talking about passion because it is such—ah, I don't know how to say it—I get impatient because in this society people have almost no passion. They are sleepy. I mean I sometimes meet passionate people here and there. They might be passionate perhaps about a sport, but I think that's a wonderful analogy. If you're, if you want to compare the spirit path to baseball, I want you to have the kind of passion that Ty Cobb did. I'm talking about sliding with these things on your feet, what do you call them? Spikes that he had? I mean this guy was out to win the game, but he had another side, he was only half of a good baseball player.

Think about Stan Musial, the good sportsman, the honorable gentleman. When you're really passionate about something you treat it very well. Treat yourself, your crystalline self and your service very, very well and that will really carry you a long way. As my mother used to say to me, "One can do almost anything if one is polite." I want you to be in touch with your passion for this work.

I have spent a lot of time trying to discourage you from this work. I did it on purpose. There's a lot of junk around from people who are playing. The problem with that—I don't mind the junk—the problem is that the people are learning something, but they're not using it, and when you learn something and you don't use it, you put yourself behind the power curve of the Law of Responsibility. Things start going very hard on you until you practice what you are and not what you thought would be fun. In other words, if I were teaching you something, if I were sitting here talking to you about UFO's I'd be as fakey as heck. I know all about UFO's; I studied them for years with Don Elkins; but I really have no passion for UFO research. I mean, I know a lot about it, but I have a real passion for this.

I think that people are very hungry to know that there are holy people and holy things in the world. Not that anybody can claim truly to be holy, but that some of us can claim to try to remember that we are citizens of heaven here and now. I don't know about life after death. I haven't been there but once. It was nice. I wouldn't mind going back. I died when I was thirteen briefly when my kidneys were failing. But I hope you feel passion if you channel or if you heal.

Now if you channel, you see, you are using the blue ray. If you're healing you're doing work through the green ray, as well as this of course, which is inner work, preparing you for those things. But the main requirement is that this be completely open. Otherwise you can't use these upper ones. So, those who channel are probably blue-ray types that are communicators anyway. Healing people usually know they are. They have healing hands or healing things have happened around them, and I know I'm talking to a lot of you in the room here.

Okay, be in touch with the passion and the love that you have for this work, for the people you hope to be serving. But don't let it get to you if you don't serve the people, if they tell you, you don't serve them, or if you don't see them again, or if you're misperceived. It doesn't matter; the main thing is to put it out there

and to give it with all your heart with no fear of any kind of rejection or anything. Because if you don't have inner peace about what you're doing, if you're not ready to live a life according to what you're doing, you really need to think very carefully about channeling. It's awfully demanding and I'm not saying that I go around being a saint. I'm a very moody person, and Jim always has to pull me out of my pessimism, but you just keep trying. Again, the importance of self-forgiveness is so central.

You ask, then, after you have declared who you are, for a certain kind of information. If you want the most balanced information possible, fine. If you want technical information or something like that, fine. I haven't ever found any of that stuff to be very interesting, but maybe I haven't seen yours. If you want mostly an up contact, you know, a real feeling of wonderfulness, ask for that kind of contact. If you want a more balanced contact with some metaphysics in it as well as inspiring, inspiring information, ask. You must ask for what you want. Then, let's see, yeah. Then you must, I believe, ask to carry the highest contact you can handle stably. Stably and safely.

It is not the fault of the contacts that they do not know precisely what effect they have on us. We have to give them feedback. We have to say, "I won't accept this, you're bending my neck, things like that. I think that that can be real important, just depending on what kind of contact you pick up and I'd like to read a quote on that. "When you have tuned correctly so that each prayer and thought with which you tune is a meaningful and substantial statement of your belief system, then your challenging should be very easy because you will have attracted an entity which is capable of communicating about that which you embrace." That's from me. I quoted myself. I couldn't find anything I like as good as well as it. It really is important to have a contact that you become fond of, that you feel compatible with and so forth. And, saying who you are very clearly will make that contact see you very clearly, and the more clearly you see yourself as a light being the more clearly that other light being will see you.

Back to the ordeal. Who was it was asking me about suffering? Lewis Ebley says, "He talks to us constantly and in his language, one that we don't understand and that we hate to learn, the language of sacrifice and faith." Another one, "How often have we been courageous enough to pray sincerely, "Come Creator"? How often have we really asked Him to create, recreate and reconstruct us, to bring us down to death and back to life again? Do we honestly want this consuming spirit to destroy the awful power we have of resisting Him? Do you really want to give up and hollow out yourself in order that you may be of impersonal service? It's a lifelong question. Never cease asking it of yourself. You need to know the answer.

One last quote, overstated as usual by Akempis, but I couldn't resist it because I dearly love his archaic language. "Sometimes indeed it is needful to use violence and manfully to strive against the sensual appetite and not to consider what the flesh may or may not, but rather to strive after this that it may become subject, however unwillingly, to the Spirit. And for so long it ought to be chastised and compelled to undergo slavery even until it be ready for all things. And learn to be contented with little, to be delighted with things simply and never to murmur at any inconvenience." Gotten there yet? I haven't. I'm working on it.

Each day consciously embrace the ordeal of being who you are. And as I said earlier, I believe that to be, if you're a channel and a responsible one, a kind of lay minister, somebody to whom people can look, kind of

like they look at the banker in Monopoly, not to steal the money, you know. Somebody they can actually trust, and it's important to have people like that. But you have to live a certain way to get that reputation. And I recommend it. I think it's worth it. I really do. This has been a very joyful twenty years I guess that I've spent in this field. I've spend an awful lot of time trying to turn you off of it because I honestly feel there are a lot of people in the field that shouldn't be, and I'm concerned about them because I'm afraid that they're going to get hurt. But if any of you wishes to work on channeling further, Jim and I do work with people on an individual basis, and I'll talk about that in my closing remarks.

The world of spirits is a completely equal democracy. There is no spirit, good or bad, that you cannot talk to if you are also a crystalline spirit. There is no spirit over whom you do not have control. You may simply request that they leave. If they are service to others, they will leave at the request. If they are service to self, they will leave at your invocation of the one symbols that you have offered as who you are, what you come in the name of. You challenge in the name of that principle or being, and if that is a service to others, unquestionably service to others, principle or being. Service-to-self entities become most upset as if someone had just stepped on a skunk in front of them, and they will go away. And sometimes before going away they might turn into something to kind of scare you off, but that's okay. You just take whatever it is into your arms and love it until it turns into a little puppy dog and wanders off. This is all inside your head, you understand.

Now the reason that I am so keen on the tuning and the challenging process is that ever after you've tuned, unless you challenge you can get a negative entity that is using the same carrier wave as a positive entity. Light is light, God shines on the positive and the negative path. They will one day be reunited, not in our illusion. In our illusion we are being visited by thoughts and principles, whether inner or outer of both positive and negative power.

The polarity and therefore the power of each spirit, it differs, but if you've got a fifth density positive and you're not challenging it, the fifth density negative will be alerted to that fact—if you're developing any light at all in your group and will be right there to say I am whoever that person was that you were channeling or group entity and gradually you'll start to see the material change, because it will feed you as much positive information as it needs to keep you going and to keep your demise as slow as possible. But the least that can happen to you is that you will lose credibility in your particular society, you know, your city or your town or whatever. It's gone, you'll say, I got, there's going to be an earthquake on the 17th, you know, everybody head for the hills. Lots of people have channeled things like that. I mean I've seen lots of groups go from channeling beautiful information to channeling more and more specific stuff right down the line. I strongly suggest that you avoid that by challenging carefully. I challenge in the name of Jesus Christ. Jim challenges in the name of Christ consciousness and service to others, that right? And I don't ever put, when I'm teaching I don't make people challenge in the name anything, I just make them challenge. I make them think about they believe, what they would die for to the point where they can make up their own; they have to make up their own, they have to be their own person. They can't be me or Jim or anybody else, have to be themselves.

Now, let me give you a good example of a mixed contact. Jean Dixon. I don't think I'm hurting anybody's feelings or wiping anybody's spiritual path out by talking about Jean Dixon. Sometimes she's right; sometimes she's wrong. Sometimes she's in tune and sometimes she's a little bit off. She's a genuine channel, but I don't believe she understands the challenging process; she has mentioned this much in a magazine article I read once; she simply says she knows the contact. She would know it anywhere and she could never be fooled. Wrong-O! You can be fooled. Challenge. I challenge three times because I figure maybe I didn't get myself together and passionately lean forward in my light body and say, "I come in the name of Christ," you know, so I do it again and then I do it again. I just make sure. I'm that way. Recommend it to you.

I am talking to people probably who are mostly gifted. There are a wide range of people. Some people have small gifts. Other people have very dramatic ones. I honestly believe that the least of us can channel, and I certainly feel like the least of us—I mean it took me two months to get one sentence out. I think that tells you something. But recognize if you get to the point of teaching channeling that there will be a very wide variety of skills, problems in the persons that come to you, and don't expect the same thing of everybody. Just let each person flow with himself.

Okay, just a little bit on—oops, I forgot, never mind. Won't use that one. I'm not teaching you to channel tonight. I feel that I may have misrepresented myself to you by the word 'experiential'. I went back and looked at the brochure, and what you have experienced is a slightly lame lady from Louisville, Kentucky that's barely distinguishable from her pillow, trying to tell you some stuff she's thought about for a good number of years. This is your experience. I'm afraid it's not real jazzy, but I wouldn't teach you to channel because I wouldn't want to make you so vulnerable, those of you who don't channel now.

If anybody in this group wants to learn to channel, see Jim. We'll start the process, but we will not learn channeling tonight. I will be glad to demonstrate for you what channeling I do, but I'm not teaching you, and there are some reasons. The main one is that I really honestly feel that teachers need to be responsible to their students, not just for a day or a weekend, but for as long as the student may need some advice, and I hardly see how I could help all of you equally well. So, I'm just saying to the people who really want to pursue this, look, get in touch with us and we will work further. We teach it in our home. We have a maximum of five and we do it whenever I get up the energy.

You need a support group in channeling. You should never, ever, ever, ever practice channeling by yourself. Don't use a Ouija board, don't use—it's probably pretty safe to use a prayer diary or something like that which verges on automatic writing at times. But never, even if you are sitting there and somebody says, "I am so and so," you can say, "Welcome to the meditation." Period. That's it. I don't want—I mean you can challenge him. That's okay, but once the contact has been accepted, don't say, "Thank you," Don't give them the time of day; don't talk to the person mentally; don't channel alone.

Female Speaker: Carla, why?

Carla: I will tell you why, but I won't tell you until the end.

Female Speaker: Holy cow, you're going to make me go nuts!

Carla: It's almost the end. There should be a minimum of three people in any channeling group. I've learned that the hard way by trying to channel with two people. It is too personal with two people. You get your stuff and the stuff of the other person. It does not have a real wide range. If you get three people in a group, for some reason that's the magic number, and you've got a more universal channel. Also, you're much more protected with two batteries and an instrument than one. If you're inexperienced, it's much better if one of those three is an experienced channel because I know a lot of what I do when I'm working with my students is I step up on the watchtower, just making sure that the perimeter is okay.

Were I to work with you, I would be examining your intentions. I would be trying to help you purify. I would be helping you look at your lower energy center situation and seeing how the negative agendas can be turned into positive challenges. I would be doing that until I was convinced to the best of my own ability that you were a stable personality, that this practice would not unwrap you. I've seen a couple people unwrapped by it, that's why I'm so cautious, and now I'll tell you the story.

I asked the person involved to write it down for me. It's probably in the mail to me at this moment. I just held off until too late in asking. I wanted him to tell it from his point of view because I think you can never do another person justice, you know what I mean? This was a person from California who was making big bucks and was desperate for spiritual information. He wanted to heal; he wanted to channel; he had been studying for years and years. He knew a whole lot of different details about a whole lot of different phenomena. Phenomena, it goes right past me. I don't even hear it anymore, but he talked a lot about phenomena.

I should have noticed that, but I didn't notice that. He was really trying to run on a party trip on the other people on the seminar, and I have very little interest any more in the phenomena, the crystal skulls and the, all that, and so I just didn't notice it and we had an incredible group. Everybody, by the third day, had come into personal contact with the entity that that person wished to contact. They were learning how to adjust the channel for comfort. They were able to channel, didn't have to stop after the greeting, didn't have to stop...

(end of tape)

Carla: Okay. This chap had heard me channel Yada and he liked Yada, and I had said to him, "It would be great if somebody besides me could channel Yada because I feel like I'm eating rye bread." You know, some channels are like that, but sure enough, he came in the fourth day with Yada. Unfortunately, I was walking the perimeter, but I didn't see anything. I saw an unhealthy glow all around him, and I got right back with Yada and I said, "I challenge you." And Yada answered my challenge. Yada was still there. So, Yada said, "Shut up and listen."

And so I listened and Yada says, "We're working with him, we're doing the best we can. It's inside him." So, I vaguely, the best I could, tried to get hold of some entity to challenge inside Roger, who by this time was talking. He sounded a lot like Ramtha at his most dramatic – only you couldn't understand him because the accent was so thick. And I knew that it was about 40% Yada and about 60% Roger and the 60% that was

Roger was quickly becoming hysterical, also going into trance, which I don't allow. So, I had my mouth open to say his name to end the session and he left – whoever, yeah. There was no more contact.

So, we finished okay, we finished all right that evening, and we talked a lot about it and about how what was this one person's, you know, what was his stuff and what was the channel stuff and how to improve the 60/40 into eventually, one would hope, 30% or 25% you and 70 to 75% them. I really wasn't alarmed; I felt that things were under control. I came to find out that this particular person had been so good, I mean good. Good to his mother, did his duty, you know, all of that, had been so good for so long he'd sort of fallen into a habit of living his life with emotionally unavailable people and if you pick somebody else outside the marriage, she was also emotionally unavailable because she was married. He'd followed this pattern repeatedly. So, basically he was a very competitive person, he wanted to be the best channel in the group and his little boy, the one that wants to be willful, had never quite gotten hooked up, you know. He wasn't quite the man he wanted to be yet.

Well, the next morning, he went into a fit while telling me that another contact was going to channel Yada through him and show me that he could handle it, that he could make metaphysical sense and not just it be him. And before he could get through telling me about it, he fell into a swoon and was – I mean after jerking and then crying and doing all kinds of things – and luckily we had a group that was just chock full of ability to heal and so people put their hands on different parts of this guy and brought him around. We did not do any more channeling after that night, so we missed two out of the seven intensive sessions that people usually get in the workshop, but the group was so good they didn't mind.

They wanted to help Roger out and they knew that the high energy that comes through during those sessions would wipe him out. We put him on a plane – this happened just this year. It's the first time I ever had somebody actually in one of my classes come to grief. Other people I've known to come to grief have done so outside of my dwelling. There was so much blockage in this man, it was incredible, and yet I didn't catch it because he had lied so completely to himself. He thought he was a Boy Scout. He really did and he wasn't yet. He just wasn't yet. He wanted very much to be out of the situation that he was in and he wasn't – I didn't catch the fact that he was lying because he didn't think he was lying and because of that there was no feeling tone underneath for me to catch hold of.

I'm empathic, but I'm not telepathic with other people. So, it was an unfortunate situation, but that's what can happen and you don't even see it coming sometimes, but all of the painstaking things that I've gone through here are to avoid losing the integrated, waking personality of the person which is very valuable to you. You know you don't channel all the time, and you don't channel much in the looney bin, and that's really where Roger was headed if he hadn't managed, through the group help and the group energy, to be healed of what happened to him. I think it could be very positive in the long run that this happened to him because of the fact that there were so many loving folks around that accepted him just as he was at that time.

One final note: How many of you have noticed unusual coincidences which point things out to you? You're on the right track. When things happen to you that are subjectively interesting, but they don't mean anything to anybody else, you're on the right track. It might be a license number; it might be a sign in a grocery store

window. You just don't, you never know what the next image is going to be, but it will have a meaning for you because you will have at that moment thought that thought, and then you will see that image.

The example I give in my book is—since not too many of you have read it—is the example of Leonard, a student of mine who—well, first I channeled about a butterfly during his training session and then—no, first he came in very cold because he didn't have his coat because his ex-wife had borrowed it and not given it back. Then we sat down, and we had an intensive, and I channeled something about a butterfly. And then we saw a wooly worm, you know, those little fuzzies that if they're dark it's going to be a cold winter?

And we had a really long room then in our living room, a 34 foot living room – crazy house, it was marvelous – and that wooly worm was a good halfway into the front room, in the middle of winter. You know, they're supposed to be dead long before that. I don't know where it came from. I don't know how it got so far into the house, but he sighted along the wooly worm which had to do with the changing into caterpillar into butterfly and saw his coat. And I mean I saw it, too. It was his coat, so he was warm when he went home. So, subjectively interesting, but do you think anybody would really believe so much in that story that they would change their life? No. Only Leonard felt the meaning of that coincidence and perhaps I.

Okay. A break, questions and answers and then Jim talking about the tuning used in the Ra contact. Let's see, it's 8:00. How about a 15-minute break? And you're welcome to ask me anything you want while everybody's breaking.

****BREAK****

Jim: We're just about ready to finish up here and to have a channeling session. I wanted to try to clear up a couple of little hanging questions that were left over from the last session that Carla was talking about. I think both of you had a couple questions we never really quite got to. You're asking about discrimination. She was talking about how you need to be able to use your own discrimination for any material that you come in contact with, and from your question I had a hunch that you were thinking that as you are channeling you need to be discriminating. Was that what you were talking about?

Male Speaker: Yeah, that's the way I understood it.

Jim: Right. It was probably not quite clearly stated. What she was talking about is after any type of a channeling session has been completed and you're looking at any information that has come through, whether it came through you or another person or for wherever it came, that discrimination is important then. As a channel, while you're actually participating in the channeling process, if you attempt to discriminate then and to analyze then, that's the surest way to stop the contact because you get your analytical mind in the way, and it's real hard to do two things at once: to be open and to be playing with the mind at the same time. So, the discrimination is for later, no matter where the information has come from that is important.

And you were asking about why not channel alone, and why not use the Ouija board and such things like that on your own. Well, there are probably some people who have the innate ability to do this. I'm sure you all know of people who have been able to do this in a relatively safe fashion, but as a general rule it's not

suggested because one person alone, as an instrument, has his or her attention focused upon being an instrument so that the necessity of the protection of any instrument is not provided. There isn't anybody there to provide it.

It seems for some reason that we don't really understand that three people is the critical mass, the minimum number that is necessary for almost anybody to participate in the channeling process. The protection from entities that might wish to mislead you or to trick you or to give you misleading information in any way is provided by two additional entities besides the one that's serving as the instrument or the channel. Why exactly that works, I'm not sure, and there are instances of people who have been able to channel without three people, with two and sometimes even with one. But as a general rule for people who want to begin working in the field, we recommend that you utilize three people because we wouldn't want to put you in a situation where you're at risk. We have no idea what your particular capabilities are and rather than risk your well-being, we would suggest that anybody who wishes to channel do so in a group that is supported with at least two other people, so there's a total of three.

Male Speaker: I'd just like to add one thing to that because I think too, what you're channeling for – if you're just channeling it's like if the tree falls in the forest and there's nobody there, does it make a noise? I think it's kind of in that category. If you're in a deep channeling, you're channeling what – I mean what does it do, except move the air? Also, I think it depends on qualifying channeling, too. I do a lot of channeling when I'm writing, but that's not deep; I'm not in a deep trance when I'm writing, but I'm definitely in an another state and hearing things coming through me. So I do that alone because I do it best alone. So, I think we have to qualify our questions a little bit because of circumstance. I agree if you're in a deep, deeper session, and it's good—I think the group's energy helps to bring it through, too. It's harder to do it by yourself for that type of channeling. We've had groups. I've had groups as large as twenty-five, and that really fills the energy. That's just asking my yes and no.

Jim: Sure.

Carla:

Jim: Right. She just reminded me of another point I wanted to make about when she was giving the example of the fellow who had the experience of going into a swoon and beginning to disintegrate his personality. One of the reasons we believe he had that experience was that he had not observed our rule of not channeling alone. When he was off by himself in between sessions he would get information, he said, from one entity or another that was going to channel through him. And he had been channeling on his own and this, for a new instrument especially, is not a good idea because of the reasons I just gave. The necessary protection isn't present, and it's easier to be misled or to mislead yourself when you're on your own in a situation like that.

And to follow up on the point you made to think about channeling in a general sense—we each channel every day of our lives, not just words, but the things we do, the thoughts and so forth, but especially words. Think about the conversations you have with people. I mean, you haven't gone up to anybody here—I doubt—with preconceived ideas about exactly what you're going to say, every word and line and then speak it. You talk

according to feelings that you have, to concepts that are in you, and when you begin moving within yourself to share yourself with another person you begin to draw from deeper resources within yourself.

And you find you're saying things perhaps, from time to time, that you never really thought that carefully about. But there it is, and it seems to make sense to you. And it seems to be inspirational to another person, and the type of channeling that Paul was just talking about when he's at his typewriter or writing longhand—I think a lot of people have that experience as well. If you're writing a letter to a friend and the friend perhaps is in need, and you're trying to address this need. You begin talking about it, and you begin pouring out of your heart, and things come out of you that you hadn't planned on. You find that there is information available when you call upon it, and I think all of us are always channeling.

When we talk about protection and having a support group, mostly what we are talking about here is when you are attempting to work, as Paul said, at a deeper level within your own mind so that you can make contact with entities that are very likely external to yourself and who are spiritual beings that have a certain power about them because they know who they are. They have this information that they may be able to transmit through you, and in order to be a responsible channel you try to set up the best conditions that you know in order to receive that information and then to share it with whomever it might have value to.

And in order to set up those conditions you need to have a support group that can provide the proper protection because, as we'll be talking about tomorrow morning, there is a loyal opposition who is just as attracted to the light that you have as are others. They would like to do something else with it besides what you would like to do, and when you attract entities that would rather take that light and use it for their own resources, for their own purposes, you need to have a kind of protection that surrounds you. I don't want to get too much into that right now because that's the topic for tomorrow morning when we talk about psychic greetings, but I just wanted to try to clear up a little bit of that point before I went on to a couple of examples that we used in the Ra contact for tuning.

Male Speaker: Can I ask you a question about challenging?

Jim: Sure.

Male Speaker: When you challenge, how do you know that the entity challenged is telling the truth? In other words, if the entity is deceiving you and is saying that I am Joe whom you are channeling as Joe. The entity says I am Joe. You challenge the entity. What if the entity continues to lie to you about being Joe and being a higher level being from whatever dimension or being positive, you know, the whole works?

Carla: Well, you see the whole point of all the work that I was doing in consciousness in the first two sessions of the day should give you the answer to that. If you know exactly who you are, and you know exactly what you would die for, and you know what principles you live for you are just as equal as can be to any spirit. And the way the metaphysical realm seems to work, there still seems to be a good deal of polarity, a lot of polarity. And so when you challenge in service to others with all your heart and all your mind and all your soul and all your strength, nothing can stand against that. Love conquers all, there's no question about that. You have to have the faith to believe that, or the challenging process is zip.

Think how much of a change I'm asking you to make in your life. I'm asking that you to believe in something passionately enough to die for it. I'm asking you believe in principles enough to live by them, and I'm asking you to be that person when you face the spirit world. There you need have no fear because if that challenge is honest and sincere and comes out of your life as you are living it in your highest intention and specifically having cleared for that moment, you might as well be Queen Elizabeth. I mean you have that much power. It is a powerful place to be, and that's why I went through all this dry stuff to show you how to be a powerful person without being a self-aggrandizing person or an egotistical person or any of those things that we'll talk about tomorrow. Did that answer your question?

Male Speaker: Well, yeah.

Carla: You didn't look happy.

Male Speaker: In so doing then did you know that it's an entity you don't want in because you know your own nature?

Carla: Usually it will just flash for me like a photo flash bulb. Sometimes it will turn into some kind of a monster, a snake usually or something like that.

Male Speaker: So the entity just can't remain present.

Carla: It can't remain; it can't lie. Huh-uh and so I'll just pick it up and cuddle it, or if it's a whole lot of snake, I'll get it in my arms if I can, mentally, mentally! We're not doing this in front of anybody—and cuddle it to myself and tell it how much I love and pray for them and within about three to five seconds the poor little snake has to slither away because it doesn't want to get, you know, it doesn't feel good, it's the wrong vibes.

Male Speaker: I'd like to add one thing. I think each of us has a little different way of approaching it, too. It depends on how you react. I find myself using terms like "Jesus" and things of that sort which I don't normally usually use. It's just a reaction that comes. I think you can feel the negative or a deceitful type of energy, and I go right into that. I don't know if others do that or not. I will say, "Go into the Light," or "In the Name of Jesus are you coming," I mean this is not my normal line of...It's what comes to me intuitively at that time.

I don't have that experience a lot, but I've had several cases where I've done rescue work with people who were in possession, and that's when I've come to terms with it. And working with the Light, and it's amazing the feedback you get. This one person I was working with—he was telling me what they were saying, and so I got feedback in that respect. So, working with the Light in this case and also using Christian terms which, as I say, it's not my normal vocabulary, but that's – I think a lot of these things you have to kind of use your own intuitive nature when you do, there's certain guidelines you've got...

Carla: I've got a feeling about Christianity is that most of us are Christians, it's just that we're not Christians of the kind that can go to church on Sunday and stand there and say the prayers that our grandparents said or

the great-great-grandparents said. The church has been not where you want to bring your kids up and not where you want to go on Sunday mornings for a lot of people, and that's why people who channel and people who heal and people who are lay ministers like us, come into play here and have a part to play, a humble part.

Jim: Okay, I just want to share a few of the examples of the ways that we used this during the contact with Ra to tune ourselves. The tuning process in general, I think, can be seen as a means by which we drop the mundane concerns of the day in order to focus ourselves as clearly and as purely and as highly as we can on the desire to be of service through the channeling that we're about to undertake. It's a kind of a magical ritual, you might say, that triggers the conscious and the subconscious mind to prepare for the contact in order to purify and to protect the self, shall we say. The rituals are symbols. They help to prepare us and to set the table so that there might be a guest that will join us.

The night before the contact we always read the previous session in order to try to determine a line of questioning. This was helpful in focusing our minds in the mental capacity, and when that was determined then we tried to get a good night's sleep and get up the next morning with a light breakfast. I would physically clean the room in which we would have the contact. We didn't use the room for anything but the contact with Ra, and after the room was cleaned and the tape recorders were prepared and Carla's clothes that she would wear were laid out on the bed, I would give her a massage and try to get her muscles and joints as loose as possible because she was going to be lying absolutely motionless for anywhere from forty-five minutes to an hour and forty-five minutes. For anybody that would make one stiff, and for someone who has arthritis in each joint it has a doubly stiffening effect.

We would follow that with a silent meditation together that would last between five and ten minutes during which time we would simply refine our desire to be of service and to be as open as we could to the energies that were about to enter. We would then go to the room in which the contact would occur and perform the Banishing Ritual of the Lesser Pentagram. If you're familiar with W.E. Butler's book, *The Magician: His Training and Work*, it's given as a means of protecting and purifying a place of working. It does basically the same kind of thing as we did this morning when we all recited the Lord's Prayer together. This was a way of limiting the effect of any negative influences that might wish to try to stop the contact.

We had instances previous to this in which a childhood problem with Carla's ears, in which she had infections when she was young and that caused scars upon the inner and the middle ears, could be accentuated and she could be caused to faint and she would, during the meditation, right before the session, at one point, she would faint constantly, and we didn't know, being not very sophisticated about this, whether she was in trance and out of her body or simply had fainted. So, the Ra contact was stopped for some time until we figured out that there needed to be an added protection, and by performing that particular ritual, the Banishing Ritual of the Lesser Pentagram, and doing it a number of times, we were able to build a wall of light about the room so that that influence would not occur. We were able to go ahead with the sessions then and received a confirmation from Ra that that was indeed what had occurred, and that it was a good idea to continue performing that ritual.

So after that ritual was performed, then we would place Carla upon the bed and put her in under the covers and cover her eyes. Then we would hook up the tape recorders. There were a number of items that were given in the second session by Ra that would be helpful for her especially, being a Christian mystic, to have placed at her head. Those were the Bible that she touched most frequently opened to the Chapter One of the book of John, incense burning in a virgin censor, a virgin chalice holding water that we would charge with our love and a white candle that would be burning. These were supposed to serve as triggers to her unconscious mind in order to appeal to the senses since she is a very sensitive type of an instrument in not only the metaphysical sense but physically with taste, touch, smell, and so forth. These were seen as triggers and as helpful types of accoutrements to use.

When all this was set up then we would complete the ritual by walking the Circle of One which was a procedure that we were given by those of Ra that would help us again to focus upon the information that might be of service to others that could be transmitted by those of Ra. When all of this was finally done, then the sessions would begin after Don and I had assumed our positions in our chairs.

It would probably take thirty seconds to a minute before the contact would be made. Then sometime during that period would be the time Carla would be again reciting the Prayer of St. Francis to herself and then at some point, as I said before, through a means that we never discovered, would be able to leave her body and join those of Ra. Again, she was unaware of what was occurring at that time, and the session would be conducted. All of this ritual and all of this care was for the single purpose of helping us to, for that period of time, become as crystallized beings as we could, to drop the concerns of the day, whatever problems we might be considering, to set those aside and to focus ourselves as clearly as we could on the desire to be of service.

Other groups probably would not need such elaborate ritual. For us, this was the way that worked the best and we have about – well, we have as much time as you'd like. If you have any more questions, we can take those questions now and also be thinking about a question you that would like to have be the focus of the channeling for this evening. If there are more, a number of suggestions, we can go with whatever one sounds the best and most interesting to everyone gathered here. And it looks like we have our first question right over here.

Female Speaker: I heard from some people that maybe other people besides me wanted to channel one day. I had that...

Male Speaker: Transfer that...

Carla: Okay. I just wanted to make sure. I did not realize when I was planning this that what you all were hoping for was that you all would have a chance to channel. Sorry. To the people of you who are turned out to be a chance to share with the people in the group. I'm really sorry. If I had it to do over again, I'd leave something out somehow and get you all a time to channel because I know that you all have so much to give. We're out of time here tonight, so I guess you're just going to have to be contented with me. Sorry. I just misunderstood exactly what you all were hoping for.

Jim: Are there any, first of all any questions that you'd like for us to try to answer before we go into the channeling session?

Female Speaker: Could you clarify one thing? I wrote it down and I've only got one word. When you said...

Carla: Some people believe counter-clockwise because in the northern hemisphere the water goes down that way, but I feel that this is not relevant.

Female Speaker: Clarify one thing. One way was... and another way is...

Carla: Well, in point, ritual magic of the western tradition, deosil, clockwise is positive and widdershins are negative or counter-clockwise is negative.

Jim: People have their own individual ways of using this, too, for their own purposes so...

Carla: That's another, that's really another way of studying the archetypical mind, not a religion.

Jim: Any other questions we can try to answer on our own? If not, are there any questions that you would like have be the focus of the channeling?

Carla: Yeah, why don't you all figure out your questions while I go tune.

Jim: First, over here.

Female Speaker: What, I want to know what part do our feelings, identifying my feelings as I pray with, say, our evolution or our progression with ... What did Q'uo have to say about that?

Male Speaker: I couldn't hear you, what did you say?

Female Speaker: Clarify the importance of identifying, us identifying...

Jim: And more suggestions?

Male Speaker: Is the Ra influence growing in our world today?

Jim: The Ra influence? You mean the Law of One type of information?

Male Speaker: Yes.

Male Speaker: The significance of channeling and the application of the form itself, it's purpose...

Jim: Say that again.

Male Speaker: The reason, the purpose for the physical way that we're discussing this happening.

Female Speaker: Repeat it again. I'm not getting it.

Male Speaker: Well, I'm wondering about the necessity of voice transmission as, I mean is there something to be said about the actual... Yeah, would it be necessary or be a greater or lesser, easier/harder. I would attempt it myself later alone.

Male Speaker: But that type of thing turns up what we were discussing, voice transmission.

Jim: Okay.

Male Speaker: What is the relationship between the entity who is challenged who is denied and entities who channel through the other channels...

Jim: I can tell you just a little bit about that. The entity that we are working with now has, as a lot of them do, Q U O, pronounced Q'uo and it's apparently a member of member of what's called the Confederation of Planets in the Service of the Infinite Creator. They are a positively-oriented group of approximately 500 civilizations throughout our galaxy that attempt to move in service to others where they're called. They are what you would call extraterrestrial-type of a contact. Would you like to ask in more detail than that? You mentioned something about how they differ from other channels being or other contacts being channeled.

Male Speaker: Well, they're a number of entities channeling through various channels in our society today, and I was just wondering how well do they coordinate with each other?

Jim: Oh, okay.

Female Speaker: How about the extraterrestrials contacting relationship with you?

Jim: How would you ask that question? Broadly, do they aid in healing or do they...

Female Speaker: Yeah.

Female Speaker: How about adding on to that besides healing, getting information, maybe what they feel about giving information to people on earth?

Male Speaker: That would be the Confederation of Planets in service to others?

Jim: In service to the Infinite Creator is the very long title that we've been given for that group.

Male Speaker: All the Ra transmissions were through Carla?

Jim: Right.

Male Speaker: Okay and is it directly, is it transmitted directly through the vocal cords or does she speak what she hears?

Jim: She didn't hear anything. She was, as far as she knew, she wasn't even there. If you listen to the tapes that we made, it was a voice that was very soft, spoken very slowly and each syllable perfectly enunciated and almost as if a great deal of energy was slowly being pulsed through a very small opening. It was very unusual

in that there weren't any pauses between sentences that were different than pauses between words or between syllables so that to actually listen to it is pretty monotonous, and it's hard to tell where a sentence ends and another one begins. There's no inflection for one word over another.

Male Speaker: Then there is punctuation given in the manuscript?

Jim: Right. We put it where we thought it would go.

Male Speaker: What, did anyone ever ask was it correct?

Jim: No, we never asked if we'd gotten everything correct because we probably missed a few things. It would be very laborious. You can use, I mean as you read it, in most cases you can use your own judgement in determining, well, this is the end of the thought, this must be the end of the sentence here and this is a clause, so we'll put commas here. It really wasn't that difficult, although there were a couple placed that there was a significant difference made in one's understanding by putting period here instead of over here.

Male Speaker: What is the difference between the Q'uo group and the Ra?

Jim: Well, one of the differences is that apparently those of Q'uo are of the fifth density which is the one, as I mentioned, concerning wisdom, and they're learning those lessons, whereas those of Ra were apparently of the late sixth density and had progressed through the fifth and most of the sixth and were, well, I guess you'd say somewhat more advanced. The information, in my opinion, is more precise from the Ra contact, whereas fourth and fifth density entities tend to give information that is more general in nature, more generally philosophical. It's hard for me to give you a better difference than that. One of the differences in the contact is that Ra only used trance so that there would be as little distortion as possible. There would not be an instrument that was present that needed to translate the words, so that whatever word fit best from our English language could be chosen and used for its nuances to the utmost, whereas the type of channeling that we'll experience here this evening is the conscious type of channeling where concepts are given and frequently word-by-word is given, but frequently also the instrument will have to clothe the concept in the best word that she can find at that moment. So, that's one of the differences--is the type of the contact, and I believe also the level of understanding is probably for me at least the bigger difference.

Female Speaker: I'd love for you to ask if he or she, the entity, has a message that he feels is essential that we learn.

Jim: So sort of leave it open to the entity?

Female Speaker: Yes, what does he feel would be something that we need to hear, a special message for us?

Female Speaker: But she never can channel entities that wish to get something through to someone?

Jim: No, we've never had that experience.

Female Speaker: Can she tell about a crystal pyramid that was made in the Himalaya Mountains?

Jim: We found that specific types of questions like that tend to get the worst responses because – well, I'll tell you, what we get the best response to is a general question of a philosophical nature that gives information that anybody can use at any time in his or her evolution, whether it's today or ten thousand years from now. Information that is specific, such as the location of a crystal in the mountains or when the next earthquake might be or something like that is of a more transient type that is only of interest in the moment and does not have a lasting value. We find that those type of questions usually don't get a very good response.

They usually try to respond in a philosophical sense to that because as positive entities their desire is to give us the kinds of guidelines, or inspirations, or principles that we can apply – that anybody can apply – to the life pattern and progress in the evolutionary sense by such application. Information sought outside of that type, that spiritual type of information is not seen as being helpful. They don't feel that is really helpful to us and we can find that out elsewhere.

Well, what we've gotten so far then--one potential question is the part feelings play in the evolutionary journey, and another question is the Ra influence, or the Law of One type of information-- is it growing in the world today? The significance of the physical manifestation of the channeling, the use of the voice and way it happen. Why is it necessary for it to happen in that way? Is that a fairly good representation? Another one was-- is there any coordination between contacts? There are so many different kinds of contacts occurring in our country and around the world, is there any coordination between the entities that are the contacts? And the fifth one was did the UFO contacts have anything to do with healing, or can they give us information on healing? And the last one was does Q'uo feel that there is anything that this particular group would benefit by hearing that we may not have queried about? Is there an applause meter or anything like that here? The first....Yeah

Female Speaker: What do you think is best?

Jim: Well, I kind of like the last one. Personal bias. Let's see, how about to the part feelings play in the evolutionary journey. Is there strong feeling for this? Show of hands? Okay, show of hands, that's a meter. We've got five or six there. How about the one concerning the Ra influence of the Law of One type of information in the world? We have a hand over here, we have – okay, we're running close here. Are you voting twice?

Female Speaker: Oh, we only get one vote?

Jim: There's one question that can be the focus of the information that will be channeled as the general message, and then there's usually a time set aside for questions and answers that may come up during that, so there'll be a chance to ask more questions .But what we're looking for here is one focus for the general and the longer part of the meeting.

Female Speaker:

Jim: You want to start over? Okay, folks, the part feelings play in the evolutionary journey? We have two, three, four, five. The Law of One influence growing in the world today? One, two, three. The significance of

channeling in the physical significance of the way that channeling works. Why the voice is used over say, anything else, any other way of channeling? You're not voting for your question. Okay. Is there a coordination between the contacts that are happening around the world? UFO contact regarding healing, information on healing? One, two, three, four, five. Is there any information which this group might benefit by hearing that the entity would to give us? I think we have a winner. Okay. Behind door number 3, no, door number 7.

Female Speaker: I don't know what in the world to say.

Female Speaker: I'm totally confused.

(end of tape)

...

(Carla channeling)

I am Q'uo. I greet you in the love and in light of the One Infinite Creator. It is a privilege and a blessing to blend our vibrations with your own, to share in your meditation and to experience the beauty of each of you. To each we send blessings and greetings and gratitude for having called us here. We smile at the many, many thoughts within the minds of those in the circle. What this instrument calls 'the potluck channeling' shall certainly be so, for we would like to touch some bases that may have some meaning to those here.

As always we ask that you be aware of our fallibility, for we are as you, pilgrims along a path, and our knowledge is limited, although perhaps being a step or two ahead of you. We may look back and hold out the hand, reach out through this instrument's voice or other instruments' voices and share that which has been made known to us in the best way that we know in order to be of service to you. Each of you is aware that it is well at your particular nexus in time and space to pursue the acceleration of polarity, to seek to know the face of the mystery of the Creator. For it is during this generation and the next and the next that the decisions shall be made for the final time upon your planet to follow the path of a lover, reaping delicately and courteously the fruits of the unconscious or to proceed as the rapist, wresting from all forces that which empowers the self.

My friends, there is no competition in channeling service-to-others entities. There is no effort; there is no particular emotion; there is no one channel better than any others. For each channel has a unique voice, a unique vocabulary and set of experiences. Each entity has unique feelings and a unique way of expressing them. Each has had different experiences and has reacted in idiosyncratic ways. All of these things we can use, for you see we have but a simple message to offer. A message that is so simple it is often overlooked. We are those who speak of love, for it is our belief that this One Great Original Thought of love created all that there is and is indeed the first visible sign of the Creator, existing as Logos in your physical reality as suns, moons, planets; existing within you as the sun and moon and planets of your being.

We know that each instrument offers a special way of telling this original thought of love in a new way, in a special way, in a way that can touch someone that no other words can touch. And because words do have the power to move the heart, the mind and the emotions, we rejoice at those who wish to serve in vocal channeling. Yet, also we would say at this time that no matter what you do, you do channel and you are of service. As this instrument would say, the worst you can do is serve as a bad example.

In truth, great are the services performed that are not seen. There is a service of a woman for a mate and for children. There is the service of a man for a mate and for children. There are the services of those who volunteer out of love to work with those who hunger, to work with those who need shelter, to become active in adjusting the iniquities of those who harm the planet. Yes, my friends, all of these things are just as much of service if they are what you are interested in. Yet, the preparation for all of these services is the preparation that takes you out of yourself. For my friends, within yourself you have a limited amount of love. You come to the end of it, and you are empty and must rest and regain that natural prana, love. Yet, as a channel, your supply of love is infinite. Consequently, we suggest to each of you who has a non-dramatic service at this time that your basic service is the same as this channel's or as that of the highest and best person that you can imagine, and that is to be who you are in confidence, in humility, and in knowledge of your perfection as well as your perceived imperfection. This is the basis of service is to know the self as an entity of love.

Being. That activity which seems so passive and so outwardly directed offers you the ultimate challenge of consciousness, and that is to become a conscious being who is being and aware of the beingness that underlies and girdles, or stays, or structures that which the service may actually manifest as being. Thus, you see, what you do is second in service to the light that you are. Entities wonder often when their service shall start, and we say to you it has started. We say to you that your service has been offered in manifestation each time you have smiled, each time you have offered the kind word, the peace-making gesture, the loving hand, the unexpected generosity.

In this aspect we would wish to speak briefly about that which was requested upon feeling. You will find that within the third density the challenge of feeling is first to identify the feelings, which are usually expressed to the self in a perceived muddled fashion, and secondly to begin to purify and make more crystalline the tones of your feelings. Within this density, however, the tools used are not the feelings but the deep silent and the analytical thinking. This is due to the fact that for most entities, feelings are still often unexplainable to the entity itself and irresponsible in regard to the tuning process. That is, not all healing tones are those in which the process of tuning, challenging and so forth may take place.

Indeed, the great importance of feeling shall come into play within the next density. For there is that blend between what you think of as conscious thought and what you think of as feeling, which in that density you are soon to experience. It's blended in such a way as to become the equivalent of the thinking process. This is due to the fact that that veil which separates deep intuition from ratiocination has in the fourth density been removed. Thus, as third density citizens, we encourage the careful observation of feelings after they have been felt but the reliance upon that which we would call the faith. This faith has its place in anchoring that portion of your life being which does not belong to this density, which shall never belong to any illusion.

Before we leave this instrument, we would like to speak just a few words about that which has been spoken by this instrument, not as an instrument, but as itself. We would say to each, that the experience of unconditional love is a great cornerstone and those of you that have already begun to build upon it must needs redouble their efforts. For as it says in one of your holy works, the harvest is here. Yet there are few to reap the many souls which have come to ripen at this time.

We ask each to search for bliss, for the true joy that is within. If that true joy does not include service to others, that is acceptable, but if you find your true joy in some service, then we welcome you to the great work. In any case, the work of lightening the consciousness upon planet earth at this time proceeds apace. It has reached what this instrument would call "a critical mass," and there is no question we feel that the situation which was faced, shall we say, ten or fifteen of your years ago, has been ameliorated. We ask that your light work continue and we ask that you open your eyes to gaze into each others', for you are all light

workers upon the same path. We ask that you see the love and feel the love within each other and within yourself. For my friends, to love each other is to reside in the Kingdom of Heaven. Whatever your service, may we bless you in it, and may we promise that there will be with you those who help you, those whom you desire as you perform that service, as you go into meditation, if you request us or your guide to deepen that meditation and to aid it, they shall be there, or we shall be there. The spiritual path is indeed one which one must walk alone, yet always there are helpers along the way and there are wayfarers which one meets only to be inspired by their courage and spurred to further effort thereby.

May each be teacher of each; may each love each. We thank this instrument and this group as we find that the group itself is somewhat fatigued, we are especially thrilled, may we say, to be called. We appreciate that very much and would like to transfer at this time to the one known as Jim. I am Q'uo.

(Jim channeling)

I am Q'uo and greet each again in love and light through this instrument. At this time it is our honor to ask if we may be of service by speaking to any queries which may yet remain upon the minds. Is there a query at this time?

Q: Where do you come from?

Q'uo: I am Q'uo. We are entities who have journeyed a distance which in your terms, would be considered far, and yet within the one creation we are as near as your breath. We are those which have enjoyed the choice-making density that you now enjoy in a solar system which has no reference within your astronomical observations at this time, thus our exact location is impossible to describe with precision. However, we assure you that those experiences which you now welcome and enjoy as you choose each step of your evolutionary journey, we, too, have welcomed and enjoyed and have learned the love of the Creator by traveling, and we come now where we are called, seeing the creation as our home and those who call us as our brothers and our sisters. Is there another query?

Q: Are you familiar with the questions that were compiled by the instrument? If so, would you care to answer those at this time?

Carla: Let's just speak them one at a time.

Q'uo: I am Q'uo. And we would appreciate if it is possible that you vibrate the query to which you have interest, and we shall attempt to speak to each in turn.

Q: Is the Ra influence growing in our world? And if so, how is it growing? Who's the ... ?

Q'uo: I am Q'uo, and I am aware of your query, my brother. The influence of which you speak, we take to concern the growing feeling of unity and love for each entity by each entity within your planetary influence. Indeed, my brother, if you look about you in your daily round of activities you will see that there is a light within the eyes and within the hearts of many more of your peoples as your time moves toward the dawning of that experience that you would call the graduation, the movement to the vibration of love and compassion. Within your illusion at this time there are those whose desire to serve has been honed to a fine white-hot glowing fiery desire that moves in each field of your interest and endeavor.

There are those within all, as you would call them, walks of your lives who seek at this time to take that knowledge which is theirs to share and to share it with a heart that is open and loving and accepting. There are many now within your illusion who have felt for the first times in their lives the awakening of the feeling of compassion for those who are less fortunate than are they and who have given of themselves in an attempt

to alleviate the lesser fortunate situation in ways in which they would not have considered at an earlier time within their incarnations. Yes, my brother, there is a light born of love that is growing upon your planet at this time. It is a heartening and joyful sight upon the metaphysical realms to observe the power of love set free within the life pattern. We rejoice with you that this is so and that the influence of love touches so many, many now within your illusion. Is there another query?

Q: I have a question. Do you see a correlation between the breakdown of the immunological systems of mankind and the ecological systems of our planet?

Q'uo: I am Q'uo, and am aware of your query, my sister. We see within your own process of thinking the correlation between the breakdown of the immunological systems of some of your peoples and the breakdown of the, as you would call it, ecological system of your planet itself. There are indeed analogies which can be drawn which would suggest that as the integrity of a system has been breached by influences unthinking or uncaring that the vitality of that system then is reduced as a direct proportion or function of such careless thought and action.

However, we do not see from our perspective a more practical or direct connection between these two phenomena but may suggest that any experience within your illusion which seems to the outward eye to partake of misfortune, sorrow, tragedy, disease and suffering is an opportunity for those with open hearts to move in service in order that those which suffer, be they planet, entity or animal or ideal, concept and such, be able to give and receive the healing powers of love, not that the condition be immediately rectified, but that the desire to serve where one is needed be recognized in each heart and mind and that each take up the burden shall we say, of the brother and the sister which suffers and persist in loving and the giving of the self where there seems no rational reason for such.

For the power of love, my sister, moves beyond the power of reason and rationality and offers itself without stint in order that whatever may be done be done with all the strength one has to give. And in the attempt the heart and the will and the faith are strengthened in the metaphysical sense so that the nature of the being is enhanced and ennobled and able to move in service in ever more efficacious ways. The attempt, my sister, in the metaphysical sense is far more important than completing the attempt in the physical sense. For your illusion is an illusion that offers an opportunity to put to the test and the strengthening those principles which are the highest and best that you have chosen by which to live and by which to give and by which to grow in the most profound and pronounced fulfillment of your potential as infinite beings. Is there another query?

Q: Can you give us insight into the causes of the condition known as AIDS?

Q'uo: I am Q'uo, and my brother, as much as we would wish to give information which would aid the healing of the condition of which you speak, we find that information concerning this particular topic moves into an area in which there is the necessity, we feel, for refraining from speaking in a specific sense. For there is that you would say that is hidden within your culture by a small grouping of entities that is necessary to understand before the disease that you have called AIDS may be solved as a puzzle. The intrigues of the human mind which seeks in hidden ways to achieve mundane ends must remain hidden in order that the full implications of this particular situation might hold sway in the metaphysical sense. We apologize for seeming to be shy of information which could be of service but cannot speak further without infringing on the free will of many who are engaged in a kind of challenge that is most intense. Again, we apologize, my brother. Is there another query at this time?

Q: Yes. What are the principles that we [should consider] at this time? Any information with that in mind and spirit?

Q'uo: I am Q'uo and I am aware of your query, my sister. To those who would offer themselves as healers, we can suggest that the first great healing be done upon the self for as the healer ...

(end of tape)

... the distortions that yet remain within the crystallized being that each of you is. Thus, it is most important for each who would serve as a healer, and who would take that great honor upon their shoulders, to first offer the self as a purified vessel, hallowed and dedicated to calling upon the light and the healing energy of the one Creator that it might move through the hallowed vessel, the self, the heart of the being and move clearly, and without distortion of any kind, to those entities which request the healing energies.

It is also to be noted that it is most desirable for the one serving as healer to offer itself openly, but without dedication, shall we say, to a certain outcome. This is to say that the healer does not heal but offers itself as a channel or vessel through which the healing energies of the one Creator shall move to the one requesting the healing. Thus it is well that the one seeking to be the healer offer itself in an impersonal fashion in order that that healing energy which moves through it be as purely received as is possible. Is there another query?

Q: Do you have any special information you might want to share with us concerning our guiding our children?

Q'uo: I am Q'uo. My sister, we may suggest to those who serve as guides, teachers and examples to those young in experience within your illusion that whatever means which you have chosen to pursue your own spiritual journey be pursued in a regularized fashion, with [all] the purity and intensity that is possible for you, in order that those who are young in experience and in years may be able to observe the power of your faith and your devotion as it moves in action through your life pattern.

There is, we find also, the necessity of creating a situation which balances the young entity's need for freedom of expression with the need within the family and cultural grouping for the disciplined expression of this individuality, which in the young entity is so full of potential and power and yet which of its own accord has little governing influence. It is not an easy balance to which we refer, for often the daily round of activities presses with such weight upon the shoulders of those who would be the guide and the parent that the time necessary for speaking to the vital individuality of the young entity is short. There is much in the sharing of the heart, [and in] the feeling that is lost in the hurried word and the short explanation which could greatly benefit the young entity were it given greater time to share with the parent those principles by which the parent has chosen to govern itself and to point itself along the pilgrim's path. We can encourage each who would serve as such guide that there is great benefit both to the parent and to the young entity in demonstrating, as well as explaining, these principles. Thus the actions of the parent speak in words and meanings far more profoundly and precisely than do the actual words themselves. Is there another query?

Q: I have one. Did you mean to imply, when you were talking about feelings in the fourth density, that in this density—which is figuring out we have them—in fourth density we refine them, and in the fifth density we will be refining wisdom. Is that what you meant? Or are we discovering we have both feelings and a brain here, and in the next density we concentrate on feelings?

Q'uo: I am Q'uo. The reference to feelings and their refinement in our previous speaking was concerning the greater clarity that feelings will assume for each entity with the graduation into the, as you have called it, fourth density of love and understanding. For within that more light-filled environment there is a transparency of feeling and intention that is paramount for each entity, so that there is not the ability to hide the thought or the feeling. There is the clear and obvious recognition that whatever feeling or thought one may hold that that feeling and thought is an accurate representation of that entity's uniqueness. And yet, as

each entity is far more able to express the unique nature of its beingness, because of the clarity and transparency of perception and because of the desire to love and to serve others, there is the ease of the melding of these feelings, each with the other in order that the learning and the service of each by and for the other is enhanced and not retarded by the clearer and more powerful expression of individuality of beingness. Is there another query?

Q: What can be done to correct and the condition of the ozone layer of earth?

Q'uo: I am Q'uo. The condition of which you speak is one which we find, as with many of the conditions of your planetary sphere that has been long in the making and shall not likely, within your third density time which remains, find a complete healing occurring. The difficulties which your planetary sphere now experiences within the layer of ozone which you have described, within the over-heated core of your sphere and the rupturing and moving tectonic plates and other well-documented geophysical distortions are those conditions which have become the culmination of the difficult history of the peoples of your planet as they have suffered and borne the disharmonies generated between peoples, between countries, between races, between genders, between one entity and another.

The heat of the anger and the disharmony of your peoples over a great portion of your time and experience has, shall we say, been absorbed within the entity that is your living planet and is now expressing itself in these manifestations which are likened unto the storm which passes over the surface of your planet, brings the rain, the thunder, the lightning and the wind and in its own way prepares for the great purification of those who inhabit your planetary sphere. This condition within the planetary sphere is one which is more likely to find healing with the movement of the planet itself into the fourth density of love and compassion, of understanding and forgiveness where thoughts indeed become quickly things, and healings of this nature are more easily affected. Is there another query?

Q: You mean it's not the chlorofluorocarbons that are doing it to the ozone layer?

Q'uo: I am Q'uo. My sister, though these agents are indeed the proximate cause of such a defect within the layer of ozone within your planet, it is more the attitude or quality of vibratory consciousness which has seen fit to produce the agents themselves. We look beyond the agents to the configuration of mind and attitude that looks upon the relationship between your third density population and its planetary sphere as one of plunder and the representation in a more profound sense of the disharmonies that have moved within various cultures and manifested in many and sundry ways throughout your peoples' histories. Is there another query?

Q: What is the best way to overcome the ... before we can come through as clear channels?

Q'uo: I am Q'uo, and I am aware of your query, my sister. As such an entity, we may suggest that we have only one primary requirement which needs not be overcome but rather met, and that is there must be the call for that which we have to offer by those who have offered themselves as instruments for such a transmission and service in as conscientious, shall we say, a fashion as is possible for them to do. By this we mean that each who would wish to serve as a vocal channel or instrument needs first to prepare the self in order that the offering of the self as a vocal channel might be done in a stable fashion that does not put at risk the cohesiveness, shall we say, of the personality or the character structure that allows the entity to function within your illusion.

These preparations we find have been discussed today in great detail, and thus we shall not cover them further but reiterate that the call is that which is of most importance in order that we serve in a manner which is congruent with the service which is desired. This is to say that we would not force ourselves in any way upon those who do not seek what we have to offer as our service. Is there a final query at this time?

Q: Are you aware of the entities that are standing at the back of this room, not in the physical form? Can you explain who they are and why they're there?

Q'uo: I am Q'uo. My sister, as we survey the room in which each now sits in meditation and seeking, we find that there are joining those of you who have gathered in the physical form a number of entities, including those which you have described, who are here to lend their services to many specific individuals within this circle of seeking whom they serve in various capacities as teachers, as guides, as friends of great intimacy, having experienced the relationship for portions of time far exceeding the incarnations you now experience. In any such circle of seeking such as this one this evening, there are always gathered many who are not seen by the physical eye, who lend their assistance in a variety of ways in order that that which is of the most benefit to those in their care might be presented in a manner which is appropriate and understandable at the time which is ripe.

Thus, the aid is that of guidance, of inspiration, of enhancing that process of learning by sharing which each of you has to offer to the other. They are here to bless and to give that which is theirs to give --the many faceted jewel of compassion and wisdom.

At this time we find that this instrument is fatigued enough that it would be well for the purity of the contact if we would take our leave of this instrument and this circle of seeking. Before doing so, we would like to offer to each our intense, heart-felt gratitude for the call from each which has allowed us to blend our vibrations with yours. It is a blessing to us that is beyond the ability of words to express but one which we offer from heart to heart. We hope that each will take whatever words we might have spoken that might be helpful in each one's journey of seeking and use them as each will. We are those of Q'uo, and we leave each now in the love and in the light of the One Infinite Creator. Adonai, my friends. Adonai.

Group: Thank you. Good night.

(end of tape)

Carla: It's really, you know, the feeling of two people, entities, group entities, whatever, working together to help. As long as you don't get attached to the outcome and think, "Well, gee, I didn't help, therefore I'm ticked off because it doesn't look like I helped. That person didn't accept it." You know, you can't think like that, but it's just a wonderful feeling; the channeling itself is pretty joyful to me and perhaps this entity is one that would be helpful to you, but as you can see from all that I've said, it is helpful to begin to open to an impersonal channel with a group.

Well, now is everybody here?

Female Speaker: Yes.

Carla: I was looking for the boss. Okay.

Jim: To start off the morning, would you all like to learn a new chant to get us going on the same vibrating on a new level? The words to this one are very simple: We all come from God and to God we shall return like a river flowing to the ocean, like a ray of light returning to the sun. That's it. We'll say it three or four times. Are you all right?

Carla: Yes. I just need to have some water.

Jim:

Carla: Good morning, everybody. Top of the morning to you.

Carla and Group Singing: We all come from God and unto God we shall return. We all come from God and unto God we shall return. Like a river flowing into the ocean, like a ray of light returning to the sun. We all come from God and unto God we shall return. We all come from God and unto God we shall return. Like a river flowing into the ocean, like a ray of light returning to the sun. We all come from God and unto God we shall return. We all come from God and unto God we shall return. Like a river flowing into the ocean, like a ray of light returning to the sun.

Jim: We'd like to make one addition to the outline for any of the people who are already serving as channels and who were hoping that they might be able to either work more intensely with us or to channel themselves. We'd like to offer the time period from noon until one after this session is over for anybody who'd like to talk to us in any other way about the channeling experience. We are aware that there are some who are looking forward to doing something more in that area, and we'd like to open time for that. So, that'll be from twelve to one. Anybody else who'd like to join in is welcome. We will begin.

Carla: Okay. I was hoping that he would give you the rationale behind that because when I left it with Paul last night, I was going to ask all of you if you wanted to hear the rest of what I had to say, or if you wanted to change the agenda so that we would have different people channel this morning and so forth. I was really open to that, or I can run through teaching a technique of safely opening to your own guidance from within. All of these things were possible, but Jim tends to be very economical of words, you may have noticed. He said simply he felt like even if this was hard stuff going down, that in your future work you'd be glad you worked on it. And it's hard work, but he thinks that perhaps I should finish what I came to do. Now, are we getting all the same feeling here, or is there really any strong feeling other? Because I don't want to go against anybody or be of non-service to anybody, and I really don't think I have all that wonderful things to say. It's just this is what I've learned so far, and I haven't found anybody else in the field that's working in this area of trying to purify and make clear the work that we're doing.

All that we want to do, you see, all of us, all that we innocent, naïve, unambitious people want to is to turn this veil of tears into a place of joy and light and peace. Outwardly that looks impossible. Working from the inside out we can find all the tools that we need. But, finding those tools and using those tools is a matter of care and love, caution and patience. To want something quickly is to want something that is shallow perhaps and will go away. And what we're building here is a life. So, I'm talking to serious people, and I know it. And if I come to you again, believe me, we are going to have a channeling work this time. I guess I'll finish my outline, okay?

It's going to be in three parts and what I'm going to do is not spare the horses. I figure I'll run through this, not because it's not important but because I'd like to leave you all the maximum amount of time for anything else that you would like to do, like the channeling. So, if we don't stay to the time slots that you would expect, but are a little bit quicker, that'll be why.

This morning I want to talk about something called temptation, and then Jim will talk about psychic greeting. Then we will have a break, and then I will talk about the ethics of channeling which will not be a real long section, but I'd like to address it for those of us who intend to work in the field and for those of us who are already working in the field.

I suppose the first real temptation to any channel, or anybody with apparent power of some kind, is the temptation to make things happen, to have an outcome, one particular outcome which you have in mind. It's a natural temptation. If you're putting something out, if you're putting a lot of effort into it, of course you want to have the outcome that you had in mind, but that doesn't always happen. And I think a good example of that is in Don Elkins' youth, when he was in his early twenties, he and another couple of guys bought a small airplane and decided to buy an old oil rig and drill for oil. They got mineral options, or whatever you call it, on five different parcels of land. Don was a scientist. Scientists think differently than people who are philosophers, sociologists, [and] that's who he had.

And Don got a geologist friend of his, and they went to the five sites and did core drilling and found that four of the five sites were pretty hopeless. One of them looked real promising. He went back to the other two, and he showed them the geological surveys thinking it perfectly obvious that they would drill on the one where the survey looked most beneficial to them [that] they would strike oil. But they felt, because they had paid much, much more for the option on this other parcel that they should drill there first. They ran out of money before they got to drilling on the one that had the oil on it. So, not all outcomes in the spiritual life are anything like we think they should be.

When Roger was on my floor, going through what he went through, the outcome may well have been extremely positive. It may well have been that this was for him a rite of passage, an initiation in the best possible circumstances, and that his soul had to wait until he had these people around him in order to go through this. There's a lot we don't know, and you can't be attached to the outcome; that you're either a success or a failure, you simply offer and release it. That's the first and greatest temptation to avoid. Never expect an outcome from anybody.

Temptations, I guess, occur because you're channeling for the most part without having cleared out your lower energy centers, which is why I spent so much time explaining how that process occurs of blocking. And you'll notice how many, so many, of you had problems in orange ray. I never even got to yellow ray, which doesn't matter because yellow ray problems are almost always a reflection of orange-ray problems. In other words, if you are manipulating someone at home, and you go to work, you are also going to be manipulating people in order to get a job or look better to your boss or something like that. Your blockages in one will be the same kind of blockages that you have in the next. If you're a jealous person and [they will reflect] how you might be jealous of a co-worker. Whatever your character traits, they tend to run through both orange and yellow.

So, what you're dealing with is ego and excess. Excess is mostly red ray. You feel like somehow you should eat more; you feel like maybe you could smoke more; you feel like maybe you can express yourself in an intimate way more because you're feeling all this unconditional love. And you just take this light, this refined pure

essence of yourself, and you start throwing garbage at it when you do that. It may feel good. You can tell yourself all kinds of things. You can tell yourself that because you're channeling now you need this, but if you are not losing weight while you're channeling and you're over-eating, you don't need it. If you're losing weight, I'm afraid the bad news is you're going to have to eat red meat probably. If you're so spacey you can't remember your name, you may have to smoke to ground yourself.

I mean there are reasons why psychics do these things, but it's important to keep it as moderate as possible because you'll just blow your circuits eventually doing things like that. And do you all know especially mediums that go into full trance that have gotten old in the service relatively young and gone into alcoholism? I mean have you seen this pattern of people who simply give and give and give of themselves until they just aren't grounded any more at all, and they have to pull themselves down with the alcohol just to be on earth? I have seen spiritualist mediums, trance mediums who this has happened to more than once, and it's understandable, but it's better to be your own mother and to nurture yourself in a moderate way.

And if you need more grounding than a little smoke will give you, then get in some water or turn on the radio and dance around the room or get in touch. Go for a walk in the greenery and really get in touch with the trees and the bushes and stuff. There are different ways to ground yourself. Putting your feet on this carpet right here and really feeling the earth energy, even though we're way up from the ground, that'll ground you. It just takes some will. So you don't actually have to use any excess, not that food, sex – well, I won't say smoking because that can give you cancer – but I mean none of these things are bad in moderation. It's just that they can de-tune you so easily, you see. You don't want that.

The biggest temptations are really ego. The temptation of the ego for being elite, being special, being smarter than everybody else because you channel or heal or whatever it is your service is. It's actually not true, you see. We clear ourselves to do this service and we do the very best job we can and hopefully it's acceptable. We're clear enough that the energy moves smoothly and without a problem, but we don't grow wings or anything like that. We have the same make-up as any other bozo on the bus, as I say in the book, and so what you have to watch out for is too much enjoyment of people treating you as if you knew more than other people do. You really need, the more influence you have over someone as a teacher, the more humility you need as a person because you have to realize that this person, to me—I think to myself—this person is Christ. I really want to help this person, but I certainly don't know more than this person.

So I really need to listen and you know, give the best that I can, but not in any way feel that I will help; I will heal; I will teach; I will make everything well. I won't. I'm a good companion, a good person to talk to, and I've thought a lot about this area, but there isn't an elite of channels. And when channels try to be better than each other it is a killing eccentricity, and I urge you never, ever to compare channels one to the other but only their information to the truth that you need. They really are channels. You really are channels. The stuff that comes through you is affected a great deal by the level you're able to get down to and so forth.

Your part in the channel is various. Sometimes you've have a little bit, and sometimes you'll have a really pure channel. Sometimes your partner gets more because you haven't gotten down to a deep level. But, you don't know any more than anybody else really, except through the channeling. This is not to put either ourselves

nor anyone else down but merely to say that we are equal; we're colleagues. We're people on a path together, and it's a great comfort to have you on the path with me.

The worst of the ego problems usually comes with groups because this is yellow ray. I mean, we are a yellow-ray planet. We are learning how to love while being in community with each other and increasingly it is a global community. And when people that channel start channeling about moving to a place of survival, setting up a base camp, some people will belong to the camp and some people will not, how will you know the difference, what should you pack, a supply of diapers would be handy was one that just tickled the heck out of me. That's the funniest thing I have ever seen in channeling. And I mean, like people did move as far as I know in this particular case. People did move to the place of survival and, of course, nothing happened that particular time. I'm not saying that our planet is not going to undergo some series of disasters. I think it well may, certainly all evidence points to it.

My only suggestion there is if we really are service-to-others oriented, we don't want to survive. We want to be right there in the thick of it, don't we? Aren't we warriors? Aren't we ready to die to help people? Isn't this what it's all about? Don't we want to be where the trouble is? We are not warriors with guns; we're not trying to win territory. We're trying to enliven people's hearts so that they feel their reality for the first time. There is no elite. There is no elite community. It's just not a smooth idea. I mean, if Jesus came back today you know what He'd be, of course. He'd be a street person. How would we treat Him? How do we treat everybody? You know, it's really something to think about, isn't it? Anyway, we're not elite. And our communities, if they come up around us are not elite. We have to be humble about this service we perform because we are servants, we're not masters. We are mastered, and if you cannot feel that overshadowing and feel comfortable with it, there are other options for you in service.

It's very tempting to allow specifics that you may already know, or that you think that you've heard from someone else, to come into your channeling and make it sound spiffier, but if you're not getting it, you don't say it. This is a really strong temptation because people want basically to have their fortune told a lot of times. Not everybody, but a lot of times. They don't want spiritual principles; they don't want all that stuff in the middle. They want the bottom line. That's the big problem with the New Age is that it is a bottom line religion in a lot of cases, and you're not given a way to work the path daily.

Basically what we want to do is spend as much time with God as possible, and with the New Age there's really no schedule except the one you make up yourself to do that with. So people that come to you are likely not to be as interested in the spiritual principle behind their problem as they are in an immediate solution to it, or immediate analysis of their health problem, or their dream, or what's going to happen next week, or how can I get this job, or am I going to die, or something like that. When is the danger going to be, where is a safe place?

All these kinds of questions are the questions people are really truly interested in, and that kind of channeling is a gift. I cannot teach you how to do that kind of channeling. If I teach you to channel, and you do that kind of channeling, you're going to be getting negative channeling. Some people simply see. They're clairvoyant or clairaudient, and it is a gift. This is not a gift I can teach; prophecy is not a gift I can teach, and

I am not sure that it is very helpful to people because it makes them dependent on the reader rather than gazing at their life, gazing at their situation, turning within. I mean, we all know so much. We've read so much, but can we use it? Are we strong inside? Are we independent really?

People will be disappointed in you if you give them philosophical channeling when they want specific channeling, and if you can't live with that, again, I say, there are many other services. Or you can go to a teacher who perhaps can teach differently, and perhaps you can find your goal that way. But I know no way to get specific information without polluting the channel and eventually ruining it. I think that such channeling is not always negative, that there are positive channels that do it; I'm sure of that, but it must come in a different way, and it is a natural gift.

Now, I have been able to help people purify their channels, who have that kind of channel, and the same rules apply. It's just that apparently it is a different type of entity, perhaps an inner planes entity that has lived here on earth and, therefore, has the right to mix in and interfere with free will. That's all I can figure. I don't think that the people that I have been in touch with like Ra, Hatonn and all those people are from here, [have] had incarnations here much. At least not lately.

The basic problem, you see, is that to my way of thinking—and this is only my opinion—free will is much more important than telling somebody a specific point of information. I think Jim answered one question last night when he was channeling. He said, you know, this is something you need to work on yourself. We do not want to mix in with this process or learn for you. I can't with – did you get one like that last night? We get them frequently, that kind of response, because if someone learns for you, you haven't learned. You have obeyed, but you have obeyed under someone else's authority, and you may not understand the principles involved. So you can't move on to the next step, and that is what I'm warning you about.

As a channel, it's good to give what you hear and nothing more, and if it doesn't please the person, if the person really did want more specific information, then just smile and point them to the nearest spiritualist. That's all, because spiritualists are wonderful for that kind of thing and very skilled, some of them, very gifted. You do have to shop around, but you do anyway. Go ahead.

Female Speaker: I'm confused. Are you saying that that is a negative type of help. I'm wondering if being a spiritualist can be positive. I mean, I'm confused. Are you saying that type of channeling always interferes with free will?

Carla: No. I'm saying that the channeling that I teach and that I know how to do, I have observed, works best if you ask general philosophical questions, and even if you ask specific questions they will answer with the underlying spiritual principle and not give a specific answer because of free will. So, if someone that I taught, that was using the contacts that I introduced them to, started getting specific information—which you can get by asking for it—you will simply get someone calling himself the same name as the [first contact's] name and giving you just enough positive information to keep you going while giving specific information more and more and thereby dimming your light and your channel by making you look foolish, because some of the information will more and more be incorrect.

Female Speaker: You've got the wrong tuning is what you're saying?

Carla: Yeah. You will detune yourself by doing that. Now there are people who have the natural gift. I have observed this in people that are able to see the future whether they want to or not. When they see people, they see their auras; they know just what is going on; they can't help it. They have to, you know, guard themselves with dark glasses. I've seen people have to wear dark glasses because they're so sensitive with auras and things. And with those people with those gifts, I have seen very, very positive channels giving specific information, very beautiful spiritualists.

But it's a whole different way of training. There's a spiritualist minister here who was I talking to—a gentleman last night, yes, a spiritualist minister. Please, if I'm not saying this correctly, please correct me, but I'm not a spiritualist teacher, but that is what I suggest—is someone who basically wanted to get that kind of reading. Now I do think it possible.

I had a very interesting experience in a recent Intensive at my home of a woman who began to do a reading on a philosophical level. She did not know anything about the woman that she was channeling the answer to her question, and it was not an answer to her question. She was deep enough that she had simply gone into a reading. I listened to the reading for a little while, and the reason that it stopped was not because she was out of control, but simply because the reading was done. It was a short, pithy, philosophical reading talking about the underlying spiritual principles behind her particular problem which she had confided in me and which I confided to no one except Jim – ever. I'm the perfect person to confide in because I forget things within 24 hours.

But I think that it is possible to have philosophical help combined with the gift of giving readings. In your case, I would say definitely from what you've described to me that may be happening, and I think that's really interesting and wonderful because if you can not only give a reading but also give philosophical principles behind the problems, too, you're not only giving the person the rice, you're also giving them some seeds. Now whether that person takes the seeds and plants them, or whether that person itself is good ground or stony ground, I guess would be a better analogy, is not your fault, that's up to the person.

There is a temptation I like to call the great conspiracy. That conspiracy, which I don't think consists in this room in people's minds but is a trouble to many channels, is that they're making it up. I certainly know when I started in '74 I was quite convinced I was making it up. One becomes gradually, very gradually convinced that something is going on. For one thing, the simple longevity of the channeling. I've channeled millions of words by now. I couldn't possibly have made all that stuff up. But there are also other ways to look at it.

There are a series of subjectively interesting happenings and coincidences that continually occur to people that are on this path, and a lot of times someone will come up to me after a channeling session and say, "I didn't ask that question, but I heard what I needed to hear." And when you've heard that several hundred times you begin to realize that something is touching you that you are not consciously aware of and is not within your ken, not within your knowledge.

So, I don't think I need to dwell on the great conspiracy theory, but there is that feeling among a lot of channels, and it robs them of their power as channels to feel that it might be themselves. We really need to be quietly confident and trusting. Once we've set up the conditions for the contact that we want, let'er roll. Don't think about it.

Female Speaker: May I ask a question?

Carla: Certainly.

Female Speaker: If it were ourselves, it wouldn't be us, it wouldn't be an entity. It would be, I assume, our Higher Self. The information would be of great value either way.

Carla: Yeah, the inner/outer controversy is one that has raged for years—whether the world is real, or whether the world is not real. Whether our channels are portions of our Jungian and archetypal self coming forth from our subconscious, or whether they are external beings to us. If you'll think about it, it doesn't really matter. It's just: look at the information, you know. I have stopped even trying to figure that one out. I don't think this is the density of understanding, folks.

Female Speaker: Can I just say one word. I had a channel in my home. She went in a trance like [for] two hours or more. And the first time she came she was very kind; she was very loving, and she spoke to all of us and everybody was very, very... She hit a nerve for every person. Then there was the second time. She thought she was affronted, and we didn't know it at the time. She wanted to be at home alone, and I had invited some other people, and she said, "How dare you do that?" And when she began to channel, she lost everybody because personally they were very angry.

Carla: She was detained.

Female Speaker: The whole time was just talking philosophy that was just grounded and [seemed] to be coming from love and just very interesting.

Carla: Yeah, that is interesting. Okay. Once again, I'm not quoting most of these quotes because I'd really like to get through early enough that you have a chance to do some things. I would like to quote something from myself. "An instrument works closely with uncontrolled energies, that is energies not under the conscious control of your waking personality. Always look at your personality and at the personality of each student as you set about the work of channeling, for if you are not comfortable with the concept of being overshadowed by a force greater than you, or at least other and different, you will be miserable as a channel, and you will undoubtedly find the temptation of using your own information to the exclusion of awaiting the unpredictable contact too much to bear."

See, sometimes you don't get anything, and may be somebody in the circle who really does not want to receive the contacts that I get... if there is one person in the circle who doesn't want it, then we won't get anything because one person's free will is as important as the 99, you know. The one lost sheep is as important as the ninety and nine, I think is the principle that comes into action there. [If] one person's free

will would be abridged by channeling, they won't come through. I found that out early on when I started channeling. A little 4-year-old who really wanted to go home, and she was being good and quiet, but I couldn't get anything. Finally the woman took her into the other room and we instantly got the channeling.

If you do charge money, there is always the temptation to pocket it and not report it to the IRS. Now, don't blame me for this. I'm no more of a friend to the IRS than you, but due to the fact that you are living as a kind of lay minister, it is best to be excruciatingly honest and pay taxes on whatever you're getting, unless you've got a nonprofit corporation set up to put it into. I hate to say that because it just seems like such a jerky thing to do. The IRS gets plenty of money already from us, but the spiritual principle involved is render unto Caesar that which is Caesar's, I mean not to be attached to that money.

Remember at all times, I guess is at the core of what I want to say about temptation, is that you are basically working on yourself. Your channeling is a byproduct. So, try to think of yourself not as a channel or a healer, but some word like minister or helper or servant, a general word that indicates a certain kind of life lived, so that you don't hurry yourself. Watch your personality as it changes. It will. It'll take years; it'll take a long time. Mine is still pretty much in the toilet, but I'm working my way up the porcelain. You know, I will one day be better than I am now, and I'm a lot better than I used to be in terms of being clear enough to channel.

And it's just a matter of knowing yourself well enough to say, "Okay, this is where my stable, safe, magical self is. This is the point beyond which I will not go today." And it's a daily thing; you have to feel it; but feel yourself; get a sense of yourself before you begin to channel, so that you don't push yourself into energies that you are not ready to handle that particular day. Have a lot of respect for yourself, and don't use yourself, but allow yourself to be used by the overshadowing of inspiration.

The solution to temptations. I always have to go back to my ordeal. Temptations are simply that part of the ordeal which come to you first when you begin channeling. They're not the worst of the temptations; they're not the worst of the things that can happen to you; but if you deal with your temptations, probably you will not get psychic greeting. It's hard to deal with every temptation, so we all experience psychic greeting from time to time if we're working in the light, but if you can go slowly, be patient with yourself, and avoid the temptations of excess and ego, then in your meditation and in your balancing, you should be able pretty much to keep up with yourself so that you don't leave yourself open to more serious inroads.

If I have daunted you by talking about the temptations of channeling, I am talking about all the difficulties of getting ready to channel, [then] I have [other] services that I would love to suggest for you. Feeding the hungry in soup kitchens, clothing the poor, visiting prisoners, working with hospice people, working with Aids patients, visiting old folks who are alone and almost unable to move, waiting to die in rows in old folks' homes – that's a real need. Just go in there and give everybody a foot rub and people will think you're an angel with skin on.

Getting involved in the political process [is another such service] if you happen to have a strong, clear yellow ray. and it's an easy way of being with people with shades of gray. I have trouble with yellow ray beyond a certain point because most questions have many sides, and I see them and it makes it less easy to act as if this

is right and this is wrong. There are so many sides to questions, but you see, working with discarnate entities can be very frustrating because they are not always there for you. Sometimes the situation will not be right for you to get a contact, and you won't. And if you're honest and careful and you don't fake it, you feel kind of like you disappointed people, and it's rough. And people that can't deal with not being in control need to be working with something that they are more in control of.

Like if you're working within the social system trying to help poor people or whatever, you can at least get somebody on the phone and harangue them until they do something that you want them to do. I mean, you're in some kind of control in your helping of people and you're still helping people. A person that is starving to death is not probably going to be working on his spiritual self a lot of the time. He's probably going to be trying to stay alive, and your feeding him is just as much a service to him at that point in his incarnation as a teacher talking to a student at another point in incarnation about a very abstruse point that really helps that particular student is to that student.

Services are equal. There isn't a higher service or a lower service. There is the Great Work of realizing the oneness of all of us. And some of us can serve within the illusion, and some of us are pretty theoretical—I am largely theoretical—and work largely outside of the illusion trying to bring the consciousness of heaven more to the attention of people, trying to generate in other people the kind of passion I feel for the things I love, hoping that you will be passionately loving people and passionately loving channels and care very, very much about what you do and doing it excellently, not just okay, but just as well as you can. That is really what I have to say about temptations.

It's always a temptation to impress other people. The great thing is to work on yourself, it doesn't impress a soul, but it's the best thing to do. So, I will turn this over to Micky without a break at this point just to save time, and then we'll break after Micky's [talk] for questions and answers, and he will be talking about psychic greeting.

Jim: She calls me Micky as a nickname. McCarty.

Female Speaker: Yeah, we all thought maybe we had another companion.

Carla: Well, I have a brother named Jim, an ex-husband named Jim and Jim.

Jim: Too many Jim's.

Carla: After questions, I'll call him Jim.

Jim: The area of psychic greeting is described by some as a psychic attack. The action of the loyal opposition, shall we say, to either hinder or stop your work because the negative polarity operates in the polar opposite fashion of the positively-polarized service-to-others instrument. It's kind of a, you might say, a left-handed compliment to your work as you are psychically greeted.

Female Speaker: Thank you.

Jim: Did you like that? As you become more and more successful in clearing yourself and becoming a clearer channel and are able to receive and transmit information that is actually of use to people in their evolutionary process, what you are doing is creating a power; you're creating a light in a metaphysical realm that attracts attention. It doesn't only attract attention of people who would like to be interested in what you have, and to learn from what you have, but it attracts the attention of negatively-oriented entities.

The spiritual principle here seems to be that for every opportunity for the light to shine in the positive sense, there must be the balance of the opportunity for the light to shine or to be absorbed in the negative sense, so that each person who operates as any kind of an instrument or servant of others, has the constant opportunity to refine that choice and to make it more and more purely chosen, to drive it deeper within the self.

We developed the term 'psychic greeting' rather than psychic attack because we looked upon them as opportunities to refine our own learning and our own progress upon the evolutionary path. The primary means by which such are offered are first in the kinds of temptations of which Carla has been speaking and others as well. The tuning that you do when you make yourself as clear and pure a channel as you can is similar, as she mentioned, to the tuning that you do on a radio when you attempt to put the dial exactly on the station that you want.

For the most part, positively-oriented entities that would channel through you have one primary purpose, and that is to aid you in your evolutionary process, to give information that illuminates something that is not yet known, to help you in some way move a bit further along that you might also be of service to others. Any kind of information that falls outside of this general area of being of service with...

(end of tape)

Jim: It apparently worked well in that regard, but it could also be utilized by the negatively-oriented entity when, for example, at one point she attempted to do some pouring of water from a gallon jug into a glass to simply take a drink, and we always tried to help Carla do things that were hard on the hands. If she attempted to do cooking or cleaning or things like that, the arthritic condition could be brought in more intensely and could be magnified by negatively-oriented entities, so that at one point it was necessary to stop the contact long enough for her to have surgery upon her left hand, so that the condition of the pulling apart of the ligaments could be corrected. That was a successful type of a greeting which did, for a portion of time, stop the contact.

Another means, or area in which we found that greetings were offered, were free-will choices that were less harmonious than were possible for us to make. The principle here seems to be what is generally called the Law of Responsibility. As you stand closer and closer to the light as an instrument or as anyone who seeks to serve and who serves in any manner, but especially as an instrument serving as a channel, you have the responsibility of reflecting that light as purely as you possibly can. If you get careless, or lazy, or hurtful, or thoughtless, or angry and create separation between yourself and another person, then you are creating an opening through which the negatively-oriented entity can move and intensify that particular distortion.

An example would be, from my own experience, during the Ra contact we were able to put together four different books and publish them privately in the Law of One series and offer them through the mail to people who were interested. At one point we were low enough on Book II that it was time to reorder. When I mentioned this to Don, he said that he didn't think that that was a good idea at this time, but he thought rather what we should do is take all four books and rather than publish them as four separate books in a paperback in the way we could afford, to publish them as one book in a hardback that we could offer to everyone. I pointed out that that sounded like a good idea, except it was impossible—that we didn't have the money to do that, and it would be quite some time before we ever had the money. And that in the meantime we would not have Book II, and eventually we would not have Book III and other books to offer. And we would have nothing to offer while we were waiting to fulfill this dream that may not ever be fulfilled.

Well, that – Don was not always logical – it didn't faze him. He still wanted to do that. So, eventually what resulted was that I became angry. My angry thoughts became angry words, and for a day I separated myself from Don with these angry thoughts and words, and as a result the opening that I made was intensified within my physical vehicle and—it being an orange-ray opening—the kidneys had a predisposition towards a weakness and the lymphatic system as well. They were worked upon so that I developed a condition that is called nephritis or minimal change syndrome. I gained, I guess, about thirty pounds of water weight as the kidneys were malfunctioning. If we had not been able to effect a healing through a number of different ways, using orthodox and non-orthodox healers, then the Ra contact would have been stopped for even longer than it was while I was in this condition. Each of us needed to be mentally, physically and spiritually as whole and balanced as we could be before entering into contact, or we would not be able to offer the protection that was necessary for that contact for Carla.

Another area in which we found psychic greetings were possible to be offered was rather a novel kind of area where maybe a pre-existing physical condition such as Carla's problems with her inner and middle ear, that came from the infections that she had during childhood, and which left scars there and created problems with balance from time to time. These conditions were intensified by the negatively-oriented entity, so that when she was on her daily walk in the neighborhood, and would need to cross a street where there was traffic from time to time, she could be made dizzy enough that she might be susceptible to the suggestion that there was no traffic and to walk in front of the traffic. However, that was never, as you see, successful. She was able to maintain her balance and her perception, and frequently I would accompany her on those walks when the dizzying factor was strong.

Now, realizing how these types of greetings can be offered, and the variety of ways, the question is naturally asked, well, how do you deal with them then? What is the best way to deal with such a psychic greeting if you are aware that such might be occurring. First of all, I'd like to suggest that the way definitely not to do it is to deal with anger or resistance or with any type of fear. These are sweet to the negatively-oriented entity. They are his or her battleground. This is the way the negative polarity operates; the manipulation and control of the environment about it and the forced type of obedience, whether it be through fear or pure power.

What we found worked best was simply, in a meditative or contemplative or prayerful state, to take that entity that had offered the greeting, the greeting itself, yourself and anyone else that was involved in, to take all of them into your heart and to generate as much true, heartfelt love as you could and to bathe this entity within that field of love. Such love and compassion given to a negatively-oriented entity is as distasteful [to them] as their greeting might be to you. But I want to caution you here that you do not give them this love with the intention that they go away. You cannot have a preconceived idea or a condition put upon that love. It must be given freely.

Female Speaker: Excuse me, are you talking about a human entity?

Jim: No, I'm talking about discarnate negative entities who work upon the metaphysical planes, almost always of an advanced nature, even of the fourth and very infrequently of the fifth density. Sometimes also of what are called the dark angels of the inner planes that are of the third density.

Carla: Do you want (*inaudible*)

Jim: Oh, well, I'll leave that to you because I'm not as familiar with that one. Carla communicated with a person who had – go ahead and give it.

Female Speaker: Why don't you tell them to go away?

Jim: I'm talking about a time that you might be channeling or anytime where you are where you can indeed tell them to go away, and do it as the crystallized being who knows what you will live and die for and in the name of whatever it is you will live or die for, whether it is Jesus or Christ consciousness or so forth. Yes, you can do that, and it is a technique that works. However, you may not be aware of their presence when they are doing the working. When you going about your daily life, and you are in the midst of a turmoil, [maybe] you're creating anger with another person; you're not terribly sensitive to that other person, for one thing, and especially to entities that walk with very light feet and that do their work in a subtle fashion, which over a period of time may have its effect.

I don't wish to make you paranoid here and to think well, maybe the difficulties here that you suffer are a result of negatively-oriented entities that are attempting to stop or hinder your work. This usually is a phenomenon that occurs when you have progressed enough in your service to become fairly good at it, that you have purified yourself enough to offer yourself either as a healer, a channel, a reader working with cards, with crystals, whatever you do. If you have been able to progress along your chosen path in a purified fashion you'll find that these temptations and these greetings are offered, not necessarily, in my opinion, as something to be feared or removed or rejected, but they're offered as means by which you can intensify your choice, moment by moment, day by day, to reaffirm that in which you believe in, that for which you stand and the desire to be of service to others.

They work, as I said, through distortions, distortions that you are not completely aware of. The more aware you are of your own balance of mind, body and spirit, the less susceptible you are to any intensification of distortion. The more unaware of these distortions that you are in combination [with being] more successful

upon your path, then you find the condition possible that you will find the psychic greeting and the temptations offered with no life pattern. But again, they work upon that which is the least understood and the most distorted. So that what they're actually doing is pointing out for you areas you may not have noticed, so that you can begin to notice these areas. [Now you can] work upon them in a concerted and conscious fashion and strengthen them so that the entire chain of your being is composed of links that are strong. There are no one or two links that can be worked upon to remove your service for a period of time from those that would seek it.

And at this time should we go ahead with questions and answers and then have a break?

Carla: Let me talk about Robin There were some important points in there. Okay. I wanted to give an example of a psychic greeting, also an example of extreme courage. I got a letter from a woman who was being haunted by manifestations of spiders. They were the kind of vampiric thought form; I don't know if you've studied in this area or not; some Bigfoot and all the old vampiric types, the werewolves, the vampires and so forth. There are some thought entities on the negative path that feed on the spiritual equivalent of blood, which is fear, terror, strong emotion of that kind. Now they're looking for negative passions, you see. And she was terrified of these spiders, and after she got one that she said was about a two hundred pound body, [and it] lowered itself over her bed while she sat there. It was real. I mean, they started out small, and she was swatting them. And in the morning she'd wake up with a hundred dead spiders in her bed. They were manifestations. They weren't actually... I mean they weren't actually spiders, but they were stuff. There was physical stuff there.

So I explained to her the rather involved way that these spirits work, and what they're after, and explained that she should treat it as any other psychic greeting. Simply because it was a physical manifestation didn't change the truth. The truth of any psychic greeting is that whatever negative thing you see out there is part of you. It lives in you; it is you. That two-hundred pound spider was part of Robin. The werewolf, the vampire, all of those dark things are part of us. They are part of the perfect Self that we are. It's very difficult to encompass the notion that we could have the murderer, the rapist, the thief, all of those things that are considered wrong in our character, but we do. We all have the same formula of – what – repertoire of emotions and feelings and thoughts.

We control them in different ways, of course, but when you are faced with something that is terrifying you and is greeting you in a psychic way, you take it to you; you love it; you embrace it; you accept it as part of your being and if necessary, you eat it. This demonstrates your knowledge that all is one. And I told this to this woman, and I said, "You know, if it's a two-hundred pound spider lowering down over your bed, perhaps it would be, you know, a smooth move to move yourself out from under the spider and love it, you know, from the side" because it was a real one, I mean it was shining and she could touch it and all that. But I said, start this program of love, and be real strict with yourself, and just allow no fear.

Well, the big spider went away, and she started getting a littler spider and then a littler spider, and she said by about the fourth day there was a little spider that would run along after her like a dog. It went wherever she went, you know. It just loved to be with her, and then it went away, and that was it with the spiders, except

the next week her whole house burned down. Now the only thing that was saved out of that house was my book, which she had with her at work that day and the two tapes that I had sent her. I always write letters on tape—or I usually do—about the difficulty, which were in a drawer of things. The bureau was completely burned, and everything around the tapes was burned, but the tapes themselves, which as you know are quite flammable, were completely untouched.

Questions and answers?

Female Speaker: Super briefly, I had a dream a long time ago which was completely analyzed for me. A beautiful oak tree and I was watching from the inside, and this person was in the room, and the elders were all around. They [were] wonderful, meaningful, and they said, "Now you've been analyzed and now..." (*inaudible*) And the next thing was I was on the ground floor and (*inaudible*) beautiful (*inaudible*) I have been waiting for you (*inaudible*) And it was quite beautiful (*inaudible*) The second one I had was about a colored (*inaudible*) down the roots of the tree again, and I thought (*inaudible*) you have to stop, you cannot do that. (*inaudible*) Well, to make a long story short, I was then (*inaudible*) because I was fascinated, very, very long dream (*inaudible*) you know.

Carla: Umm-hmmm.

Female Speaker: So anyway, this analyst said, well you have a beautiful tree, and you have your strength and your beautiful tree, so meditate about the tree. So I meditated. There was something going down. I meditated about the tree for three days, and then I'm asleep in my bed, and I hear this horrible crash. And part of a tree had fallen into my house, literally fell into the house. That was this July, and there was not a storm, and there was no bad weather. Nothing happened whatsoever. It was a live branch of an oak tree. I don't know why it fell. It was about twelve hundred years old, and I said, "Uh-oh." So ask him what the dream (fell) for. I should come up, and I don't. I can't. They don't do that very often, but I went up and down the street. And you don't see that very often, but sometimes it's different in California, and things like the weather, live branches fell, just have them fall off the tree. But that gets a little scary, you know, and I've always had my tree branches down that fall off in a storm or what not, and I thought I don't believe I manifest that necessarily, but it was too coincidental and very frightening. Because I love this tree.

Carla: Well, you just lost a limb, right?

Female Speaker: Yeah, I mean it's like to have something (*inaudible*) that you've been meditating on it for a couple days (*inaudible*).

Carla: Well, of course you know there is such a thing as coincidence because the dream experience itself could be the tree of life for instance, your own vigorous growth. Sometimes in dreams if people dream of black people, they will dream of black people in the sense of their own unworthiness, and so you may have been trying to say to yourself: "I am." This is such a wonderful life and such a wonderful service and Lord, "I am unworthy." And it's a very common failing in archetypal [imagery], I would say.

Female Speaker: Isn't that something?

Carla: Yeah, we had a tree come down. We had a branch come down this summer, too. Great big one. Didn't hurt anything.

Female Speaker: I just said, "Oh, okay, that's all right, God. I think I'll just back up just a little."

Carla: Back up on the dreams? You don't want to get into prophecy?

Female Speaker: What would your counsel be to... What was your analogy to your tree yesterday? I still don't remember. Was it the subconscious?

Jim: We were... We've used the analogy in our work before of the tree representing the mind. The branches of the tree being the conscious mind and the trunk of the tree being the intuition or the connection between the conscious and the subconscious, which would be the roots, and the roots, then moving to the depths of the earth which would represent the creation where we are connected to through the movement into our subconscious and to various other realms or entities or portions of ourselves.

Female Speaker: So you can use that as you evolve (*inaudible*). The conscious level of awareness is very narrow.

Female Speaker: Oh, I don't know. Yeah, yeah, right.

Carla: Who knows, right?

Female Speaker: What does it mean to have your house burn down?

Carla: What it means to me is that there was an elemental involved in the house, that she was not able to remove it from the house, but she was able to remove it from herself. Had I known that there was an elemental involved, which I did not, because she didn't know how to tell me, I could have told her how to cleanse the house. But, you know, you do what you can through the mail.

Female Speaker: Well, I'm not sure what you mean by elementals. I've always thought of like little people. We're talking about (*inaudible*) perhaps (*inaudible*).

Carla: It's more of a thought form. My opinion only—this is all theoretical, but as far as I can see from the cases that I've talked to people about that've been through things like this, what happens is that if people think thoughts of sufficiently concentrated negativity, or if they suffer terribly in despair and have no hope, if they are in darkness, if they're inconsolable, they may create a thought form of that feeling, a very destructive thought form sometimes.

Some people are very murderous. People that take a lot of drugs and then move out, may leave an absolutely horrendous bunch of elementals behind if they're having bad trips. It's just if there is dirt in the house, which there almost always is, you know—you can't keep a place sterile—the elementals will simply lodge and live in whatever form of organic dirt that there is and will make themselves manifest through materialization or simply through thought form. It is a different kind of psychic greeting than the kind generated strictly by

standing close to the light and so forth, but you see she was generating her very first... it was her first year of studying spiritual things, and she'd come onto our material, and she was very, very polarized at the point at which all this started occurring to her. So, apparently she had not withstood all of the temptations. I don't know which ones she missed.

Female Speaker: (*inaudible*)

Carla: Umm-hmm. She feels that it was the beginning of a whole new life, and that her whole new life is really terrific. And she just thinks it's wonderful. How she managed to get there from losing her house to a fire is a matter for rejoicing, but she, the last letter I got from her, the last couple, have been just glowing. She's the happiest she's ever been. But you see there's almost a rebirth.

Female Speaker: Now, would you refer to the elemental as a thought form? Then why would you not refer to the entity that greets you as a thought form of certain principles, certain powers? (*inaudible*) Are we not reaching thought forms rather than entities?

Carla: I would accept that. I don't know the difference. I don't know the difference between thought and being. I believe consciousness is all that there is. So, if there is a thought form then that means that there is consciousness forming itself into an energy field, and I believe that's a person.

Female Speaker: At the present (*inaudible*).

Carla: There are different kinds of people.

Female Speaker: Yes. I have problems in visualizing a person and then separating them from feeling. A thought form to me would be a feeling of an elemental and fear. Then the principle of Ra comes to be a principle of great love, great thought...

Carla: Compassion.

Female Speaker: And then would these thought forms up there that would relate mostly to the strong feelings that the principles refer to... so this present of energy and (*inaudible*) reach that particular thought form that was at one time that person. Is that correct? Is that a correct kind of...

Jim: I think that's very possible. The origination of any thought form or person can be various. It is a very large universe where different types of entities come from and how they are formed is a wide, wide field. We can create thought forms, as Carla mentioned, by the way we think. We can create positive thought forms or negative thought forms. Entities that are as real as we are in the physical sense in the advanced densities, fourth and fifth, can create a thought form and appear to us in a thought form that represents who they are, where they are, although it's not exactly that person there. It is, in our perception, the same as. There are many, many kinds of thought forms. If you wanted, you know, they are basically looking at it that we are thought forms as well. We are formed by thought. We are holding ourselves in certain energy fields of vibration by our mental processes.

Male Speaker: (*inaudible*) dealing with anger (*inaudible*). Were you afraid that (*inaudible*)?

Jim: Yeah, the way it happened is rather fascinating. I noticed two days after the episode of the anger that—well, see, one day afterward there two bites here and one bite here. On the spider, apparently, Ra said later—we were able to have a session later—[it] was a common wood spider, and the very minor amounts of venom that that spider put in (which wouldn't be considerable for anybody at all under other circumstances, under normal circumstances) was apparently intensified by the negatively-oriented entity until it was the potency of a cottonmouth snake. So that type of a venom set off the reaction between my lymphatic system and the kidneys that caused nephrotic syndrome, and the swelling of the legs began first, and began four days after the anger and two days after the bite.

And so apparently the little mind of the spider was able to be guided and used. Physical distortions in my body were able to be used in conjunction with the anger that I created. There had to be all of those coming together at a conjunction and opportunity, a targeted opportunity, and there also had to be an entity of sufficient magical ability in the negative sense interested enough in what I was doing to accomplish this type of a magical working.

So, I want to reiterate that it's rather... it's not the common run of the mill experience. It is necessary for a lot of factors to come together. The purity of your particular seeking of service, the momentary lapses in your choices of love and service and harmony, the observation and monitoring of the group by appropriate negatively-oriented entities. But we wanted to make this kind of information available to people who are doing this kind of work because it might be helpful to them to know that the purification of the self and the observing of the Law of Responsibility are very important parts to be able to maintain not only your stable personality and health, but also your service to others because it seems there are tests all along the way. The further you go the more tests you find. It doesn't necessarily get easier.

Male Speaker: How are we (*inaudible*)?

Female Speaker: Do you know when you're clean and when you aren't clean? (*inaudible*)

Jim: When you say overcome this do you mean that particular kidney problem or?

Female Speaker: Right.

Jim: That took about six or eight months to work upon it.

Carla: But we worked with the Ra contact sooner than that.

Female Speaker: (*inaudible*)

Jim: Right. You can accomplish the healing of the opening that you made. I healed the anger with Don and the separation that I created the next day, but all that was needed for the negatively-oriented entity to do its work was that momentary opening because I was not being as harmonious as was possible for me to be. Even though the healing was accomplished between Don and myself the next day, still the opening had been made,

and the work had been done, so the repercussions of the that opening echoed for some time in our experience. Though in the metaphysical sense, the opening was closed in one day.

Male Speaker: (*inaudible*)

Jim: Right.

Male Speaker: Sounds like if you become a spiritual fighter your house will burn down.

Carla: That's what I came here to teach you. That's right.

Male Speaker: Was there any connection between the spiders and the elementals, or were they separate?

Jim: That would be conjecture, you know. It's hard to say that for sure. The only reason I can tell you the details about my particular episode, and not that one, is that we were able to eventually go into a session with Ra again and get some information as to what had occurred.

Male Speaker: You saying they could be related, or they could be separate?

Jim: Right.

Male Speaker: What I was wondering (*inaudible*) was that pretty much a bad decision at the time (*inaudible*).

Jim: What was the last word? What kind of lesson this was?

Male Speaker: Well, not the lesson (*inaudible*) pushing that particular (*inaudible*) not natural material (*inaudible*) found the potential (*inaudible*) healing with psychic (*inaudible*) experience with both using and (*inaudible*) pop out of the body (*inaudible*).

Carla: Grounding.

Male Speaker: (*inaudible*) but most of the time this is the opposite of what most people are told (*inaudible*) in the process (*inaudible*).

Jim: Not extensively. We did ask frequently concerning Carla because her physical vehicle was in need of special attention from time to time, and diet was an important part. And the suggestions that Ra made were to focus upon, well, he mentioned the virtue of liquids, also of grains and of fruits. And when protein was necessary to eat as low on the protein level as possible, [and] if necessary to consume any type of animal protein, then to consume the most pure type with the least amount of chemical ingredients but in general to refrain from that.

But it was also mentioned that each person has a unique type of requirement in the way of nutrition, and sometimes the rule for one is necessarily broken by another. For example, in Carla's history as a child, as many of us were, we were raised on white sugar. And her body began assimilating white sugar in a fashion [as if it was a carbohydrate] which, I guess, in the basic sense, [her body was] addicted to white sugar, and to remove it completely would not be in her best interest. So that there were particular times during the day that

forms of sugar that were suggested, not moving away from white sugar as much as possible, but when having it, having it in the early afternoon rather than the late evening so that the body would have a chance to assimilate and consume it. So, yes, we did receive general principles, but we also discovered that for each individual there may be some movement away from the rule due to previous habits or the requirements of the body.

Male Speaker: (*inaudible*) I was taking a course in astrology and also Tarot some years ago and as a result of each going to the group and (*inaudible*) and I was interested in hearing what you have to say and I (*inaudible*) and we discussed this whole thing what it came down to was (*inaudible*) so we had to go through the house and (*inaudible*).

Carla: Umm-hmm.

Jim: Right.

Jim: Using incense is a good way of doing cleansing in a room immediately [a negative person has been there]. In the Native American tradition [you can] also burn sage and cedar, and for more intensive cleansing Ra gave us a technique of using salt and holy water, or blessed water, and spraying across the doors and the sills for a specific period of time, invoking certain words of what you would basically say we were talking about before: asking entities to leave that were of a negative nature of any kind. So there are various ways of cleansing a place of working, a room or entire house or what we do in our life is cleanse ourselves. Basically what we've been talking about is the crystallization of being. More questions?

Female Speaker: I'd like to share a quick experience (*inaudible*) [In] 1978 or so I had lived in an apartment building about eight years and thought about moving, time to move, but I didn't want to spend the money to move to another town, you know, about 15 miles away, (*inaudible*) without being able to (*inaudible*) so I asked my guide. I want to find real strong (*inaudible*) and I thought about it (*inaudible*) I said for some reason (*inaudible*) it has to be so obvious, you know subtle (*inaudible*) it has to be so obvious it has to be similar to Moses and the burning bush. Several weeks later the entire apartment building burned down.

Female Speaker: With all your things?

Female Speaker: Of course, and we were off. It was almost four in the morning, and nobody, you know, was awake at all. And I was asleep in my dream, and all of a sudden I heard my name called in this dream and it was, "Violet, wake up and get out of here immediately." And I thought, yeah, just a dream. I'm going to enjoy the dream. And then there was a certain kind of movement in the dream, and so I continued in what I thought was the dream, and it called my name again. And suddenly I sat up and this Being, which I thought was an angel, that's what it felt like. I heard the voice in the living room, so I got up, got dressed, went to the living room, saw a fire engine out there, and thought "I guess I must still be sleeping, I'm still dreaming and I'm awake very clearly," and I heard again, "Leave immediately. And the voice was coming out from the hallway. That's where I heard the voice, so I immediately opened the door., and all this billowing smoke comes rushing into the hallway. But there was no person there, and then it felt like, ah, an angel waking me up. So it told me like, "Go in the bathroom; get a towel; put it over your mouth; do not take the stairway

down." This was on the third floor. "Put your winter coat on; do not change your clothes. Go out to the balcony, and then jump down from three floors." So I said, I'm not one to jump down three floors.

Carla: Got another option!?

Female Speaker: And the voice said, "Don't worry; we will catch you."

Female Speaker: Oh, my.

Female Speaker: And I thought, oh, yeah, right. So, but I kept looking down, and it kept saying, "Leave now, don't worry about anything there." I had my purse and my jacket and my nightgown. And it said, "Leave in a hurry, and have no further thought." And I said, "Okay, I'm going to jump." So I stood on the edge of the railing and I just looked up, you know, as I was jumping because I did not want to go.

Carla: Good choice.

Female Speaker: I jumped three flights down and landed in an evergreen bush, and that bush just spread out its branches and it looked prickly like they normally are, and it just cushioned me completely. I did not fall on the ground at all, you know. I was, like, three feet above the ground, and it was just waiting right there, you know. I just fell right in the center. So I went out and (*inaudible*) and then I came back in and then it, the Being said, "Wake up (*inaudible*)." Nobody's awake. I said, "Oh, all right, well wake me up." So I couldn't go back in—smoke coming out of this door real bad, and so I just started calling the names of each person in the apartment to come to the balcony. When I said, "You need to jump from the balcony, there's no stairway down, there's no fire extinguisher either. Jump from the balcony." They would not do it; they could not do it.

Carla: Hmm.

Female Speaker: And it seemed like the fire engine just didn't come. They said, "Nope, sorry." I felt like I needed to somehow ask them to pull back because an explosion might occur because everything [was] burning, the furniture, everything. So, it didn't explode. The fire truck came in, and again they put the ladders up and got the individuals down. So everybody was safe, and it was mainly the smoke that got the upper floors, but they said that all the telephone wires had melted. All electrical circuits were on fire and that they found kerosene. It was like a wildfire, someone had kerosene, you know, to clean up stuff, and they weren't sure if it was just plain carelessness. So the whole place was closed down for two months; we could not go back in to get anything.

Male Speaker: And you moved?

Female Speaker: And I moved right afterwards. Yes, I did.

Carla: "For He shall give His angels charge over thee, to keep thee in all thy ways, lest thou strike thy foot against a stone." It's a chance for anybody because we live in a world of shades of gray. We may fool ourselves that we live under a system of justice and freedom for all, but we do not. We attempt to approximate it, and I believe in the English and American systems of justice as being the most carefully written and enlightened so

far. But the problem is that in this illusion there is always the evil in the good and the good in the evil. There is—it's never a black and white situation, almost never. Every once in a while it's completely black and white. It's completely obvious. The guy offed his wife, and we put him in prison on death row, and that's that.

But usually it's a question of who makes the better argument, how much time the judge has, and so forth and so on and in many ways, especially for minority groups, especially in certain politically-delicate situations, there is not justice. And we simply either need to accept that that is not our area to work in, and we need to commit ourselves in our spirituality to working in the world. It's frustrating [to attempt] being of great service because people of high consciousness like (*inaudible*) for instance, who come on to the world scene and make things happen in people's minds, do a lot of the same kinds of things that channels do. So one service is never to be treasured over another.

So, I believe that this is a profession that we are talking about here, and in professions there is something called ethics, [which are] very difficult, but we need to think about the ethics of what we're doing. The main thing that people will expect of us ethically is that we will be trustworthy. Now trustworthiness has to be earned. You can't be trustworthy by saying, "I am trustworthy." You have to work on being trustworthy. It doesn't altogether come easily for everybody. Now, for me, I was a compulsively honest person from birth. I mean I can remember finding a quarter at school and giving it back to the teacher because it was somebody else's lunch money. I remember finding a pencil in the park and leaving it on the ground because it was not mine. People always made me the banker at Monopoly. I've used that example many times. Some people are just naturally trustworthy. The rest of us will have to work at it and that means being loyal to people, not divulging confidences and all of the things that we understand of being trustworthy.

The ethics of money is pretty simple really, I think. It is that when you begin you don't have very much experience. You don't charge very much, and as you gain experience and as perhaps you gain in the difficulty of what you are doing, you may charge more because you are having to live on what you can do, and you can do less. And the ethical principle here is simply moderation, to charge a moderate fee, a fee that's comfortable for you to live on, but not excessive. Perhaps you might even choose poverty, some level that you would perceive as being more poverty-stricken than say you were brought up to be or something like that, simply because of the simplicity of owning fewer things and so forth.

Remember that if you take money and give a service you have an implied or explicit verbal contract and are therefore liable – there are crazies everywhere – to suits. Not taking money, but taking donations moves about that problem, and I don't think anyone could actually sue someone for free advice, whether it's incarnate or discarnate. It's something you need to consider. If you want to take money, if you want to charge, think about the responsibility of the implied contract.

There will be opportunities for you to become more famous than you are. Sometimes this is very tempting and each person, each personality is different. Some people can handle being gregarious and a good host and being with people all the time and still maintain the balance, the peace, the humility that they had as obscure people, prophets without honor, [as I] I like to call myself. Some people can't. I can't; I don't want fame. I would advise people who wanted to do really serious work to avoid it, to attempt to remain obscure. People

wrote us, for instance, I think it was Klimo who wrote us as a matter of fact, and one of the questions he asked...

(end of tape)