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# L/L RESEARCH

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## INTENSIVE MEDITATION

MARCH 23, 1988

*(Carla channeling)*

I am Hatonn. We greet each in the love and the light of the one infinite Creator and do apologize for beginning before your recording devices were engaged. However, we surprised this instrument, for we had been expressing to this instrument the request for the instrument to remain patient until the instant we changed our minds. This instrument chose to request again the status and we simply began to speak through her as she was tuned, had challenged well, and was ready to begin.

We find that there is a reluctance in the one known as D to channel at this point because there are deep portions of this entity's being which at this time desire greatly to receive whatever thoughts we might have to offer in the way of guidance. The instrument known as D must be aware by now that we attempt carefully to keep to the right side of the boundary of free will. However, there are reflections we may make which are of a general nature which we shall make at this time through this instrument before we exercise the one known as D, for we feel that [with] this dual method of working first with the more deeply requested service and secondly with the second most deeply requested service that we shall, shall we say, be of a more satisfactory quantity of service.

This instrument and all those in the circle were engaged in a fairly realistic conversation about

change, we thought, just prior this session. However, there are changes which have to do with circumstance and there are changes which fall within the category one may call genetic. Sometimes these two kinds of changes occur within your illusion at the same time. Consequently, that which is a physical manifestation of change due to happenstance becomes overlaid with a deeper and [more] organic change and the two kinds of change become linked within the mind so that that which is a less than important consideration is perceived as that which has a great deal of emotional weight.

It is well to sort out these two avenues of expression and experience to determine the level of change which one wishes to deal with at one time, for the changes of the body, which over a period of time reach, shall we say, a critical mass and create a necessary adjustment of programming of the bio-computer, are those changes which contain the, shall we say, inside track for the most available use in accelerating the process of spiritual growth. It is well to disassociate this feeling of fundamental shift in attitude from the circumstances which are occurring at the moment, and to view the circumstances which are occurring at any given moment as that which they are—a drama, an illusion, a lovely play, or perhaps a not so lovely play, depending upon the circumstances, put there not for your—the audience's—total enjoyment but also, the author hopes, for clues, hints, inspirations and nuances

which may function as parables or allegories for those more theoretical and general thoughts which concern the process of bodily change which contains the great emotional content.

Now, this great emotional content, when isolated, is quite neutral, having little to do with happenstance or illusion of any kind. And if it may be perceived in such a clear way, it may also be used as clear energy, thus functioning as a continuing catapult for a speeding up of the evolutionary spiritual process. The difficulty with linking the process of genetic change, shall we say, and the various vagaries of circumstance is that undue emphasis may be placed and inevitable bias formed by the nature of the illusion at the time it has had to carry the weight of such emotional load. Thus, the lessons are muddled and confused and the progress is slower, though, of course, it continues.

As we have so often recommended, once again we urge the practice in, and the trust of, the process of daily, spiritually directed, inner silence, the listening ear, if you will, that is tuned to those words which cannot be heard, those words which are not words at all but concepts far deeper than any clothing of vocabulary. This source of peace, in the short run, becomes the facilitator of strife in the long run, in that one who meditates is facilitating the process of genetic change, for indeed, your physical entity is finely tuned to respond to the needs of the integrated spiritual entity which, as a total being, each is.

We trust that this has been thought provoking in some small way and invite queries at a later time. However, we have instructed this instrument that this instrument is to spend some conscious time teaching. Indeed, had this instrument been more quickly aware of our request, we would have already been working with the one known as D. However, again, we do feel that in the end this has been the better pattern for this evening's work. We would therefore leave this instrument and pause while this instrument recovers full consciousness and may do the work it has been encouraged to do with the one known as D. I am Hatonn.

*(Conversation between Carla and D.)*

*(Carla channeling)*

I am Hatonn. I greet you once again in the love and the light of the one infinite Creator.

We have moved from engagement with the instrument known as D due to our determination that the limit of this instrument's ability to learn at this working session had been reached in terms of the technical or mechanical rituals prior to and during the act of channeling.

We were of the impression that we would be of the most service by persistently contacting the one known as D in order that the deeper service might be recollected in the midst of most disquieting circumstances. This simple lesson may be seen to be an allegory of the life that is lived so narrowly in the midst of such abundant glory. There must come that time when it is seen that the channel, as imperfect as it is and as remiss, nevertheless is becoming more and more able to perceive contact. For the confidence of the instrument to continue to rise, the ability to contact, we felt, needed to be affirmed to the instrument and by the instrument at this time. We do apologize for seeming, perhaps, too persistent.

However, there is no study at which a taskmaster is not sometimes an aid. Incorporate, then, into each practice of meditation—centering, tuning and challenging—that fine-honed singleness of purpose, which is yours in depth, so that you—being your own task master—will move harmoniously with your own request and are to the maximum ready to serve as a vocal channel. For do not all those who wish to serve the Father wish to do so at their highest and at their best?

The other side of this high-sounding coin is the cheerful laughter of imperfection guaranteed by the illusion in which you dance. The channel is as the color sparkling off the facets of a diamond which gleams so quietly. Each glint is unique in its spectrum in the rainbow of itself. So are each of you distortions of that white light. We have our own distortions in the concepts which we give to you. And to our distortions are then added two things: firstly, the combined strength and desire of seeking and areas of seeking of all those present in the circle; and secondly, that gem which is the channel. Thus may we speak of the infinite Creator, infinitely, as through even one channel the infinite moods, experiences and thoughts of each day make each unique being a little different. It is an exciting way of being of service for us, for we learn much as we see the poetry, passion and strength which instruments

such as yourselves create from the song and prayers of our one statement, and that is that there is one thing: that one great original Thought which created all that there is, which is all that there is, and which is you, and you, it.

How very stolid that message seems, how very tame beside the many beautiful creations which have been channeled through so many positively oriented channels. We have most certainly a great debt of gratitude to each and every one, and to those who are new, such as the one known as D, we encourage that second side of the coin, that laughter and that self-forgiveness. There is always the falling down; there is always that portion of the experience which deals with the things of the Earth, and it is well that the self be reminded again and again to look upward to eternity and to ask for the truth, not the answer, for that which your peoples call the answer is never the truth, for that which is truth is infinite and your peoples measure and balance and weigh finity.

May you be all that you wish to be as a channel, my brother D. If we may aid you in any way, we are most humbly grateful to do so.

At this time we would transfer this contact to the one known as Jim. I am known to you as Hatonn.

(Transcript ends.) ♣