

L/L RESEARCH



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THE PARTICIPANT-DRIVEN SYMPOSIUM

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## PRESENTATIONS & DESCRIPTIONS

Carla & Jim	<i>Two Solar Cycles:: Dancing with Catalyst</i>	We will discuss life since my spinal surgery and share our collaborative attempt to live the Law of One during challenging times.
Eccles	<i>Cosmogony of the Law of One</i>	The origins of the universe and the cosmic narrative according to the Law of One material.
Dean	<i>How to Talk with Your Higher Self</i>	Audience participation in a simple method to immediately begin talking (AKA “listening”) to your Higher Self. No predisposition to psychic ability required.
Austin	<i>Harvest is Now (&amp; Every Week Until the End of the Season)</i>	A brief presentation on life on a small farm, emphasizing the relationship to the principles of the Law of One and spiritual evolution.
Lynn	<i>Projection and Creating Responsible Thought Forms</i>	A study in the reality we create with our thoughts.
Ken	<i>Manifestations of the Law of One in Music</i>	Personal observations of music mirroring and manifesting aspects of the Law of One like the densities, rays of energy, etc., along with similarities between Western Music and the seven rays of energy.
Pupak	<i>Open-Pollinated Seeds: Their Identity and Mission</i>	The intention of this presentation is to invoke the spirit of the Open Pollinated Seeds to awaken the participants inner connection and care the for OP Seeds
Jim I	<i>A Tale of Eve</i>	A love story of how a synchronistic interaction with another 'self' advanced my seeking/discovering, waking me abruptly to my connection with the energy of the universe; an awakening that eventually brought me to this gathering.
Lee	<i>Requerdos de Mexico con Don y Carla</i>	I will share my experience of visiting Pachita, the Mexican psychic surgeon who healed Carla, with Don Elkins, Carla Rueckert, and Andrija Puharich.

Gary	<i>30 Minutes with My Morning Jacket</i>	We will explore the wanderer philosophy contained with the music of My Morning Jacket. Not to mention the jam session of our own we will have.
Diana	<i>Sharing our Experience of Moving into 4th Density</i>	I will facilitate a circle of sharing about the things we're all probably noticing within us, and in the external world, that move us to feel the increasing Oneness, the movement into 4th density and our imminent Harvest.
Scott	<i>Fourth-Density Government</i>	3rd density power structures are hierarchical in nature. These power structures reflect the desire of service to self entities to move to a position of power over others, be it in a corporation or government. What will these structures look like in 4th density with respect to government? Why is Quo so interested in the lawform set up in the founding of the United States? Does democracy really create freedom, or have we been duped into believing that? These questions and many others will be explored in this talk.
Sephi	<i>Cosmic Genesis in the Ra Material</i>	Five crucial terms in the Law of One material are commonly glossed over by readers on both the first and second pass through the material in the hopes that these terms will later become clearer: Intelligent Infinity, Intelligent Energy, the First Distortion of Free Will, the Second Distortion of Love or Logos, and the Third Distortion of Light. These haunting terms will be explored with as much common sense, detail and loyalty to the Ra Material as I can manifest. Their interconnections and deep impact upon all of the Universe will be discussed.
Jim & Carla	<i>Q&amp;A with Carla Rueckert &amp; Jim McCarty</i>	We will make ourselves available to the circle of seeking for questions.

**CARLA RUECKERT & JIM McCARTY PRESENT**  
*Two Solar Cycles:: Dancing with Catalyst*

**(Jim)**

What Carla and I will do in our segment this morning is to share with you our experience of the last two years. It's been kind of a difficult experience but we'd like to let you know what's going on as far as how we've been able to deal with it and to go through the various energy centers to see how we've used the catalyst.

In March 19th of 2010, Carla had her first surgery on her upper back and eight vertebrae were fused there in order to stabilize that area which would allow her then to use her arms and to use the computer. That was one of first signals that there was something wrong, was that there was a great deal of pain shooting down from the top of her head to the tips of her fingers while she was trying to use the computer.

The back surgeon took x-rays and MRIs and came to the conclusion that forty years of arthritis had caused what he called translation of the spine, that's the movement sideways of the spine so that there was a pinching of the nerves in that area. So on March 19th, she had the surgery there, the vertebrae were fused and it was a totally successful surgery. It went so well that we thrilled, within six months she was recovered and back to using her arms and back to working on the computer and doing her Camelot journal and a little bit of creative work here and there and some editing.

Then she began having problems with the lower part of the back, which the surgeon said was very likely because it was suffering from the same translation difficulty. There was pinching of the nerves there and now the problem was her ability to walk was being compromised and if unattended, would very likely end up with her not being able to walk. So on April 15th of 2011, she had lumbar surgery.

Going into the surgery the back surgeon said this would be a more difficult type of surgery because that region is more difficult to work with. Not even he knew the difficulties that lay ahead for us. As Carla was going through last summer, she was attempting to have the wound heal itself without any outside assistance from a wound vac machine but she had problems with infections on eight different occasions she had to return to the hospital for a debridement to have the wound scraped out of the infected tissue and fluids.

So the back surgeon determined that he done everything that he could do and he gave her care over to a plastic surgeon, who then put her on a wound vac machine, which creates a negative pressure by asserting a tube into the wound and covering that tubing and bandage with what they call a draper. Actually it's a really fancy saran wrap and it creates a vacuum and begins to suck out the bodily fluids that allow infections to take hold.

So she was on the wound vac machine from the first provider, a local provider, KCI, until about last April and then Medicare decided that she wasn't getting healing quickly enough and they stopped paying for the machine. So we scrambled around trying to figure out what to do and it turns out in Columbia, Kentucky, Columbia health has a competing type of wound vac machine that has a slightly different technology that basically employs the negative pressure and the fancy saran wrap. A tubing that's a little smaller and it's perforated and it goes back underneath a portion of her wound that they call undermining.

The circumference of the wound at the top went back underneath her skin where the surgeon had to go down in the original surgery to get a bone graft and to use to aid the titanium rod in fusing the vertebrae there. So this undermining is the major problem where infections have been gathering and been causing her to have to go back to for the debridement.

So now the wound vac machine that Colombia provided was about April when it came and it was providing some reduction in the size of the wound. Ideally if the wound vac machine works as it's supposed to work, it will slowly cause the wound to reduce in size until it's healed. She was getting some reduction in size and we were very optimistic for a while but just recently, as in three days ago, Colombia took her off the wound vac for the same reason, I'm assuming. We don't know for sure, but the medicare has once again decided that she's not getting well quickly enough. So she's going to have to do without the wound vac machine and what has taken its place is a simple bandaging of an open wound, which needs to be changed twice a day. So a couple of times a day you'll see me disappear and come and here and help with the changing of the dressing.

The nurse that's taking part in this dressing change will be coming probably three times a week, so most of the dressing change will be done by Melissa and me. The nurse feels that maybe this was a good thing because the wound seems to look real good, it's very pink which is a healthy color. She's feeling that maybe the tucking of that tubing back under the undermining might have been irritating the undermining and causing it not to want to heal.

So we're hopeful that the new dressing change protocol will help the wound to heal. Over these past two or so years, especially this last sixteen months that it's been since Carla's surgery on her lumbar area, we've been through all kinds of catalyst. The healing of the wound isn't the only problem that Carla has had.

She came into the surgery with interstitial cystitis, which means she has an inflamed bladder and it causes you to have to go to the bedside potty quite frequently. Various rashes have occurred on various parts of the body that have actually puzzled the dermatologist. At one time or another he said, "Well, this looks like eczema. This looks like something related to e coli. This looks like psoriasis."

So he is eventually going to take a culture to find out exactly what it is but right now he's going with a hunch and we're trying yet, probably the eighth or ninth different ointments and salves and creams, which is part of our protocol. So we do the protocol twice a day and it helps in keeping Carla clean and fresh and keeping the salves where they belong and keeping her exercised.

We usually take a lap or more around the inner core of our house as part of our protocol. At one point this past March, she was able to walk fifty laps around the interior but she's had a recent flare up of an injury a year ago, May, when she was being transported by the emergency medical technicians. They bounced her rather hard over a curb and injured her hips. That seems to have flared up again so now it's really only possible to do one lap in the morning and one lap in the evening.

So there have been setbacks and there have been optimism and we've been up and down and we've done a lot of work trying to stay positive. I'm going to have to give Carla an immense amount of credit for staying positive. I have never seen anybody be as positive about her chances of recovery and making whatever attempt is necessary to get better. She's always willing to accept healing. That's one thing that every psychic healer who's ever worked on Carla has noted, that both mentally and physically and emotionally, she is very much like a sponge - willing and able to soak up healing.

This particular problem, with the lower back though, seems to be one where it's just taking a long time. So what we like to do now is kind of go through the energy centers and give you an idea of how we've the catalyst because it seems like once you're on the spiritual journey, things don't necessarily get easier. A lot of people at the beginning of the spiritual journey feel like happiness is the goal and the further along you go, the happier you get. I don't mean to pop your bubble, but once you get along and have accomplished certain levels of achievement and you've got that merit badge and that chevron on your arm, things get more difficult.

In order to continue the opportunity to learn, if you didn't have a challenge, then you probably wouldn't learn. This is a kind of trial by fire experience that we have in third density that helps us to make this choice, of being

service to others, or of service to self. Sort of like the Olympics that just ended, the divers have a certain degree of difficulty with each dive and we've kind of upped the degree of difficulty here. So this triple-back-flip-spin-around-somersault that Carla's been doing has provided us with that necessary challenge.

So at this point, I'll turn the narrative over to Carla and she'll begin talking a bit about how we've moved through the energy centers with our use of the catalyst that this experience has provided.

(Carla)

Thank you, Mickey.

Greetings everyone. The Creator in me greets the Creator in you, and blessings of the morning.

[wanderer related technical difficulties - please stand by]

Good morning everybody. I'm tickled that we finally got something that works and I think I would to say a few words just going back to the beginning of basics, because I realize there are a lot of people that have not read much of the Law of One material or it's spotty. It's exciting but it's also kind of a mystery and the...[Gary tweaks the setup]

It's easy to get mired in detail. It's very easy and it is one of those things that can put you in your head and not your heart, so I'm going to try to express how the Law of One helps us to move from the head to the heart. I don't know if I can do it quickly enough but with so many people just in different places as far as the material, I just thought maybe it would be good to go over some stuff.

When people say, "All is One" it's understandable, it's linear. Physicists work with that concept, the string theory, it proves that everything touches everything else and we're doing a dance together whether we know it or not. So that's a nice little soundbite, 'All is One'.

When you are able, ultimately to seat that within your heart and realize what is between the words, what is the essence of the teaching, it's an entirely different thing. It's a feeling thing rather than a linear knowledge. It's a knowing that goes beyond knowing. It's a leap into faith. I'm not talking the faith of religions. I'm talking about faith in yourself and that is the beauty of the Law of One philosophy. It expresses who we are. It calls us mind/body/spirit complexes and it tells us that we not only have a mind and a body, we have a spirit.

As it happens, the mind and the body will go. [Carla is distracted by the monitor]

The thing of it is, we're not who we thought we were. We're a mind and we're a body, yes, we're also citizens of eternity, according to those of the Ra group. We have a being-ness, an essence, which is much larger than that which we brought into incarnation. This incarnation is like a trip. We've packed a suitcase out of all of the things that our soul or spirit is. We chose our gifts, our challenges, and our relationships to come into this life so that we would have opportunities for learning and for service.

We're here to learn to love and be loved. It's so hard to let yourself be loved. So here we are in a very murky place as far as what's going on. What do mean, 'All is One'? It doesn't feel like all is one, it feels like I've got a skin and what I am is... that's me. Out there is everything else, but actually I am part of everything else.

So we have a different nature than we supposed. We have a different mind than we thought and we have a different body than we thought because there is, according to the Ra group, an over-arching spiritual or energy body that runs right along the spine of each of us and is far more full of who we are than the flesh and bones self.

This light body is a tremendous ally when you realize that you have it and you start using it and that's where we start going into the chakras, because the light body has various centers going up the spine. You may have gotten some of this from Buddhist teachings in the past. There are lots of religions and philosophies that talk about chakras or energy bodies. Chinese medicine is based on the electrical body and it's points of contact.

So what we need to do according to the Ra group is, not only take care of our physical body - brush the teeth, wash the hair - but take care of our light body and make sure that the energy is running through it. Now, in the Ra model, (or I should say the Confederation model because there are other entities that speak of this also) Infinite Energy is coming from the Earth, from the ground under your feet up through the body and out through the head, out the top of the head at all times in infinite supply.

The only thing that can mess that up is if we are blocked in the chakra somewhere so that energy can't flow, we stop the flow and we feel blunky and chunky and like a criminal that doesn't know what crime he's committed yet but it's written on his back. The Kafka feeling of, 'oh my God, what in the world is going on?'

So it's very important in my feeling to realize where the Confederation material takes us. It takes us to a realization that with this energy body, the more we identify with the energy body, the better we will be able to walk on the spiritual path. Everybody is a seeker in this circle, so I know I'm speaking alright there.

The big thing... I even painted my nails to give me examples of the lower three chakras, I used red, orange, and yellow and I blotched them together on my thumb so that you can see that it's very difficult sometimes to separate your issues in the first three chakras. The red-ray is the beginning of it. That's at the groin. Then the orange-ray is in the pit of the abdomen and the yellow-ray is at the place where you get ulcers.

Now those lower three chakras tend to be very active all the time in our life because they represent and they deal with the emotions concerned with (in the red-ray) survival and sexuality. In the orange-ray - personal relationship, relationship with yourself, relationship with others. In the yellow-ray, legal relationships - birth family, marriage family, work, your home team.

When you don't think well of yourself, for instance, well, there you are. You've started to block red-ray. You need to feel very positive about survival, about wanting to be here. You want to be able to say yes to life and one of the things that is most helpful in meditation is that quiet will bring you, hopefully, to that yes, to that glory that fills the silence.

The orange-ray, those relationships, especially with yourself, but also with others, obviously they take up a lot of our time. All the interactions that we have day-to-day are either orange-ray or yellow-ray and so you can get mixed up. You might have an orange-ray personal relationship with somebody that you're married to or that's your mother and then you're getting a complex system that might close one or both chakras.

So basically the idea here is to be able to release and balance the lower three chakras so that you can springboard into the open heart, which is at the heart center and it's the green-ray. ROYGBIV. You just follow the colors of the rainbow.

Once you are in the green-ray, you have the capacity to, if you wish, to do work in the higher chakras. The higher chakras, throat chakra is blue, blue-ray. Then you have the indigo-ray here and then violet-ray. You can't do anything in the violet-ray, so you don't work with violet, but you work with the green, blue, indigo. If you want to teach or to heal or simply to be in the presence of the Creator and radiate that wonderful feeling of it.

Obviously when we're up and around and we're jiggling through life and we're having a good time and there's nothing wrong with our body and things are going well, we tend to have a fairly clear energy body and we're in the open heart and things are going beautifully, but then something happens. It can be a car that cuts you off on

the expressway that's really the most common thing in this society is people driving crazy in their cars and trying to kill us, it seems like. At that point, you realize, 'well, I just fell out of the open heart (bang!) and I want to kill that guy'. This happens throughout the day, every day, all the time.

[technical delay]

When something goes wrong, goes wrong, goes wrong, it becomes more challenging to remain joyful and clear and allowing of these energies to flow through. The model of wellness that people have here is strictly ignoring the electrical body. Wellness is, to me, is by far more a matter of keeping the energy body well, then it is keeping the physical body well.

My physical body has never been well. I had damage at birth and it was thought that I would die and those of you who have read my stuff know that I've constantly been told that I was going to die. As an infant they told my parents... my eye was turned completely around and shoved into the brain. So the brain was damaged at the amygdala. Now, my feeling is that what they did was, they just craned open the third eye for me and I came in that way with that help because I've always been a very mystical... I have a feeling that it was actually something that was intended for the good, so that I could do the work that I came here to do.

I did survive that, obviously. When I was two, I had rheumatic fever so badly that the doctors again said it's in all of her organs, including her heart, she's not going to come through this, she's going to be gone before grade school. Stubbornly, I stuck around.

Then at thirteen and again at fifteen, my kidneys failed and they didn't know what to do for it at that point. No dialysis, no machinery at that point. It was just live or die. I lived but I came out of it with rheumatoid arthritis, lupus, and later on a couple of other diagnoses along rheumatoid lines. So from the age of thirteen I've been dealing with the effects of rheumatoid arthritis.

I have no idea what it's like to have nothing wrong with you, to have nothing painful. That is not a part of my experience but I am well. I am very well, because in my heart I know that what I need to do, I'm doing - to keep the energy body open, to love, to open the self to vulnerable being. It's very vulnerable to allow people to love you and do things for you.

That's one thing that's really come up a lot in the last couple of years. For me to be able to say thank you and let myself know that I don't have to be worthy of somebody helping me, that I just have to be. It's a beautiful thing when you get it, but I at least, was so low in my feeling of worth that I couldn't take a compliment, much less more material health.

I've learned the hard way but the good way, that people need to be able to love you as well as you loving them and to open yourself in that vulnerable spot to be loved. Yes, I am worthy. It doesn't matter if I'm worthy. Don't even think of that. Don't go there.

Now I'm going to get back on track. I wanted to explain, 'why is she talking about chakras. I know she's been ill, too bad. Why is she talking about chakras? She's supposed to be in an inspiring speaker.'

Well I'm very... rather than kind of nattering on about something the way people do and they don't want to solve the problem, I'm a solver. I'm a problem solver. I like to go for the solution. So, in these last couple of years, it's been very helpful to take that shortcut of being absolutely true to my intention, which is to serve the Creator with all my mind, my heart, my soul, and my strength.

I dedicate myself. Jim and I do every morning, specifically. This is my intention for the day. We are the servants of the most high. Lord, please let us be your hands. Please let us be your voice. Please let us be the love that you are. To those around us today, let us serve you and tell us, show us what it is that you would wish us to do.

I can't say that it is helpful in any wise to be bedridden, especially for so long but it does cause one to do inner work because you can't do outer work much. The inner work is very very precious and I have really been in uplifted states, again and again during this time, because of the fact that I was awake at night with pain and I would start praying. I would start talking to Holly, that's my nickname to the Holy Spirit, who talks to me. So the morning would dawn and I would be serene and happy. Yes, I have pain but I'm well. I'm hooked into the Creator. I'm resting in my open heart. I'm kneeling humbly in the straw of the manger of my spirit, knowing that infinite spirit has been given to me in my inner self to nurture and to allow to thrive as it matures.

All of this inner work has been great for me. It's been really tough for Jim. He has no time for inner work. He is buzzing until he falls asleep, he does things. If you watch him, he's almost never still. He's got too much to do. He has a full time job running his own lawn service and then he comes home and there's the phone calls to answer and things to do with me that last hours. I mean, a couple of hours throughout the day, he's got to find time to do this and that, because I have a complicated picture and there are all kinds of, 'put this cream here and this salve there and change this bandage and...'

It's almost hilarious if you think about it. Just ongoing. But Jim doesn't have this luxury of contemplative time. So sometimes it takes us a minute to get our bubble of happiness back. We're so glad to be together and we just have to get on, mesh our energies there. He has to do this while he's doing the laundry, dishing up food, blah blah blah. Okay.

Red-ray. Back on track.

I think that we're doing okay with red-ray. Survival is something that I want very much. It would be easy for me to wish that it was all over at this point because the difficulty's been intense. As Jim said, the level of difficulty here is high but really, I can feel that pressure from spirit, that back pressure within that says, 'we would like to use you to express some things' and I want to do that. I want to be there and allow that energy to flow.

There are a couple of books I'd like to write still. I wrote 101. I'd like to do 102 and 103. I have all kinds of hopes. I guess you'd say hope is a feathered thing that is perching in my soul. Thank you Emily Dickinson.

If I'm never able to be able to move into that absolute focus that you need for creative writing or for channelling, that's alright. I've done a lot of that. There's over fifteen hundred channelling sessions. That's enough for anybody but I want to get back to it because I know that people want to know, 'well, what did they say lately? And I have this question and that question to ask'. I'm eager to get back to that.

Jim also has no problem with survival because I think that he'd agree, he wants to be here for me. So if I'm alive, he wants to be alive. It's kind of like that. Jim's very simple. No complexity there. Just, 'okay, I'm here to help you, what do you need?'

It's an amazing thing to have that relationship and as far as sexuality goes, because of the fact that I think that it's wonderful to be able to speak freely and openly about sex, so that people always sort of hide it away and that makes it soiled somehow. If you just celebrate instead of being on the down about it. I think that's a wonderful thing. So in our daily journals, if we've made love, we make a note of, 'oh my gosh, it was so wonderful' and we're working with sacred sexuality.

So we've got red-ray pretty well done.

Our orange-ray, it can get blocked because of simple concern. Let's see Jim, I really ought to let you talk about red-ray before you go on. Anything?

**(Jim)**

For a... gosh, I guess the last twenty years, before we have any sexual energy exchange, I always dedicate the energy exchange to the revitalizing of Carla's vital energies, so that she has more energy to deal with the pain and discomfort that she feels on a daily basis. We think that this has been helpful over the years because there is an exchange of energy between the male and the female that is very helpful, as far as the male being able to give an excess of what the male has, and that's physical energy.

For Carla especially, her physical energy has been depleted a great deal. So having an exchange of physical energy is helpful in that regard and of course, the female has the mental, emotional, and spiritual energy to give the male. Lord knows we males need that a lot. We've got the physical energy but we need the higher energy centers to be revitalized by what the female can transfer to us.

It is a quite joyful experience and it is fortunately, an experience that seems to have gotten better over the years. Unlike so much else that happens to us as we get older and we get into a fail, or our hair recedes, and our joints get stiff, and our memory fades, but there is something that gets better, I promise.

**(Carla)**

Orange-ray for me (and I think for Jim) is just concern. There have been five or six different things in addition to the basic problems that have popped up. The infections... I've put my arm up here so you can see it. It's gotten all spotty, nobody knows what it is. People think, 'well maybe it's lupus, maybe it's this, maybe it's that'. Well it means lots of trips to the doctors and specialists and tests and blah blah blah, and medicine.

The system of medicine here in the United States is throw a pill at it. So I keep getting different prescriptions. I understand some of the prescriptions I take have street value in excess of what we have to pay if you need pain medication. I think it's so funny. I hate pain medication. People actually take this for recreation. I can't figure it.

I think I'm most vulnerable in orange-ray because I can no longer do the things that I used to do and I'm reaching sometimes to, 'gosh I wish I could help this way or that way'. Well I can't. So that can get blocked that way.

I guess I don't have much to say about orange-ray, so I'll let you finish that up.

**(Jim)**

Well, orange-ray deals with one to one relationship with another person. It's fairly intense and Carla and I have had that type of relationship for our entire time together which now is about thirty-two years. My concerns are sometimes I get so busy taking care of her that I don't communicate well enough with her. It's easy to get lost in the endless details that comprise the protocols that we go through. I usually have on my mind what is ahead of me for the day and I'm thinking about getting out and getting my jobs done.

So it's easy to stay in my head and not get in my heart. Just think about trying to check things off my list when the better thing to do and the goal, really, of my incarnation, I think of most of us is to be in our hearts so that whatever we're doing is infused with that love energy and we're not worried about what comes next because the moment is perfect as it is. There are times when I get there and I feel very good about that but a lot of the time, I'm not there.

That's part of the catalyst that we work with. I'm grateful the catalyst and grateful for whatever understanding I have of it and every little victory I have, I feel good about, like anybody else would.

(Carla)

Sometimes there's a comedy of errors and we fall deeply out of that relationship and sitting here looking at each other from a vast chasm has opened between us and we've got to talk. Fortunately Jim has learned that it's not toxic to talk with me. I don't go for the jugular at all. I'm a problem solver. Let's talk about it. Let's figure out your needs, my needs, let's fix it. It usually doesn't take very long any more because we're so used to dealing with each other honestly in that blue-ray, that it happens for us.

I am vulnerable there, simply because of my frailty and my recalling of days when I was able, more to do more outer work. I'm dying to get back to writing but, oh, to be able to garden. To be able to cook. Those are dear to my heart.

Yellow-ray. Now yellow-ray is bound to be tough time to time for married people. I don't have any issues with my birth family and I'm not working for anybody so my yellow-ray is my marriage and the people close to me at L/L. That's my family. That's the core group.

In a sense, all of you are part of my yellow-ray because I am absolutely dedicated to you. There is nothing in my life that I want more than to be there for each and every one of you, to tell you when your heart is failing, that all is well. To be there to support and encourage you in whatever you're doing. To tell you, well what's wrong with being an agnostic? That's great. Be an agnostic. Be a glorious agnostic.

I say that because Melissa was asking me last night, 'what would you have to say about somebody that thinks she's agnostic maybe?' and I said, "Love you".

So please know that my dedication to you, it isn't part of me it's all of me and it's all my life. Maybe that's not healthy even, I've been told that that's not healthy but there's nothing that separates me from you. I just love and love you. You are all beautiful to me. I think that knowing that helps even though you don't know me. Just knowing that solid support is there.

So a lot of what drives me is to serve the creator and the rest of what drives me is to serve those the Creator has given me. I feel anybody that comes around here the Creator has given me and I want to serve you. That's my good yellow-ray.

Jim has, I think he has a lot more trouble sometimes with it because of the fact that both of us are concerned about the future. We're over retirement age now. I am a cougar. I married a younger man but he turned to sixty-five this year. I'm sixty-nine.

Jim's doing the work of a twenty-five year old but how much longer can he do that? Somebody asked him one time, "What do you plan to do for your retirement?"

He said, "Well, that'll start the day after I die."

You think about it, it's true. We haven't been able to put money away to retire. It takes everything we've got to pay the bills. Where does that leave us? We just don't know. We're going to have to see what spirit sends us.

I think that there's an insidious yellow-ray problem that pops up from time to time and that's that anybody that's married realizes, 'I can't get away from this'. Most people, well they don't want to get away from it. That's why they got married. There are times when you'd love to take a vacation from the whole thing and when you're

as ill I've been and the level of help has been as high, there are bound to be many times when I get tired of being helped and my helpers get tired of helping.

The rough places are there, no question about it.

**(Jim)**

My part in the yellow-ray is, how I can continue to help our little family? As Carla has mentioned, especially Carla, since my arthritis tends to be that kind. It's osteoarthritis and when I sit for very long or am motionless for very long, I tend to freeze up. So the first few steps... I feel very old and creaky and it takes awhile to walk it out. It just concerns me that if it continues to get worse, will I be able to help her as much as she needs?

Fortunately, it does seem to respond to exercise. Exercise is the best thing I've found for my arthritis, so my job is actually a blessing. It keeps me going. It's like a shark has to keep swimming in order to breathe. Well I need to keep moving in order to keep moving. I'm operating on a theory that if you never slow down, you never grow old. I'll let you know how that goes.

**(Carla)**

Now we get to the ones that are easy to talk about because the higher chakras are not confused, they're not muddled. You can't move into the chakras that are heart or above unless all is well. There's no way to push in. You have to be in the open heart, seated well in the open heart before you can become able to work with the open heart, with passive radiation of love, or with whatever it is that you're offering as your outer gift - bee keeping, dancing, whatever.

So Jim and I try to make everything into a dance, a ritual, because everything needs to be sacred in our lives. This is what we have chosen to do with our yellow-ray existence, is to create an endless ritual in which all the things that need to be done get done and we have the sense of the sacredness of that. Usually we dance really well. Sometimes, obviously, we don't.

But the open heart has always been easier for me to get into than Jim. I've always been a real happy individual. My mother said when I was a baby, that I never cried unless I was hungry or wet. It was no crankiness. She said it was so nice to be able to know that I could stop the tears immediately. I could address that, because there are a lot of babies, they just cry and cry and cry.

I wasn't, I was a happy girl and reached out to people embarrassingly. My mom said when I was a toddler, if I was on a bus I'd get loose and I'd go up and down the aisle introducing myself to people because I was positive they all wanted to know me. I wanted to know them.

She said whenever it rained the trees were happy and I would take off all my clothes and go hug the trees because the trees were happy and she had to get me out of that. So I was a very love-filled little girl and I've never gone away from that. It's just my nature. So it's a little bit easier for me, a lot easier for me, to be in the open heart, than for Jim and I'm grateful for that. I have relied on that in these last two years.

Since I imagine that our time is completely up, I'll just say that I think I'm a natural blue-ray user. The voice speaking clearly... blue-ray isn't just about being able speak clearly. It's speaking clearly but lovingly. You can tell the truth in a lot of different ways and it really is an art to work with the truth lovingly, so that even if you have to be honest about something that might concern the other person, or maybe hurt him, or hurt his feelings, that you do it in such a way that the love is obvious. So the person has that to hold onto.

I love doing that . I love working with spirit to find the ways to balance the energies between me and whoever I'm with. I really experience a tremendous amount of joy just being in the presence of somebody else. I can feel they're energy.

I usually don't have that much to say. I'm not the kind of a person that's got the gift of gab. So I'll say, "Oh, it's so good to see you. I love you!" and I'm out. I don't have anything else. I'm just sitting there loving that person.

So that's my nature, is the blue. I think I'm very strong blue-ray but I have worked a lot more with indigo-ray lately because of doing so much inner work. The shining beauty of the present moment has never been sweeter for me. I can look out the window at the rose garden and my heart just leaps for joy. I see Jim's truck pulling into the driveway through that window and I just go, "Jim's home!"

It's like he's been gone a decade and it's so good to see him. So it's very intense, I have a very intense energy thing right now and I think a part of it is because I am dealing a lot of pain.

So I guess I need to wrap up with just giving a really big nod to indigo-ray and sacred sexuality. It's meant so much to me to be able to continue to share that intimate energy with a beloved. That is so precious. I became unable to have intercourse about, gosh, I guess eight years ago now or so, because the interstitial cystitis it was no longer... as Jim put it, it was no longer fun. It hurt like heck. So we've discovered other ways to be close but they are incredibly satisfactory ways.

I guess to wrap up, I just want to say again, I love you. Thank you for being here. I hope you have a gas of a time this weekend and come away knowing that you're loved, you're supported and you're part of a wonderful collaborative work of love that is L/L Research. Thank you for being part of that collaboration. We couldn't do it without you.

Mickey?

**(Jim)**

Thank you, thank you, thank you!

**ECCLES P. PRESENTS**  
*Cosmogony of the Law of One*

So if you'll bear with me, I'll read you the first headline.

The Creator wanted to know itself and created all there is through three distortions. All together now: free will, love, and light.

This resulted in infinite numbers of dimensions and universes. The logoi established rules, communications amongst the densities, archetypal minds for the sub-logoi.

I'd to call your attention to the first section. There are sixteen, sixteen (count'em) different archetypal minds on Earth at this time, coming from Mars, Maldek, from the Deneb star system, and possibly other star systems that were never defined, such as Sirius, Orion, Arcturus, Pleides.

The second headline: an infinite holographic multiverse (not universe, but multiverse) comprised of octaves of density, provides for our journey of spiritual evolution in return to the Creator. Our souls, our spirits, higher selves, and energy beings teach/learn lessons of love and wisdom in the spirit world of time and space.

In case you don't remember, the soul stream is in the spirit world and it's comprised of many different sparks, if you will, or spirits that shuttle back and forth between the spirit world and our spirit/mind/body complex. So soul up here and numerous spirits (maybe nine, maybe more, who knows the exact number?).

The third headline: our Milky Way galaxy is comprised of over 250 billion stars. Much, much more than 250 billion stars. With over 67 million planets which are aware... you always hear about 'we're Earth and we're the only ones in the universe'. Well there's 67 million planets out there which are aware and may have life like ours; different insects or reptiles or whatever.

The Confederation is allied in service promoting the Law of One for the seven densities and their physical energy light bodies striving for perfection of mind, body, and spirit. You know that the Confederation of Planets in the Service of the Infinite Creator is composed of fifty-three different civilisations on 500 different planets. That's within the Milky Way galaxy. Other galaxies have other confederations.

A useful way of learning about the archetypal mind (I'm sure some of you have done it on the forum) is the use of tarot cards, astrology, or the tree of life you can find in the Kabbalah. All of them can be used to learn about the archetypal mind and it's an excellent exercise to go through (it was gone through) inside the Great Pyramid of Giza and I wish the wall drawings were still there to this day, so we knew what they looked like, but we have the benefit and (?) having the mind described by Ra.

The fourth headline: our solar system has supported many civilizations in the past, many, many civilizations that we can spend hours discussing. Earth cosmology of three volumetric dimensions of space and one dimension of linear time is actually an illusion. We're sitting here in an illusion created by our collective thoughts. That's a tough concept for me to understand. Our collective thought can create a house, a mountain, whatever, but it's real. The spirit world consists of three volumetric dimensions of time (that's simultaneous time, if you will) and one of linear space (or you might think of it as a level of consciousness).

When I attended the University of Virginia, I got my Bachelors of Electrical Engineering and it was funny - in one of my courses we had to envision an axis, three different axes that were mutually perpendicular to each other. So we would form with our thumb and two fingers of the hand, three axes which were mutually perpendicular.

You can imagine, if you will, this space axis going over to, say, the local end, the anchorage end. This axis here, pointing towards Louisville, if you will, and this upward facing axis pointing towards (see it now), the mothership from Arcturus which has the social memory complex (everybody? what's the name of that group from Arcturus? I was thinking more of our other guy which I'm blanking on right now, but it's one of the (?) we talk about and it's referenced in the paper there)...

Recall that Venus had a population of 38.5 million and it had a positive harvest of only 6.5 million. That's 17% and Venus was a very positively oriented planet in the first place. So if Venus had 17%, you can sort of imagine what the Earth is going to have in the coming years in our hearts. They also had a negative harvest of two people. Started out as positive and they went into the negative side, the STS side, and later on (before they eventually hit the sixth density) they reversed their polarity and went back with Ra, where they are now.

You may be aware, some of the planets within our own solar system. Fifth density Venus, for instance. Third density Mars, which is sort of blown out right now. Maldek, which is third density also and is destroyed, it's the asteroid belt right now, and Saturn's rings (where the higher-ups are in the rings), and even Uranus is mentioned in the readings as being first density now and suitable for continuation. So who knows what will happen but imagine in the millions and millions of years that transpire, Uranus may come closer to the sun so that it has water and good climate and stuff like that.

The fifth branch: previously (and note the word 'previously'), our earthly spirit crossed over after physical death to the spirit world to reunite former loved ones. Often they were standing there at the end of the tunnel. They also reviewed life's experiences with counsels, participated in spirit family learning, and also sub-family learning also. After a while they would select their future parents, develop a new life plan and eventually reincarnate on Earth.

Know that the spirit families and these secondary families have the same spiritual energy but they have different creative energies. So it's like any group - they'll form these different types of energies, different types of sub-groups, if you will. Even the SMC's themselves are not all there at one time. Some of you sitting around here may even be wanderers from Ra, so you're not present right now in your social memory complex.

The sixth headline, the sixth branch: we're here on Earth to learn lessons of acceptance of self and acceptance of other selves (and I've sort of expanded that lately into awareness of what's going on around you). Unconditional love - love others and especially yourself, forgiveness of others and especially yourself. Remember that in order to get out of the wheel of karma you happen to be involved in it, and you may be if you have children or various other interfaces on Earth here, the way you get out of it is forgiveness. Forgiveness of the others but most importantly forgiveness of yourself.

Spiritual exercises and practices aid our choice of polarity to service to others and even service to self, and recall some of the spiritual exercises, number one, see that the moment contains love. Number two, see the other selves and in doing so see the Creator. Number three, gaze in a mirror and see the Creator, and number four (which is so easy to do), gaze at the creation which lies around you. This beauty and the magnificence of what you see everyday and see the Creator.

The final headline: Earth's population is currently being harvested at the end of it's 77,777 year of major cycle. I chose that number because it was so close to 77777 that I just had to put it down. Who knows whether it's right or wrong, but the sevens are good.

Graduates of the harvest will enter fourth density for continued spiritual learning and evolution. Most people on Earth will reincarnate for another third density planet for additional catalyst, experience, and learning. It will be in the Milky Way, but I haven't found out yet where this other third density planet is that's being prepared for the vast majority of the people here on Earth.

Recall the prior harvests. Fifty thousand years ago, there were no people harvested. Twenty-five thousand years ago, approximately 150 and some of the people you might recognize as Saint Augustine, Saint Theresa, and Saint Francis of Assisi.

The requirements for harvest: fifty-one percent STO (service to others), ninety-five percent service to self and no choice for the vast majority of the people. Recognized for this harvest that there are assistants, wanderers, and probably ninety-nine percent of you are wanderers from Ra, from South America, or from Atlantis, those three religious areas in our past, spiritual areas.

As a summary, I found a meditation on October 15, 2005 that was in response to a planet light worker's internet questionnaire. I ask that you read it. I think it's well put together, well done and it's just an excellent summary, if you will.

Lastly, if you turn, if you have available, page 46. I've tried to put a flow diagram together on one page and I'd like to make a few comments about the flow diagram, the cosmogony of the Law of One. Recognize the top is divided into cosmology, densities, bodies, and then a description of the infinite holographic multiverse, in other words, we're in the current density, seven densities in this octave but there's one before us, one after us, et cetera, to infinity.

During the octaves you'll find that new logoi and sub-logoi are established.

There is an awareness of prior experience (the signifiers, and matrices and potentiators) but they come up with their own new archetypes depending on where they are in the universe.

So all of the learning that we're going through right now in the octave, which lasts a long, long time, will not be lost, it will be recorded on...

A few comments about the diagram. First of all it's very linear. It goes from top to bottom. That's not reality, that's not the way it works. It's very much more complex than that and it would take an hour just to describe the little bit that I've learned about it. It's very simplistic but then again it's not simplistic. It's very complicated and it's an illusion. On the piece of paper there, it's an illusion. It's not reality, reality is the spirit world.

What's not shown on the diagram. Energy beings. Creator beings. Nature spirits and fairies. Elementals. Robots that are ensouled, backdrop people. Backdrop people are described by Dolores Cannon as (imagine a movie set if you will, and people in the background of a western, and they're flowing through or they're drinking or they're playing cards or whatever at the bar)... these people exist and go but they don't have souls and the fourth density zetas have confirmed that approximately one billion out of the seven billion people on Earth are backdrop people. They're here to reinforce what's going on around us, filling up the airports or whatever. There are primary and secondary spirit families in the spirit world. There are counsels and federations that I haven't shown. There are thousands of dimensions (three weeks ago I met a guy, Needler, from UK, who says that in this creation that we exist in, there are 5500 dimensions). I have trouble enough of a time getting my mind around seven densities, I cannot imagine five thousand dimensions and of course they don't describe what the dimensions are.

What's not shown also are the windows between densities. In the spirit world you can go to a window and look into another density or even traverse into another density. Also not shown are portals. Imagine star gates, if you will. Within a density, you can go in one portal and exit another portal very fast. A good way to move around the density. So you have windows vertically and portals horizontally. Also what's not shown are the various temples of knowledge which exist all over the spirit world. Earth's Akashic records (and I assume every planet has Akashic records of some sort), tapestries of life which are found in these temples of wisdom, which are essentially, if your

soul is a thread, a tapestry is composed of many different souls - all interconnected, interwoven and touching each other at these points. These points are bleed through points in the parallel universes.

What's not shown are black holes. A way for an octave to complete itself and return for another octave where the Creator wants to know itself again with further experience.

The great central sun is not shown.

The Creator is not shown, or the source. I call him source... he or she as Source Entity One because (?) seems to think there are twelve source entities and ours is the first of the source entities and all of them have different compositions of universes.

And finally there's an overview of a union above the twelve source entities. So when I talk about being complex, it's very complex and to try to wrap our 3D minds around it is just a little too much.

So, in summary of what I've put together here... if you have an opportunity to read it, please read it and more importantly hang food on it. Hang your favorite meditations and channelings on it.

In summary, the Creator of our universe wanted to know itself and created all there is, including souls, spirit shuttles, galaxies, stars, planets, and humans who have experienced lives and reincarnation on third density Earth to learn lessons of the Law of One. And some of these lessons include faith and acceptance, unconditional love and forgiveness of other selves and especially our own selves.

It's a timeless spiritual harvest for Earth's people in their continuing growth and evolution of consciousness in the seven densities and this particular octave of our infinite holographic multiverse.

And that completes my presentation on what is before you there, you've got plenty of opportunity to read it. But please, hang your favorite food on it, think of it as a tree of the Law of One.

Now if you wouldn't mind, I'd like to change the subject and tell you what I've been doing the last three months.

I ran across Dolores Cannon's work. For those of you who don't know, she is a regression hypnotist who does past life regressions. I started reading some of her books, *The Convolutioned Universe*, there are four different versions of that, books 1-4, 2500 pages. I went screaming through them (and it's a very easy read) and I've been extracting information from them because it's amazing where some of the information of what we've been learning in the Law of One and what she's been receiving in her hypnosis with her clients matches (and some of it differs quite wildly).

The interesting thing is Dolores has regressed thousands of people and she's taught others this technique over the last thirty years and she discovered that the subconscious that she's talking to is actually the higher self that she is talking with and it began coming through in deep trance. This has resulted in material for seventeen books and a formation of her own publishing company (Ozark Mountain Publishers). It's much easier in this venue to get your material published if you can develop your own publishing house. Seventeen books and she's done some other publishing also.

She's also opened a London office in addition to her Rogers, Arkansas office. She goes around the world, she trains people in this regression technique and through hypnosis... she has quite a following in Europe, in Australia, and in Russia. Russia's very advanced in terms of psychic development compared to the US and not much here in the US because you can imagine the AMA would not be too happy about the spiritual healing that's going on.

When you're talking with your higher self and before you go under you can talk about your various illnesses. I recently tried one. Unfortunately, I wasn't able to be what I thought was hypnotized because at 72 I'm developing a lot of creaks and cranks myself and I'd like to get a few things toned up, if you will. But there are miraculous cures that are occurring. You have to believe but they are happening every day and you can read about it.

Some of the pros (and I have a background of the Law of One) in reading her material is that a client discovers their past lives and higher selves tell the purpose of this lifetime and they conduct healings. It would be interesting to know from seeing prior lifetimes, why was I subject to looking at that lifetime. You may see where you wanted to balance your current lifetime, what you're doing, they're many different reasons and much karma is often alleviated and things like that. So it's very fundamental and good thing.

Dolores publishes books and she conducts training classes all over the world. In October she has a med cruise with various subjects who I've known and as I mentioned, I went to her conference last month in Rogers, Arkansas.

150 people in Embassy Suites Hotel and right next door in another ball room, there were twenty-five vendors selling everything from soup to nuts to water, they'd been Indianized in some way. Fascinating people. Some of the people I've met included Damian Kirk who's been a psychic for all of his life, forty years, and he reads Akashic records. So I said, "Hmm, this sounds interesting", so I sent him some monies and he did my birthday and he read my Akashic records and sent it back to me in an eighty minute CD that I can play through and listen to and you know, it sounds very very good.

Two primary things came through in eighty minutes. One, I seemed to be doing the dharma okay. Dharma you could call a definition of your work, your vocation, your putting together material on the complexities and subtleties of the universe. But where I am falling down is my awareness and I admit it. As an engineer, MBA, management consultant, I've had a very technical detailed life and the head is up here, the heart's there and there's a vast difference between the two and so right now I'm going to be... I've had a wake up call, if you will, from my Akashic records and I'm going to work on my heart and developing my awareness of the moment and all that is.

Some of the cons of things I noticed in Dolores' work. There's no mention of social memory complexes. They're called collectives, or groups of souls, but they don't have names like we're used to finding. Oxal up in the mothership of love. Ra. Hatonn. Latwii. All of those guys. If you had a list it would be all your fingers and all your toes long.

Another con is subconscious entities are usually singular. They're not in groups. So recognize what you're getting there. You're getting the perspective of one soul and often I think the social memory complexes are formed for a reason, that melding of mind, the influence of what comes from many people. A group think I think is much better than a single entity in front of you. Although Aaron does a mighty mighty good job as a sixth density entity. (Say that three times).

Also, she doesn't mention densities. She uses dimensions. And again, if I'm faced with five thousand dimensions, I'd like a little characterization of what they are. It's easier to understand densities. The closest she comes (and in 2500 pages), she mentions it about a dozen times. It's levels, if you will. Sometimes she will combine case studies for effect, to make a better read. I can understand that.

Another person I met at the conference was Henry Michaelson who channels Jesus and one interesting question came up from the audience. Some of you are familiar with 'A Course in Miracles', have read it, they asked who channeled 'A Course in Miracles' and Jesus said essentially it was done by a committee. I tend to believe that because I can imagine Jesus surrounded by fellow and social memory people putting together the words for a

course in miracles because I think it's very good. It's just... a spur of the moment it would be hard to come up with all of that information.

An interesting thing was while he was channeling Jesus, he ran out of time like I'm running out of time now. Of course, Dolores Cannon had no problem cutting Jesus short. Dolores Cannon had the balls, I think.

Do we have a few more minutes, Gary? Okay Gary, I'll take that as a positive. (laughter)

I've gone through and extracted material from three of the four books and I just like to read some of the stuff that you might be interested in. Atlantis is not showing up, so how about Atlantis?

Atlantis was another single city (and this came from subconscious and also the souls, if you will, of clients in front of the hypnotist, mainly Dolores), it was a name given to a world as a whole at that time. It was various settlements of the overall galactic community that helped Atlantis get started. Mankind was doing basic things like agriculture; they had fire and were building simple cities. That's early on, later on it involved much more complex, as you well know, the crystals cities and stuff like that.

About the features of the Atlanteans: they started out being basically reddish blonde headed with a few brown haired of a light olive complexion, between light olive and creamy. Unusually green or hazel eyes and then later on they came to be people who were blonde or black headed, brown eyed, light skinned, dark skinned: a general mixture. They tended to be tall and well formed.

Some of the early Atlanteans that got into ships and moved when Atlantis went down, moved to the area of Egypt and a lot of the olive skinned Egyptians may be approximately the complexion of the Atlanteans of that time.

The Atlanteans manipulated energy to move stone. They used a lot of stone in place of their buildings and their sciences developed readily into the manipulation of energy, so that they could manipulate huge blocks of stone. It seemed impossible to you with the basis and mindset of your civilization.

Their psychic ability, they considered it to be a normal part of a child's development, developing muscular skills as well as psychic skills.

Animals, they were basically similar. Cattle, goats, sheep, mammals and certain types of horses.

Crystals. These crystals could draw upon electromagnetic fields, gravitation, sunlight, what have you. What they needed to be done depended upon the type of energy the crystals would draw upon and there'd be different types of crystals for different purposes. They would alter the surface of the crystal to shape it the way it needed to be, but it was first important to get the internal structure, the molecular structure had to be correct or you could do all the shaping in the world and not have the effect that you wanted.

In terms of their involvement, Dolores wondered, "I was wondering if this was the highest evolvment that man had reached at this time?"

"That is accurate and since, for the moral character of your planet to this day has a great distance to go to reach this pinnacle of success."

Even though we're all probably familiar with some of the transgressions of the people of Atlantis in terms of the metamorphosis. The ability to metamorphosize has become an unused and forgotten... that is to change one's particular being into another. It's simply a matter of reassembling one's atomic structure to identify more closely

with another already established and identified set of atomic harmonies (easy for them to say). It was however, common in those days of Atlanta.

"Does this go along with the legends of half human, half animal?" That's accurate. Mentaurs, for example, many other types of things that were discussed in Dolores' work... human faces on giraffes, you can just imagine all sorts of stuff.

Mystery of the pyramids, pyramids built with levitation, thought form pyramids (like Ra did with the Great Pyramid).

Secrets of the three pyramids. I found this interesting because of something I discovered a couple of months earlier. The pyramids were precisely designed, particularly the three major ones from Egypt. The way they were positioned and the way they were designed, the dimensions and every measurement there could possibly be, applied for example, distance from apex to apex and what have you.

Ra mention this also if you read closely in some of the readings and what I found interesting was that the meter is defined in the Great Pyramid and this is hundreds and hundreds of years before the meter was discovered. There is all sorts of interesting mathematical relationships, if you're of that sort of bent and if you are I have a website for you: [www.pateo.nl](http://www.pateo.nl) (the Netherlands). There's a group there and they have excellent presentations and you can find them on Youtube. Just search 'the clock of Giza' and you'll see the positions of the placement of those pyramids and how it relates to the new age that we're coming into. Very fascinating work under that website.

Male versus female souls. There is a creation of souls, a personality imprint, which is usually more male or more female or somewhat more neutral. In other words there's soup to nuts in our souls.

A little bit about DNA, twelve-strand DNA. Working on the DNA because we have humans... two spirals of DNA. We actually will have twelve because we need to have twelve. We have had twelve many millions of years ago but there was genetic experimentations. They reduced it to two. Are we being experimented on to increase the DNA? A part of us will have six and an another part, twelve. It just takes years to develop the DNA but that's something that's being done even during these hypnotic sessions. You can ask your higher self to increase your level of DNA. Some people have seven strands of DNA on Earth now, sort of avatars.

Let me skip to a few more things and then I will get off the podium.

The life forms are just fascinating to read about, especially when you start talking about robots and yet they're ensouled robots. It's something that I had never run across before. And everything has consciousness, everything that technology has made has consciousness. Manufactured things have consciousness. Our Starbucks coffee has consciousness. There's nothing wrong with drinking the coffee but it acknowledges a consciousness and thank it for being and being available. To appreciate the house that shelters, to appreciate the bed that supports us.

I heard a couple of years ago, here at the Law of One gathering, about the grace that we offer at our tables. Be sure and thank the first density minerals, the salt and other things. Be sure and thank the second density plants and animals that you're consuming. Their consciousness is going into you and we should be very appreciative of what we've done for us.

Dolores talks about the imprinting process and I think this is sort of interesting because I didn't run across it in other material (and this is Dolores Cannon's summary of what's transpired). The condensed version is that a soul cannot exist on Earth in a human environment without information and data from past lives in the subconscious. It must have something to relate to and fall back on. Otherwise everything is too new, too drastic,

too overwhelming. This means that no one, no infant, comes in with a clean slate. It always has the background and other life and experiences in it's subconscious mind to help it relate to life in the physical.

The imprint becomes as real as the actual life. All the memories, emotions, and feelings are there. The only differences I can see, is that the imprint carries only information and no karma. I've had people in my past life regressions who were associated with famous people, but I've never had anyone regress to where they were the important person. If there are two or more people who claim to have been a famous person in another life, it would not mean that one of them is lying or fantasizing. One or both of them could be remembering an imprint because there is no way to tell the difference.

Imagine if you will, wanderers who have never been to Earth. Yes, yes, yes, I want to be a wanderer and all of you probably have experienced this coming from other planets or worlds, but if you had no experience on Earth, no prior lives, you need to get an imprint in order to understand what's going on. Otherwise the dissociation your experiencing right now would have been much, much, much greater.

There was an interesting fellow that showed up, Sam. Sam was talking about Mars (high sign is the time? Okay, thirty more seconds). Sam's home planet was Mars. Everyone was killed on Mars by the explosion of the next planet, Maldek. The explosion tore away Mars' atmosphere, everyone was killed.

Mars was more highly developed. The people were little light bodied greys and could travel between solar system. The greys lived underground because the heat came from beneath. The atmosphere was cold because the sun was 140 million miles away. There were life forms on the planet. It had water; the atmosphere went, the water went with it, evaporating right away.

Venus was very much like Earth and had physical beings on it. It's been called a sister planet of Earth but the atmosphere and all the people were destroyed through natural disasters and not through war. When the natural disasters occurred, it caused the planet to heat up, then the people made a transition to another dimension, probably our service to other, Ra, into the fourth density, where they did not need a physical body and they existed and evolved from that point.

And with that I'd like to conclude these abstracts that I put together. As I say, I want to put the third book together and have it available, but what I've done is copy stuff literally from the book and that's a no-no. You have to give up your first born child if you copy stuff out of a book, for these people that are talking about the future. So, if you'd like it, to just send me something to my email address and I'll send you a copy of what I've got together. Thank you, guys.

**DEAN G. PRESENTS**  
*How to Talk with Your Higher Self*

Hi, as Gary said, my name is Dean G. and I'm going to show everyone here, teach you how to talk to your higher self.

How many people are already knowingly talking to their higher self and getting answers? Good answers? Can you find out anything that you want to know? Yes? No?

(A)  
Not always.

(Dean)  
Ok. Our higher self is an interesting character. As Ra tells us, it's us in the future but it's much more than that. If you're third density, your higher self is actually you're energy. You are a direct energy strain. If you are a wanderer, I hate to tell you but you and your higher self were hanging around in a celestial bar one night doing too many shooters and you said, "I'm going to do that Earth thing."

Your higher self felt sorry for you and said, "Okay, I'll be your higher self." [laughter]

So your relationship as a wanderer, with your higher self is a little bit different from a third density entity. Your higher self talks to you all time. All that you have to do is create situations so that your higher self can communicate with you so that you know that they're communicating with you.

One way they communicate with you is with dreams. Most of you probably know that. When you have a dream, it's a direct communication from your higher self. If you want to get better communication through your dream, very simply write the question that you want the answer to before you go to sleep. Put it on your night stand. When you wake up first thing in the morning, write down the answer.

If you don't have a dream interpretation book, get one. It doesn't matter whether it's a good one or a bad one. Your higher self is going to use whatever resources that you've got in order to give you dreams. So don't go to the bookstore and try to find out, 'gee, which one is the best, which one should you get' and so forth. Just get one off the shelf that you like and use that as your dream interpretation book, because that's the one your higher self will use.

Your higher self will send you animals. If you don't have a spirit guide book, a spirit interpretation book, go get one. Same thing. You're sitting in your backyard and all of a sudden a robin hops up. Go look what the robin means and then ask your higher self, "Did you send that to me as a positive affirmation?"

Work out a deal with your higher self simply by telling your higher self that you want to have a song that they can send to you when you do something good and they can pat you on the back and give you an attaboy to go ahead with whatever you're doing or congratulation on what you did, whatever. Pick a song that you like. A present song or past song. Preferably a past song that's not going to be played every five minutes on the radio. If you listen to country/western don't choose something else because you're not going to hear it on the country/western radio. So try to pick a song that's going to go with the radio show that you listen to.

But you need more direct means of communication than those, but those are all ways that your higher self communicates with you. Ideally you want to be able to sit down with your higher self and just listen. Just chat, just have a conversation with him, which you can but the difficulty in beginning to do that for most people is to

be able to distinguish with what are their thoughts from what's the telepathic communications coming in from your higher self. So you need to create a mechanism in order for them to do that, and this is how you're going to do that.

I'm going to demonstrate this for you and I want everybody to come up here and try it or at least have some volunteers to come up and try it because I think you'll be amazed. There is a mechanism that was actually discovered by George Goodheart called kinesiology and if you've ever been to the chiropractor you've probably experienced kinesiology in one form or fashion. But I hate to tell them they really don't know what they are working with.

It was refined by Dr. John Diamond who's a psychiatrist and determined that you can use kinesiology for a multitude of other things besides just muscle tensions and stress. After John Diamond did his work, Dr. David Hawkins did some really remarkable work. He's a psychiatrist and psychologist also and he took kinesiology to the next level but he wasn't through. A lady by the name of Donna Eden took it even a step farther. So instead of having to use kinesiology with another person, kinesiology actually works best by yourself with an independent weight source and it is a means of direct communication with your higher self.

It is a means of being able to distinguish between your thoughts and your higher self's thoughts and get answers to anything that you want to know except the future. You can't know the future because you haven't made the choice yet. It hasn't happened for you and your higher self will never infringe upon your free will, your ability to make decisions and use your life. If you're a wanderer you wanted a third density experience. If you're not a wanderer then you're here anyway. So you've got to have a third density experience.

So what we're going to do (and I'll explain more after I do this but I'm sure everybody's curious why I have all these weights out here)... kinesiology is the test of a muscle or the tensile strength of a muscle. You can use any muscle. You can use right arm, left arm, you can use your foot, you can use your head, you can use the liver or kidney if you want to, it's tough to get them to lift the weight.

So anything, any part of the body will work and what is actually happening is your higher self is actually strengthening or weakening the muscle in a communication with you. To begin, you want to establish the weight on a relative par with your shoulder. If you're standing up, you need to put it on a mantle, a fireplace mantle or a high piece of furniture, something like of that nature. If you're sitting down, a table is fine. If you're sitting on the floor, a coffee table or end table or something like that is fine.

So you want to establish the weight to be on a relative par with your shoulder. You want your elbow to be straight. You don't want a bend your elbow and begin just very simply by lifting the weight. You don't have to lift it high. You want to weight to be heavy. You don't want the weight to be so heavy that you have to strain your back muscles. It's not a weight lifting contest but it does need to be as heavy as you can lift it without straining your back muscles. That's the mechanism.

Several people in the group already know how to do this because they were kind enough to listen to me several times that I taught this to them. Would anyone else want to experience this? Come on up. Who else? We can do more than one. Come on. You need to bring your chair. Gary won't allow us but one chair at a time.

(A1)

May I ask a quick question please? Have you found this method to be more reliable than dowsing?

(Dean)

Absolutely. You can ask your higher self that. We're going to ask our higher self what weight is the best weight. We're going to ask the higher self just like they're sitting here and have a chat with us.

You can compare this, if you're considering a healing method or you want to do your own diagnosis of what's wrong, the best thing to cure your illness. Your higher self is right there. It knows all this stuff. All you gotta do is ask and they'll tell you.

Okay. I'm going to guess as to the appropriate weight and this is five pounds. Do you think that would be adequate.

**(Lynn)**

Yeah, that's good.

**(Dean)**

Is it heavy?

**(Lynn)**

Yeah. I have weak little arms.

**(Dean)**

Okay and I would give an eight for you and you're a strong girl. I bet a ten. [laughter] If that's not right, we can swap up here. We've got an eight, you've got a bruiser for fifteen...

**(Lynn)**

It's a shame Walter isn't here. [laughter]

**(Dean)**

The first thing that you do in learning to talk to your higher self, your higher self has found in the same place that the Creator is: in silence. That is where your higher self and the Creator is always found, in silence and in stillness.

So the first thing you want to do is take a couple of big deep breaths, calm yourself, just close your eyes for a moment and feel your energy flowing inside of you.

[silence]

Okay? Everybody just take the weight, extend your arm fully, remove the bend from it and just lift. You don't have to lift high, just lift five, six inches and let it down. It's not a weight lifting contest, okay.

Now, I want to make a statement. I want you to pause for a moment and then lift. The statement that I want you to make is one that you absolutely positively know is true, like your name. Say, "My name is (name)", and then lift the weight. Record or kind of remember what the weight feels like and then put it back down. You can say it to yourself or you can say it out loud.

**(Fox)**

My name is Fox.

**(Dean)**

Okay? Now lie. Make up a name. "My name is whoever". And do the same thing and be aware of how heavy the weight is.

[barely audible gasp]

Okay. Can you tell a distinct difference between the two?

["Yes"/"yes"/"yeah actually"]

Okay. Now make the statement, "My higher self is with me."

Okay. "My higher self is not with me."

[giggle/gasp/"that is bizarre!"]

Anybody want to know if they're a wanderer? Say, "I'm a wanderer."

[cool/laughter]

"I'm not a wanderer"

[gasp-("God!"/"whoa!"]

**(Lynn)**

Oh my God! [laughing] I can't lift it! [audience laughs] Whoa! Whoa! Whoa.

**(Dean)**

What else do you want to know?

**(Eddie)**

Ask if Eccles is pregnant. [big laugh]

**(Fox)**

Is Eccles pregnant? [pause] No. [pause] Wow. Try this you guys.

**(Dean)**

Okay. That's how easy it is to talk to your higher self. You need to learn instead of just jumping down there and doing this, you want to learn to listen to your higher self, to hear what your higher self is telling you to distinguish between your thought and your higher self's thoughts and communications and then you check that with the weight and you will fairly quickly begin to be able to distinguish your thoughts from your higher self's communication.

In a relatively short period of time you should be able to sit down and just have a chat with them. If you want to learn something, the chat is going to be a relatively light frame of mind. If you want to learn something, you have to get into a deeper mode and it's going to come in like a bubble of information and then you can go through and ask your question to unwrap the folder to learn more about what they've dropped into your head.

There's nothing that you cannot learn except what is the future is. Now if you want to know about something in the future you have to learn to phrase your question. You can know about anything in the past, you can know anything about the present. If you want to know anything in the future, then you have to couch it as a present day question. For example, if you want to go Hawaii, you've always wanted to move to Hawaii, you can't say, "Am I going to Hawaii?"

That's a future question. But can couch your question, "Is it in your plan for me to go to Hawaii?", which makes it a present day question. They will tell you what is in their plan for you. It is still incumbent upon you to follow the plan or do the usual ninety degrees that you've been doing all your life and not following the plan.

So it's entirely up to you whether you're going to follow the plan. That way they're not infringing upon your free will. They will not tell you anything that will infringe upon your free will. They will not tell you anything that

will infringe upon someone else's free will, but anything that you want to know that has happened in the past, anything that is happening in the present or what is included in your plan the future, or someone else's plan. You will have a tremendous opportunity to explore things right now.

Every person in your life just didn't blunder in there. For those of you who have spouses or girlfriends, you didn't wander into the bar and she just looked so hot that she picked you out of all the five hundred people that were in there. There is pre-determined attraction between people. Every kid that you played with in kindergarten. Every kid that you knew throughout school. Every person that you've become friends with over your life, it's all been part of the plan.

Hmmm. Hmmm. What about all those people. Them too.

Who else wants to try this.

**(Fox)**

Seriously, try it you guys, it's amazing.

**(Dean)**

Okay? Now just calm yourself. Find a stillness in your heart for a moment.

When you're ready, just do a test lift to see how the weight feels. Then begin with a question, just make a statement you know is true, like, say your name, "My name is (name)" and then after you ask the question you want to pause for a moment and then lift. After you do that make a false statement, usually the inverse of what you just made. Pause for a minute and then try to lift.

You tell the difference?

**(A2)**

Oh yeah.

**(Dean)**

If you can't clearly tell the difference, you probably need a heavier weight, okay? Just inch the weight up until it's a little bit heavier until you can tell a clear difference. If you still can't tell a clear difference, it's always going to be your energy. That is all. In order to rebalance your energy, to reset your body's meridians, right here under this chest bone is our thymus gland. If you just thump that, just vibrate that about half a dozen times, that's like hitting control/alt/delete for your thymus gland. You may have to do that periodically if you're doing a long working. Then it's not uncommon for your energy to get off in the course of the working. Just reset it and continue on.

Okay. "Am I a wanderer?" Ask.

[whoa]

**(Dean)**

You can find out how many past lives you've had. It's a little hard, just be quiet when you learn to talk, you can find out who you were in past lives. You can find out when you began the evolutionary journey, which was, for most of us, about 850,000 years ago. Find out, were you on Maldek, were you on all these other fun places that we have the opportunity to be on. Are you of Ra? Are you of La? Are you of Yaw? What wanderer heritage do you come from?

(A3)

And is this just to determine the inner knowing or do you always use this device to access yourself?

(Dean)

No you want to get to the point where you don't need this. You just sit down and have a chat with your own higher self and until you get to that point where you have difficulty clearly distinguishing your thoughts from your higher self, this is the mechanism, the most easy mechanism I have found in order to do that.

If you want to know details, if you want to know numbers, if you want to know names, those are usually more difficult when you begin. The method that Carla taught, very simply, she said to visualize a computer screen. I can't do a computer screen. It always comes up that green blinking thing. So I just do a chalk board. Just visualize a chalk board. Ask your higher self to write the name or the number on the chalk board. Watch, see what's written there and then check to see if you got it right. If it's not right. Ask them to do it again.

(A4)

I like the idea of using this confirmation too. Like, if you do receive something and it just seems too woo-woo or too far out there. Using this as a grounding confirmation, it would be invaluable.

(Dean)

Absolutely, and always do the inverse. You want to check yourself because you get to the point and you get interference, what we call false positives, they'll both be weak and they'll both be strong. If it does then just reset your energy and try it again.

If you try a dozen times and it doesn't work out and this doesn't help. Walk away from it for thirty minutes and then come back and try it again. Think some positive thoughts and let your energy resettle. It's always your energy that's going to be off. It's never the communication from your higher self.

(A5)

Could you ask your higher self about the intentions of another person?

(Dean)

Absolutely. You can know anything. You can know anything. You know whether they're polarized, whether they're polarized service to self or service to others. Did they push that button to blow Maldek up? [laughter] You can know all of that.

(A6)

Do they inhale? [laughter] Oxygen?

(A7)

So you're saying it's energy. It's energy though, it's not like the ability of your muscle, it's the energy in your body that changes?

(Dean)

No. Your higher self is making the muscle strong or weak. It is a break point communication that your higher self can use to communicate with you.

(A7)

But you said energy.

(Dean)

Your energy. If you're not getting good answers, it's your energy that's off. It's not your higher self. It's you.

(A7)

But it's the energy is how your higher self is manipulating your perception.

(Dean)

Well sure. Your energy. It's your energy. That is very cool.

(A4)

Yeah, because some people will use it to test say sugar or some other substance...

(Dean)

You can, you can say, "Is this good for me?"

(A4)

But without this I've of using words weak or strong, like you'll hold something and then someone will try to push it down and if it's weak then...

(Dean)

You can but the difficulty with doing that, anytime you introduce additional variables into the equation, then the likelihood of it being right is more difficult. When each time you do this with another person than you have two variables that you have to work with that have to be equalized. This does not require anyone else to get the answers and you know that you're talking to your higher self. You can ask. You can find out your higher self's name, your higher self has a name, your higher self has a gender. You have a spiritual often times different than your physical gender.

(A8)

How do you tell their name if you're just doing... do you just keep going through names? My higher self's name is Brad? [laughter]

(Dean)

Ask them to write it on the board.

(A8)

Oh, okay.

(Dean)

You can do it that way but you may be there a week or two. [laughter]

(A4)

So you can find a lost object conceivably? You might see it be up on the board, a picture of where this object might be even?

(Dean)

You can, sure. Absolutely. If you're going to use a sledge hammer to drive a tack in, then that's probably not a good habit to get into. Your higher is your higher self. You're being serious here, so your higher self won't allow itself to be used for commercial venture, if you want to be the world's greatest psychic and charge \$150 an hour, they're probably not going to participate.

(A9)

They'll tell you to check your alignments.

(Dean)

Yeah. Yeah. But anything about your life that you want to know anything about intent, anything about motivations, what are your core issues emotionally. Were you imprinted in a certain way that you were supposed to have certain experiences?

(A4)

And that will be the black board again, you'll look for some word or...?

(Dean)

You can do it that way. Probably the way it will come through is a thought. I mean, we know this and you just confirm this, "Is that from you?"

Any of the material that you read, Dolores Cannon, anything like that you're reading, "Hey, this sounds really nifty" and you check, is this from a Confederation source? Well if it's not, you don't need to read any further unless you want to.

Are you polarized? Do you have karma? Do you have karma from this life that you've collected. As a wanderer, you don't want to take karma with you. You might want to leave it here and you have to know what it is in order to get rid of it

(A10)

You said you taught this to some other people here. If any of you are into it, have you continued to use this? Those of you that have known this before.

(A11)

Yeah. I was going to say, one thing that was particularly helpful is the questions that he was just asking just a second ago about have I collected karma in this lifetime and it came up that I had. So I did a little visualization like, is it possible for me to clear this karma, and it was 'yes' and there were some visualizations that I was already familiar with from other methods, so I just visualized my... well I asked, "Okay, could you please energize the energy center that I should balance first?"

And then you just pay attention and you kind of get a little buzzing and then to balance I just pictured my indigo ray kind of looking at myself from the front. I picture kind of going out and down to whatever the energy center was and just kind of staying next to it until it moved back into balance.

And then I asked is this helpful, can I continue to do this in the future? They said yes, but beyond the yes or no confirmation you feel when you're balancing things. Just like you can do in a meditation without the weight and many of you probably do it on your own anyway. He said when I was working with him that it's kind of just a training wheel, that essentially you can take training. That's a good way to think about it but that was, for me, a really practical use for it as opposed to just asking questions without a why. It was like I could actually use this to become more balanced.

(A12)

Yeah, I see it as, it seems like a way to develop trust, being able to trust exactly that you're getting the right message. You get messages and I know what you're saying, you have a doubt. Is this my imagination? Is this my ego?

(Dean)

Now the mechanism that Ken is talking about is on onward step. It's difficult for a lot of people to do but that's exactly the Buddha did to achieve enlightenment. Exactly the procedure that he's outlined. Integrate the higher and the lower the energy to clear the lower emotional chakras that are blocked.

(A13)

I've used for emotion processing, use it for checking to see if I was a wanderer and what density and check some things about my family, but I think probably the emotion processing has been the most critical.

(A14)

I don't know if I'm very articulate about explaining it but when you center yourself and you're talking to your higher self and you're asking, you're looking for the feeling, what the issue is. What is it that brings about the emotion, not that you're trying to define the exact event that caused it, but you're bringing about that emotion. Is that something that I need to clear. So you're asking your higher self, "Is that what I need to focus on?"

Then bringing the balance there, that really negative feeling, bringing in the positive light and kind of diffusing and letting that emotion go. You're using that through that process.

(Dean)

You're using your higher self as a guide for healing. They identify whatever it is that you need to work on next. You can spend all day long, well I remember that, that was really traumatic for me. That's what I think I need to work on. Well it's not what you need to work on at all because that was a chip on top of the foundational issue that happened when you were four years. Your higher self knows that the one that happened at four years old is the foundational one and that's the one it's going to send you to work on.

When it does, all those above fall away. So you can keep turning your own wheel of fate or you can just ask your higher self, "Okay, I give up. Just tell me what I need to do."

You still have to do the work but it's a lot easier if your higher self, "It's over there. It's over there. Go get that one." Instead of wandering around over here in the bushes all day.

(A15)

Sounds more of a Mack truck than training wheels. [laughter]

(Dean)

Well this is a training wheel, this combined with the emotion processing is dramatically effective in achieving healing.

(A16)

What I love most about this, is you know how we all, I shouldn't say we all... I get into these places where I feel totally disconnected from my higher self. I'm in a funk. I feel totally disconnected. I have to have a soul retrieval or I'm never going to... it's right here. You get out a weight. It's right here.

(Dean)

No distance. There is no distance anyway. It's just a matter of your recognition of it.

(A16)

But this is such a grounded way to remember that. Thank you.

(A17)

Dean, how would you explain with the emotional work, this would be more advanced, after your working with this and getting a feel for that, the emotional work is going to be similar...

(Dean)

Well we used this to teach people to do their own emotion processing and there are different methods. Everybody stores energy differently. What Ken was describing was the integration of the higher and lower

polarity, which ultimately will work but not necessarily for everyone because if you've got traumas then you're going to have tumultuous energy and you'll need to do a process for awhile that has trauma release elements to it.

Other elements work more with moving energy. Others work more with dissolving energy. It depends from person to person and we ask the higher self, which method is for me? Which one should I use now?

(A18)

So you'd describe, should I use the dissolving method or...

(Dean)

Yeah. Exactly. We've numbered them one through six. You say is one good, two good, three good, whatever. They'll tell depending and it's different for most every person. What do you need now? You may only need that process for one thing but you've got to use that one thing to get past to get on to the other stuff.

(A19)

And you can use that to define if you've let it go, if you have a lot emotion behind a certain issue. Have I let it all go? You're just checking, no, then you have to go back and you work again and then let it go.

(Dean)

Then when you know it's all gone your higher self, 'you got more to do there, do it a little longer' and then they'll tell you, 'it's all gone, okay, let's go to the next one' and you just click them off like that. One right after the other.

It's almost mechanical at this point but as far as identifying your higher self, learning things from your higher self, all the stuff that we'd like to learn about, aliens and all that kind of stuff. It's fun stuff to know but the healing is the most important stuff we're here to do and it doesn't matter if you know anything about aliens or past civilizations. You can get healed completely without knowing any of that.

Then you get to know what everything means.[applause]

**AUSTIN B. PRESENTS**

*Harvest is Now & Every Week Until the End of the Season*

Hello, I was not going to give a presentation but Gary and Diana sort of egged me on, convinced me to do it.

I want to talk a little bit about my farm, I run a farm with me and my parents. We concentrate on growing produce, we also raise chickens for meat and eggs. We do goats for meat and we just adopted pigs into the system for a sustainable farm. We strive to be sustainable, though there's really an ambiguous definition of sustainable that's sort of being taken advantage of. I don't have much to relate it directly to the Law of One Ra material, but I can try to relate a little bit about how it's helped me in my spiritual seeking and how it's helped me understand the unity of everything and more the spiritual truth; "As above, so below, as within so without." I think that's something that can teach you your entire life, no matter what phase of spirituality you're in, is that phrase.

So, the state of agriculture has fallen as far from the Creator as we have as humans basically. As separated from nature as it can possibly be at this point. So the goal of sustainable farming is to integrate that back into nature, which is really similar to what we're doing here in the cosmos. We're here, it seems like we're separate. We're a microcosm of the macrocosm and we're trying to integrate ourselves back into the Creator and it's really symbolic, what we're doing on the farm, sustainable farming in general of the state of how we are as humans and the state of agriculture of general. The farm is the microcosm of the macrocosm of nature and the farm itself is a single organism that should fit into the larger organism.

It should be just a seamless system, it shouldn't be separate from anything and that's what agriculture has done, it's separated it. They compartmentalized it. It's called monoculture basically. You see acres and acres of one type of crop or one type of animal just packed together. It's efficient but it's not healthy for the environment. It's not healthy for us.

That's how I see what I do and how I relate it to my own seeking, is integrating back into the whole. There's a way to relate that to personal catalyst as well. I think the main example I have is my main issue that has been for the past two years, is dealing with these really, really noxious weeds. If anybody's a gardener or does any farming, it's just Bermuda grass and all spiny amaranth. Bermuda grass is the most invasive grass you can get. It just grows under the soil, no matter what you do, you can't get rid of it unless you sort of carpet bomb your fields with pesticides or herbicides. Even the organic gurus we talk to try to get advice from, the just said use Roundup and just go organic from there. We don't want to do that. We want to figure out a way that's natural and sort of fits with the system of nature instead of taking it out of nature.

So I would get really angry at these weeds. Spiny amaranth grows six inches a day. It seeds in four days and there's literally tens of thousands of seeds on this one plant. So if you let it go for two weeks, you're going to come back to this bed of spiny amaranth that doesn't let anything else grow and it hurts when you pull it up. It can pierce leather gloves. It's impossible to take care of. So I would get really angry at it and the same thing, I would get similar kind of angry at the state of agriculture and how the big agriculture companies sort of usurped the whole system and they blocked out everything. Nothing else could grow similarly to how nothing else can grow up in the spiny amaranth. They sort of just took over, very invasive.

In the government, there are so many connections between the major agriculture companies and who's running the government it's really suspicious. I would get really angry at that, just as mad as I would get at the weeds. I would get out and get frustrated and just start pulling the weeds and get really, really angry.

So I started to relate those two things together. It's like getting angry at two different things but in reality, they're the same thing. They're invasive and getting angry at it is not solving anything at all, just getting mad. Ra tells us,

look at our emotions and process them and accept them, we want to transmute them, find out where the distortions are, so it can come back to love. You know, a perfectly balanced entity sees all things as compassion, sees all things as love.

So if you're angry, there's something that's not right. There's something inside of you that is not quite in line with yourself as the Creator. So I would concentrate on dealing with that emotion that I projected out onto the big agriculture companies and what I found that was really cool is as you deal with these emotions and relate these, sort of larger concepts, into your personal, the day to day life that you have issues with that are sort of similar emotions, similar catalysts, it can feed your intuition as you process the larger issue. It can help you overcome these smaller issues and help manifest solutions to these smaller issues.

So I would process that and I've figured out you don't want to be angry. You want to be able to let everybody do what they want to do. You want to protect nature but you don't want to control anybody to keep them from doing what they want to do. It's a tricky situation. It's a very tricky balancing act.

I came to where I can love somebody for doing what they want to do. It's a greedy thing to just sort of take what you want from nature without ever recognizing the beauty of it and appreciating what you're getting out of it, but you don't want to be mad at somebody for being greedy. You want to let them be greedy if they want to be greedy. It's who they are and it's sort of the service to self polarity, is to be greedy, take what you want and use your power, manipulate the universe to what you want.

So, say you're getting mad. See that's who they are and it's part of the Creator that might not be in line with what we understand is the Creator but you can love it and just do what you think is right and as the popular quote, 'be the change in the world you want to see'. Love that as much as you can and let that be your passion.

So I did that and all of a sudden... I've been struggling with these weeds and it was really obvious solution in front of us. They call spiny amaranth pigweed because pigs eat it and Bermuda grass, one of the only ways to really get rid of it is to get pigs, they'll root it up out of the ground. They don't really eat it but they'll take it out, the sun will dry it out and it will basically get rid of it for you. It's part of the system because you have the pigs, they're eating out on the pasture. They're out there happy, free roaming around but they're also making the system work for you and taking care of the weeds that we were having such issues with.

One day my mom comes home with two pigs just out of nowhere. She tried to call me and I would have told her she was crazy and I would have told her not to do it so luckily I didn't have my phone on me and now we have, right now we have two pigs out there that are taking care of the Bermuda grass and they're doing a really good job of digging it out of the ground. They ate all the spiny amaranth down to the ground. They pulled the roots out. It's not growing back and anything that does grow back, they just eat right away.

The universe sort of just, as soon as I was done being angry, was like, "alright, you don't need this anymore, here's your solution, now you can move past it." I'm nervous about what it gives next [laughter], it's never done.

The other thing I kind of want to talk about is, a lot of people see living the farm life as an escape from catalyst and obviously, even if you're out living on your own, you're going to find things to get mad at. I left the hammer back in the garage, you get angry because you have to go back and get the hammer and you look at the hammer like, 'wrrrrgh'. So you get angry at things even if you take yourself away from people. If you don't have people to reflect back at you, you're going to have other things.

Especially if you're raising animals. You don't want to be angry at the animals you're raising for food. You want to love them, so dealing with your own catalyst and processing that is part of the whole system of appreciating what you're getting from the earth and trying to bring yourself back into alignment with your Creator as well as

what we're doing on the farm, trying to bring that back into alignment with nature. I see it as the same thing and as we grow the farm, it is almost exactly what I'm growing. So as above, so below. As within, so without.

That's the same concept that got me started seeking. I would look out into infinity and I would feel infinity inside of me, back this way. So there's infinity out there and there's infinity in here and that's what really started me calling and I guess what's called the Ra material into my life.

Also, it's not an escape from catalyst, it's really a return to something that is meaningful for me. It's been really, really enjoyable. It's nice to be able to produce something and give it directly, produce it and give it to society directly to the people who are using it and they can give you appreciation straight back and there's no feeling in the world like somebody coming back and telling you, "That was like the best thing I ever ate, thank you so much for doing that."

It's a really great thing. I didn't have that much to talk about. I was hoping that people might have questions about anything, whether it's the spiritual side of farming or the practical side of farming. I love talking about it; it's my favorite part of sharing the experience. I like going to the farmers market and when people ask me questions, I think people getting involved within the food system is where society needs to go to start really realizing where we are and where we fit into the whole because we have just come so far from it. People don't understand where their food comes from. They think chicken breasts grow on trees or something like that.

(A1)

MacDonald's does.

(Austin)

Yeah. The hamburger farm. So if anybody has any questions about anything, go ahead.

(A2)

I was just going to ask you about what crops you raise and whether or not anything is used with genetically modified....

(Austin)

I grow a lot of stuff. I'm in North Carolina and that's got the biggest variety of food you can produce as any other state in the United States. So, just as an example, I can't even list all of them. In springtime we grew lettuce, kale, cabbage, beets, radishes, spinach, a lot of different types of greens, carrots. When summertime hits you start doing the tomatoes and peppers and eggplant, sort of more the fruiting plants like that.

As far as genetically modified, I haven't had any direct issues. We do have, in North Carolina where I am anyways is big soy country and that's probably the biggest genetically modified crop in America right now, is soy. I don't really think I'd ever want to grow soy because there's such a rejection to it in the local food community. Even if people don't really know why they don't like it, they just know they don't like soy. Even if we just feed it to the animals, they're hesitant.

We feed our animals organic feed so it's organic soy but chickens need a lot of protein and they don't get much protein out in the pasture as they should even though they are free roaming, so they do eat some soy. But they grow genetically modified soy next to us. So hypothetically, if wanted to grow soy for edamame or something, it could cross pollinate my soy. There are stories of Monsanto coming in and finding these cross pollinated crops. It has their patented genetics in it and they sue the small farm. It's something that's totally out of the control of the small farmer.

I try not to read too much about that stuff because a lot of it comes from sort of sensationalized places. There's a lot of truth to it and Monsanto and other companies, not just Monsanto, the other ones have sort of let

Monsanto take the heat, they have fought small farms and they realize that there's competition there and they're going to try as much as they can to squash it out. So hypothetically that could happen but I'm probably never going to grow soy.

The only issue is that they spray, they come out with their tractor every other month or so, spray a whole bunch of pesticide. If the wind is blowing in our direction, it might get on our crops. It hasn't happened yet. Luckily, the people who live there, the wind has always blown directly into their house and I see it. There's pesticide just covering their house. I don't know how they can be okay with that but nature's making it their problem to deal with.

(A3)

Have you read the 'One Straw Revolution'?

(Austin)

I've heard about it. I haven't read it. I've talked to a lot of people who have read it and lived that sort of agricultural life... no work farming, or do nothing farming, you do a lot, it's just that you try to do nothing to nature. I haven't read it.

(A3)

I haven't adopted his philosophy completely. One thing he did that I've adopted and I really like is I mulch very heavily. I put mulches on my garden and I don't have any problems with weeds. I mean, I get a few but it's not like it used to be.

(A4)

And moisture too, it really helps with moisture.

(Austin)

Growing on a production scale, mulch can get pretty expensive. There are some things you can do, like cities give away free leaves when they pick up leaves on the side of the streets. We can go get a truck load of free leaves and use that as mulch but one truck load of leaves doesn't go very far. Three wheel barrows full of leaves, you're out.

(A3)

There's a dairy farmer in Virginia that's hit upon the idea of he grows his own mulch it's a mix of [?] and rye and a couple of other things and that's pretty common. No till, where you got spray but he doesn't spray. All he does is, he invented a roller on the front of the tractor, he's got culpers in front of the roller and he goes through and just presses it down and where the culpers go through, slices through the mulch, that's where he plants his corn. He doesn't spread at all but it's just so thick that when it lays over it forms it's own barrier right there and he's not applying anything else to the field except that.

(Austin)

That's a pretty recent innovation and if I ever grow corn on a big scale, because corn, you don't get much out of a few rows of corn. You've gotta grow a lot of corn, that's what I would do because that's really... and then after that lays down and acts as mulch, compost and biodegrades.

(A3)

What I was going to propose is rye is pretty to grow in bulk. It's very thrifty but it takes some fertilizer, not a whole lot and it's also weed suppressive. You might look at growing a few acres of rye [inaudible].

(Austin)

We don't have a conventional tractor. I just have a walking tractor, so it's really hard to seed pastures and right now we want to leave the pastures in a natural state. We don't want to take away the weeds that are growing and

plant something. Once we have a system set up for the goats we can try and see if we can take a few acres and play with it but right now we need it all for the goats because they thrive on weeds and grass. So we need the weeds and grass.

What I do is I make my own compost. We have a lot of land to mow so I keep the grass clippings and instead of tilling the compost into the ground, I've never really understood why they don't just lay it down on the ground and plant into it, because that will block out a lot of weeds too.

(A3)

Yeah, I do the same thing. I have a small garden, I don't do this on a commercial scale but I use our grass clippings for compost.

(Austin)

Yeah. I also, because we want to honor the animal as much as possible. We process our own chickens and I compost as much as I can of the chicken themselves, try to take advantage of everything that nature has to return back.

(A3)

Which county in North Carolina?

(Austin)

Franklin County. North Central. There's nothing real significant in Franklin County, it's the agricultural center, but it's the conventional agriculture. So I have to drive into Wake County, into Raleigh, to go to the farmer's market that has anybody willing to buy decent produce.

(A5)

Something dear to my heart, do you use high tunnels or low tunnels?

(Austin)

Yes. We were lucky enough, there was a nursery down the street that went out of business and they had about thirty high tunnels that they were trying to get rid of for cheap so we just bought the hoops, then we got some plastic.

(A6)

What's a high tunnel?

(Austin)

It's like a greenhouse but it's not heated. The difference between a high tunnel and a greenhouse, a greenhouse has an active heating system. Normally it's some sort of furnace that heats it, keeps it about fifty degrees during the wintertime. A high tunnel is just plastic, it doesn't have some sort of active heating system so it traps the heat. There's different things you can do to sort of collect the heat, like water bottles on the ground that can absorb the heat. Some people use black plastic mulch, it sort of absorbs the heat too, but yes, we were pretty successful. It's the first year we did it last year and I was able to grow all through the winter.

(A6)

I use low tunnels but in hoop houses. Here, what 90 miles south, I can harvest all winter.

(Austin)

It's a great innovation. Even up in Canada they are able to harvest until January. There are a couple of dead months but it's really great.

(A7)

I just had a stupid question. Pigs [strong wind]

(Austin)

Um, no. [laughter] They go to town. They would eat everything. The way that we contain them, it's just a single strand of electric wire. They just touch it once and they never touch it again. So basically they're in an area, it's 100 feet by 30 feet and we just rotate that. Once they got one area tilled up, we'll put them over to another after about a month or so and we have just a little portable shelter out there for them.

Same with the chickens, we have portable shelters out on the pasture and all the chickens, we just move the houses every once in a while. They roam free. We close the doors at night to protect them from predators but all the animals are basically roaming free. The pigs are confined and we can't let the goats in with the crops either. The chickens, they don't normally do too much damage to the crops but we have net fencing we put up to keep them from getting in because they'll scratch and do damage to them.

(A8)

I have a question. Thanks for your talk and for the work you do. Wanting to support your work and other small farmers, how do you distribute, so someone [wind] farmers market when I can but I still go to a supermarket often. Are there any guidelines you can offer about how I can vote with my wallet, as they say.

(Austin)

Yeah, well, I mean, obviously just do what you can. We're really fortunate because one of the markets I'm in is really affluent, it's a very rich neighborhood and it's people who are willing to pay twenty-five dollars for chicken that would be four dollars in a supermarket. So we can't expect everybody, especially with the way our economy is right now, to be able to afford quality grown, responsibly grown food and produce but if you have... have you every heard of CSA program?

I consider that to be the best type of food distribution. It's called community supported agriculture. So basically you pay up front for a subscription of food and the thing is you're sharing with the farmer, risk and reward. If they lose a crop you can't get your money back because they put all that money into what they were doing that season, but also if they have a surplus of something, you're going to get a lot of food, more than what you pay for.

Most farms have different tiers. We don't have one yet because we're sort of a new farm. I don't trust myself to be able to take somebody's money and promise them food but if you go to a farmer's market you'll find farms with CSA shares. Other than that, just do what you can. At least go out and talk to the people at the farmer's market. If you just have a few dollars, just get some lettuce or something for salads for the week.

Don't feel guilty about not getting responsibly grown food. You can't be hard on yourself for that. If it's not really your passion to do that, don't worry about it. Everybody has their passion. Just do what you can. Talk to the farmers because that's really the best thing. Just talk to them and build that community. The community is what's going to save it.

(A9)

I would add: grow your own.

(Austin)

Grow your own also

(A9)

It's easy to do. You could have this much land and grow something.

**(Austin)**

A couple pots. Just any sort of relief for the food system. There's a lot of pressure on our food system. We are closer to a food crisis than most people realize. Especially this year. On the drive up here, there were acres and acres and acres, thousands of acres of dead corn.

Luckily in North Carolina we didn't have a drought. We had a very wet summer, which was sort of unfortunate because it spread a lot of disease, but in total most of the grain comes from the Mid-west and there was the worst corn harvest.

**(A10)**

How many acres do you have?

**(Austin)**

We're just on about twenty-five right now and the plan is to only cultivate about two acres worth of crops. Right now I'm able... I ambitiously go for about a little more than an acre and a half. It cuts down to about an acre. I do it all myself completely and I also take care of animals.

**(A11)**

First of all, I'm really glad Gary and Diana talked you into presenting because I really found your talk inspirational, especially the part where you talked about how it fit in with your path and the one question I have, I wonder how, you know if the Native Americans, when it comes time to slaughter, do you kind of honor the spirit of the animal or say a prayer, is that hard for you?

**(Austin)**

You know, it was never hard for me. I grew up in New Mexico, sort of surrounded by Native American culture and my family was, or at my mom at least were sort of tree huggers and she was involved in a lot of Native American warrior programs. That was one of the things I picked up a lot from that. I didn't pick up too much else from her spiritual side besides appreciating nature and appreciating animals - especially the animals that you eat.

So when we process our own chickens, we make it as least traumatic for them as possible and that's they key. That's why we do it ourselves because otherwise, we'd have to throw them in a truck and haul them to a processor and we don't want to do that. We don't want to stress them out. So as quick and as painless as possible and we have a moment of silence. The night before, I was trying to a meditation to give my thanks for them.

It's never really been that hard for me. I see it as part of the system and part of who we are in nature and part of nature.

Any more questions?

**(A12)**

I guess we hear a lot from our politicians about small business is the foundation of America. Are there any incentives for the small organic farmer?

**(Austin)**

Actually, the farm bill, they have what they call the farm bill. It's like a series of legislation that passed every few years. There's no set time frame and it basically sort of modifies the landscape of agriculture for the United States. They didn't pass it yet. They're still talking about it in the sub-committee but there's a lot of support for making organic farming more competitive, a lot more than in the past anyways. There's still not a whole lot of support but there are grants that you can get as small farmers. A lot of those are more from local government or

just other organizations. They might get their money from federal government but they choose who to give it to. But there's not a whole lot of support there.

It's pretty easy to get financing, agricultural financing for small farms from agricultural banks. They have specific banks, you can get really low interest loans but other than that, we could use a lot more support from politicians. They don't understand agriculture and they believe what lobbyists tell them and all the lobbyists are from the rich companies. That's why I mean usurp the government. They can afford lobbyists.

There are organizations that small farmers can sort of join. There's one in Carolina called Carolina Farm Stewardship. They're sustainable and they do some lobbying but they don't have nearly as much funding for lobbyists as the big companies do and that's how legislation gets made, is through lobbyists. There's not enough lobbying for small farmers. So write your politicians. That actually works. Call them. Tell them at least, look into it, get interested. Tell them that you would like some support for small farms.

There's the farm bill and sub-committee for agriculture and they are the ones who debate that.

**LYNN F. PRESENTS**

*Projection and Creating Responsible Thought Forms*

Hi everyone. The people that were here last year know that I just read my talk off of a paper and this year, I felt like I was really being moved to not just read a composition like it was a high school English class, to actually be a little more interactive and allow the information to flow through me a little more freely.

So I'm going to attempt to do this with just an outline. I get very nervous during public speaking so please bear with me. If I space off or get really nervous, this is not the kind of thing I do often, at all.

But I wanted to talk to today... it's a pretty broad subject, I'm kind of going to divide it into two separate sub-topics: projection and creating responsible thought forms.

The first thing I'd like to say is everything I'm about to talk about now has to do with my own experience and things I've seen in other people when I've done counseling sessions with them. But most what I'm drawing upon are the lessons I've learned, especially within the past year, and the experiences I've had... it has been some of the hardest and most gratifying work I've ever done in moving myself along spiritually. So when I talk about thought forms, I'm talking about things that I perceive (I'm sure there's a lot of different definitions regarding some of the topics I'm going to use, so I'm going to say up front, everything I'm talking about), this is my personal perception of what it was.

I'd like to open with the type of thought form I'm speaking of... and what I perceive as a thought form is when you invest thought in a certain energy to an extensive degree, that thought takes on its own energy to where it will run by itself (pretty much) without you continuously contributing to it...

You can get really basic thought forms - just certain ideas that float around, certain cultural overtones, all the way up to a powerful thought form can be a solid mass. I mean, Ra said the pyramids were thought forms. You can make it real. You can have an actual like-sentience that was created by investing thought in it.

And as we are nearing the shift, as the energies are really ramping up and changing and manifestation is becoming much easier. It is much, much easier within the past couple of years to create solid thought forms (and I'm not talking solid, like I created this piece of paper) but to create legitimate, very noticeable direct interaction thought forms that it was (even a few years in the past) and as we continue to progress in the fourth it's going to get easier and easier and people are seeing manifestation almost instantly.

I've read all over the forums everyone seems to be experiencing that it's instant manifestation, that you think about something and it happens. The problem is you've got a lot of people out there that are creating thought forms and they have no idea what they are doing. It's especially dangerous when you have a psychic person, a person who's sensitive and who has a lot of personal power, who's investing in these kind of thoughts and don't realize they are creating these sentient beings (in a sense), these ripples of reality, and even a lot of people that are aware of the concept of thought forms (they understand the basic underlying principle), don't realize how capable they are of making them and of what aspects of their life they can show up in.

I would basically just like to tell my story first because this was the lesson I learned, then go into some of the lessons I've derived off that experience. I've been psychic my entire life. I've been told I'm the most brain hammeringly psychic person that people have met. So I've experienced a lot of weird things since I was a kid.

Once I got into the Ra material, basically once I started really researching in the metaphysical area, I started learning a lot of things about these negative entities... Orion, you've got these different hierarchy of beings that

mess with people and everything and especially when I began reading the Ra material, there was a lot of emphasis on Orion. There was this fifth density entity that's interfering with Carla and I immediately latched on to all of that as to things that were happening in my life - all the weirdness and everything, and I became very convinced that there was a high level negative entity interfering in my life and eventually it got to the point that things were just ridiculous.

I would wake up with hand prints on me and scratch marks, I would get cold, all my hair would stand on end and I would be unable to be warmed up. I would be in a hot shower and still be freezing. I would feel a presence right at my back that was directing compacted hatred at me. It just felt like someone was just staring at me going, "I hate you" all the time. It was to the point other people could feel it around me. My husband could feel it, he started seeing things in our apartment.

Of course, the more it happened, the more I freaked out. I tried protection rituals, I tried hanging the garlic and doing the banishing ritual and doing all these different prayers and everything and it seemed like the more I tried to get rid of it, the worse it got. It just got progressively worse and I was like, 'oh, I'm pissing it off'... Jesus talks about you cast out one demon and seven come back in.

So pretty soon I had this whole army of negative entities that were all intervening in my personal life. Eventually, when I started to channel (a few of you have actually read some of the channelling I've done on my own), the poo-poo hit the fan, so to speak. It got completely ridiculous in the experiences I was having.

Opening myself up in that way brought about it some emotional catalyst that caused me to start talking with an individual that I call my sensei. He's a very wise individual and we started having a lot of talks back and forth about these energies because I was tired at this point. I realized what I was doing wasn't working. Saying, "go away" was not working in getting rid of this presence and I was like, 'I'm so tired of it, I don't want it anymore'.

He never just drops out the answer right there because he's the wise old sensei. He's never going to just tell me. Eventually we got to the point where I had deduced enough on my own that he said, "You realize it's you right?"

Immediately something within me recognized there was truth in what he said. At the same time I did not want to believe that. I did not want to think... there's no way all this hatred and negativity that's coming at me could be me. That can't be me, I'm a nice person. I'm not this evil, hateful, negative being.

Eventually I did some more spiritual work. I realized, "yeah, that was me, that was the shadow I was ignoring". What I had done is I'd developed this image of self hatred and self dissatisfaction and I was repressing all kinds of my negative emotions and I had repressed it to such a degree that it had manifested on its own as a thought form. I was staring at my own self hatred and when I realized what I had actually created, it was just mind blowing because this creature I had feared for so long was suddenly very pitiful because I had created a creature without the ability to feel love. I had created something out of pure hatred and then it became my responsibility to work with those energies and reintegrate those energies into myself and bring that part of myself back and become whole again.

It has been the most mind blowing transformation that I've experienced in my life. It was very, very painful. After I found out... the one, I'd even given him a name... it's this persona. After that one a million more popped up and I've found out all these things from my childhood and all these things coming in and all these thought forms that have been following me around my whole life like puppies on leashes.

If you let it get to the point that I let it get to, it's a horrible mess. It is a mess to get all that back together and I went through so much pain. I went through a horrible, horrible depression and I went insane for a little bit.

What I would like to do is to shed some light on that process so that other people wouldn't have to go through that process. The main lesson that I drew from this is that any time you experience what you think is negative contact (and this is all my opinion, I don't have any accreditations to my name or anything, this is what I've come to see as truth for myself) that every time you experience some sort of negative interaction, the answer is always within, never without. Regardless if it's an outside source... if Joe STS over there is messing with you or if it's just a projection from yourself, the answer is always you. It's always the mirror. It's always something that you are doing, that's allowing that to be in because there are natural protections in the aura.

They're not allowed to just come in and just mess with whoever they want and there's been a lot of fear mongering and a lot of conspiracy theories to the point that people think that these negative entities can just fly in and make you trip on the sidewalk and every time you burn the toast, there's a negative entity in your toaster. All these people are creating these realities where they have these horrible monsters following them around. It's not real. They can't just come and mess as they please. If you have a negatively polarized human being within our cycle, yes, they can get in your hair and drive you crazy but just because you feel a presence doesn't mean you have a fifth density negative entity coming after you to mess with your life just because you read the Ra material. I'm sorry, it's not going to happen.

I've seen so many people just be lost to paranoia and go through so much pain and so much heartache and so much anger because they don't want to admit that this could be them. It's like people have created a reality where we need negative entities. We are dependant on them to hide our own darkness. That is the big lesson and for those of you that know, I channeled the energy of Lucifer for a time. During that time I really got to understand the full concept of Lucifer.

Lucifer isn't an entity that is prowling around trying to make us do bad things and steal our souls. That's a made up story, made up by religions in order to control people. Yet, we have attributed negativity to that name because it's so much easier for us to say, 'it was the devil' instead of, 'I have all the shadow stuff going on inside of me, I have hatred, I have anger, I have fear, and I don't want to deal with it'.

So it's Lucifer, it's Satan, it's Belial, it's whatever entity you want to pull out. Every religion has some dark entity to pawn all of our negativity off on and as we throw our own stuff onto this other entity we're creating a very real thought form.

The devil and Lucifer are two entirely different things. We have made the devil. That is our creation and in making the devil around the name of Lucifer, we have heaped a huge amount of karma onto the energy of Lucifer and we have really corrupted it and just made our own grave. We have created this thought form that we need. We need the Illuminati. We need these STS people because if we don't have them we're going to have to look back at ourselves and we're going to have to realize all that comes within. It's always a mirror.

It is always a mirror.

I'm not saying that that doesn't mean that there are negatively oriented beings out there that will do anything they can to take control of anything they can. Yes, they are out there. If that energy is constantly coming into your life and interfering in your life in a very personal way - that is not coincidence. That's not because you're a martyr. It's not because you're a victim and I've seen so many people fall to the victim mentality, "Oh, negative entities bother me, poor me. Everyone feel bad for me".

I was like that and after awhile I had the sad realization that I liked the attention. I liked, in a sense, I mean the actual symptoms were very distressing for me but I enjoyed having the 'I feel special, I'm doing so good that I have these evil people that want to stop me'. It's like an RPG you know, it's science fiction.

It's just such an easy mindset to get into, into letting yourself become the victim. You are not a victim. You are not a victim. If I could say that a million times, I would. This stuff can not hurt you unless you allow it into your life.

Now, there are tests. There are things that will always be there to test you and for some people that includes encounters with negative energy. However, if you choose to focus on it and let it just saturate yourself in this fear, this focus on negative beings and what they could do to you and how they could control your life, you are feeding... that's what they feed on. That's what negatively polarized individuals feed on is the fear and the sense that they can control you. If you believe they cannot control you, that they cannot interfere in your life in any way, they can't.

I experience no negative greetings anymore. Not a single thing. I lost about ten years of my life to that stuff. In mental institutions, in suicidal depression, being on prescription drugs - I don't even remember a lot of it and it was all completely unnecessary because I couldn't turn and see the mirror that was offering me, and look inside and heal it.

Seeing the skeletons in your own closet (and everyone has it, there's not a person here that does not have the skeletons in your closet, I guarantee it), looking at the skeletons is horrifying sometimes and it takes so much courage to be able to look at yourself and be completely honest with yourself. Completely honest with 'I feel these feelings, oh, I do want the attention, oh I am afraid, I'm jealous of this person, I don't like this person because they're prettier than me'.

To be able to look at that without just flinching away from yourself without that feeling that disgust. To be in objective honesty, view yourself and what thoughts you're actually projecting because your thoughts are creating your reality.

It can be something like the thought form I created to where it's a very specific presence that's going to either help you or hurt you or it could just be a lot of crappy things happen to you in your life. Things just consistently go wrong for you all the time and you're going to be like 'I have bad luck, it must be a negative entity.'

No. That's your higher self kicking yourself in the butt, telling you you need look at what you were doing and until you figure out what you're missing here, things will keep happening over and over. So if you're having continuously crappy luck it means you need to stop and look at what's going on around you.

I feel like I'm sounding preachy right now and that's not what I'm going for. This just means so much to me because it was such a profound realization in my life and my life is one hundred percent changed. All of this stuff that caused myself and those around me so much pain has just evaporated and I actually had to process a lot of the shame of 'why couldn't I have seen this earlier, why couldn't I have been wiser and smarter and realized this and not caused so much unnecessary problems?' and it can become such a big mess if you're not consciously aware of the things you think about.

The things you think about create your reality and a hundred people have said this. It's in Ra, it's everywhere - that we create our own reality - but does anyone really stop and think about what does that mean?

If you continually trash yourself, 'I can't do this', like me saying I can't public speak. Everything you think about just continuously projects the reality you're experiencing. I have another personal story and this one I really debated in telling and the few of you that know about it will understand why. It was very personal to me and very painful.

A few months ago I became involved with a person, I became talking to a person who was very service to self oriented and I think part of it was just out of curiosity, wanting to get that perspective. Who wouldn't want to

just have a chat with an STS individual and just see how they think. Maybe that's just me because I'm weird but... and also just the sense of, 'well maybe I can say something that will turn him around', the 'you've got to save them all'... and it was foolish, a lot of it, but I ended up getting myself way more involved in this person's energy than I needed to be.

It wasn't a romantic type situation but very thick energy cords were created between us to where I thought about him consistently. He gained a lot influence in my life and I wasn't even really behaving like myself. I was allowing, not even him, but a thought of him to start controlling. I've never met this person in real life. This was entirely an online relationship and I was projecting so much into his personality of what I thought it encompassed and then allowing that to turn around and control me.

So I had created my own master, in a sense and it eventually ended up... I eventually realized that that wasn't beneficial to me. This person's energy was not beneficial to me. I stopped talking to him but at that point there was a lot of pain because our energy had become really interwoven and I just felt so bad because I felt this deep love for him and he didn't care at all. He was just lost. He could have cared less if I went and jumped off a cliff. Even after I removed his influence in my life, it continued to eat at me and this thought form I had created after he had gone (he could care less, he's happy with who he is, he doesn't care), but even after he was removed from my life the thought form I had created with his energy continued to just eat at me.

Eventually, when talking with my sensei, I realized that I could not continue to sustain that thought pattern and have any hope of change because insanity is doing the same thing over and over and expecting different results.  
[pause during heavy rain]

I eventually started doing a visualization to where every time I felt that energy coming into my head I shut a door. I have a door in my head that shuts every time he comes around. Originally I was having to shut the door about five times a minute. As I've gone on I've shut the door less and less, because it comes around less and less. It's very hard when you have a deeply ingrained thought form, it takes a lot of work to reformat that.

At least it was for me. I'm not going to say it's easy. I'm not going to say, "Just stop thinking about it". That's not the way the human brain works. That's not the way we're emotionally programmed. It takes a lot of effort and that's what I mean when I say creating responsible thought forms, taking responsibility for what you're thinking and putting out the effort to shape your thoughts in a way that is beneficial for your path.

Everyone's going to daydream. I'm not saying that your every thought should be focused on this one thing because you'll drive yourself crazy that way. That's like the people that try to stamp out every negative thought they have thinking it'll just go away, it won't. That's just a way to create more thought forms, if you're repressing all kinds of stuff. Keep a track of the paths your thoughts are going on.

What direction do your thoughts consistently go in? What places do you continuously go back to in your mind and is that a place you want to be? Is the place you continuously wind up in your mind a place that is helpful to you on your path?

The place I end up in my mind quite often is, "I hate myself".

"You're a piece of crap, Lynn. You can't do anything right. You're annoying and everyone hates you. Why don't you just go die?"

That's the inside of my psyche and that's not helpful for my path whatsoever and recently I have begun metamorphosing my thoughts and every time I start thinking those thoughts I acknowledge it. I take notice and I think, 'okay, I'm going to that place' and then I choose to back up on the path and go in the other direction.

I don't always succeed. Sometimes I still get in my pity party, "Oh no one likes me. I'm such a dark tortured soul, blah blah blah".

That's not helpful. Don't have the pity party. If you're sitting there like, 'I hate myself. I'm a terrible person', that's a pity party. You are feeling bad about yourself and that will not help. It will never help.

There is a huge difference between humility and trashing yourself. It will not help you in any way whatsoever. Everyone I've talked to, person after person, that seems to be... one of the main issues is, 'I hate myself. How do I stop hating myself?'

I would like to say just a little bit. This is slightly off topic but a technique I've learned in healing the 'I hate myself' paradigm. When you are a small child you don't hate yourself. No two or three year old hates themselves. They don't hate anyone. They don't have the capability to hate people unless you drag in some serious crazy karma or something.

Little children are full of innocence and joy and wonder. It is not until the point that someone else or something in your environment, some stimulus outside of yourself says to you, "what you are doing is not acceptable" and you start to believe you're not acceptable.

Everyone comes into this world believing that they are worthy and the exercise you have to do is go inside yourself and find that child and realize there's still a part of you that believes you are worthy. There's still a part of you that sees the world with joy and wonder and innocence and when I found that child - she came to me in my dreams several times and (this is a little personal but) in one of my dreams I ended up having sex with this girl.

I realized eventually, the interpretation of this dream was your inner child wants your approval so bad she will do dirty things. She will degrade herself in order to get your attention and I had to get down on my knees and apologize to that girl because no child needs that. No child should ever have to do something like that in order to be approved by the adult they've turned into. If your little child is having to bend over backwards to be acceptable to you, that child needs an apology.

The step after that is becoming that child again, reintegrating that child into yourself, to where you can once again remember what it felt like before Suchandsuch told you you were ugly, Suchandsuch told you you were annoying, or you were crazy, or you were lazy, or you weren't good enough because all of that is complete BS. Anyone who has told you that you are not worthy, that is complete BS. Don't buy into it. It's a trap.

I have the Admiral Ackbar image - it's a trap!

As Ra says, this distortion is not in any case necessary. That's what does it and usually it is something... what Dean was saying, it usually is something from back in your childhood. Something that happened at that point where you were that innocent child and someone projected on to you the idea that you weren't acceptable in some way. When you're a child, your brain hasn't fully formed, you're very open and impressionable and you allow that to shape your life and you grow up thinking, 'I'm not acceptable'.

You can say, "I love myself. I love myself" a million times. It's not going to do anything if you haven't integrated the parts of yourself that you dropped off in order to be acceptable to other people.

You've got to go inside. You've got to find those parts. You have to apologize if necessary. You have to integrate.

And I completely lost my train of thought again.

You guys are all wonderful people and I am just coming into the realization that I am a wonderful person. I have lived almost twenty-seven years believing otherwise and when you realize you're a wonderful person, all your potential comes to life and you can do anything that you want to do.

You can't get it from other people...[timer alarm]

Alright, I'll wrap it up real quick.

It's like, I had a million people say to me, "Lynn, you're so awesome. You're great, you're powerful". Whatever. You can't find it in other people. Don't seek it in other people. No one can give you what you have taken from yourself. You have to look within.

And that's pretty much all I have to say.

**KEN W. PRESENTS**

*Manifestations of the Law of One in Music*

Alright. Hi! It's like having a class again. This is weird.

So right off the bat, my presentation was prefaced with... it's going to be about western music because that's what we're all familiar with, that's what we here on the radio. There are a bunch of other systems but we're going to focus on western music and particularly just the major scale that a lot of you are probably familiar with.

[plays scale]

And this, these little eight notes right here, any child or adult who comes down to the piano, eventually you kind of wind up on C because you stick to the white keys and there's something that kind of draws you in to... seems conclusive right, it has finality to it.

[plays scale]

And there's a lot of similarities with the way that harmony works in music and the way that Ra describes the densities and to an extent, the chakras.

So enough about the technicalities, this is a kind of informal presentation. It shouldn't be too long either, but there's just a bunch of... several key things that I've noticed about music from my years.

Oh yeah, I've studied music. I should tell you I'm a trumpet player and a drummer. I did music education as undergrad, a masters in trumpet performance and I just finished my doctorate in trumpet performance in 2010.[applause]

So my training is in western music as well, so that's what I'm most familiar with.

So here we are. Most of you know vibrations create sound. We can't have any kind of sound without a vibration of some sort. To illustrate this, if you play two pitches, for example these two pitches. [plays two pitches]

One is going at one frequency and the other is going at another. In between the wavelengths, some they line up, some times they don't. But there's a ratio that's happening here.

So just to illustrate the point. If you tap out the ratio, for every time one wave does four cycles, another one does three. That's just math. It doesn't matter.

But if you accurately tap those out into a rhythm. If you tap four against three... I have a little audio example here, and if you speed it up it turns into those intervals from actually, the rhythm that you hear. So what you'll hear is like a "gop de go, gop de go, gop..." oh actually no wait. Sorry. That's two against three.

It's going to be "bump ba dump bump da bump, bump ba dump bump da bump" and it'll gradually speed up until it becomes that interval.

[plays escalating 4/3 rhythm until it becomes a unified sound]

That particular sound example, they sped it up every three seconds, they doubled the speed, is what it sounded like because each time it's third up, it's going up another octave, which is another similarity that we hear about with the densities going to the octave.

That's just a very physical way to experience that something as simple as [snaps a rhythm] actually becomes two different pitches that manifests as a sound. It's essentially just a really [snaps rhythm] slow vibration that turns into something that you hear as sound.

So we can't have sound without this kind of vibration. Brass players produce the vibration with their lips inside the mouthpiece. Reed players (saxophone, clarinet), the reed is actually vibrating. Percussion is very simple - the cymbals are vibrating, the drum heads are vibrating. Piano - the hammer plucks the string, the string is vibrating. Guitar - the string is vibrating.

So there's always a vibration, it's like the beach boys, good vibrations, right?

So moving right along, one of the most interesting things that I've found is when we're all here in third density and this is the density to make the choice that determines the quality of your future experience for the next couple of densities. In western harmony, if you have a chord, usually consists of three pitches: a root, a third, and a fifth.

This would be a major chord [plays three notes] and if you play this [plays three notes], this would be a minor chord and what determines the quality of the chord is the quality of the third. So if you choose to play a minor third [plays chord], you have a minor chord. If you choose to play a major third [plays chord], you have a major chord. The difference is this [plays two oscillating notes], it's this little half step right here, one semi-tone.

It's very interesting because when you're setting up a key center or a tonality center, the quality of the tonality is based off of what happens with the third. Just like the quality of your experience as service to others or service to self, is based off of what you do in third density. The choice that you make there determines the rest of your harmony, I guess you could say, for the experience.

Both the major and the minor chords are necessary. I guess they're not necessary but most people would perceive the mixture of the two to create some kind of beautiful music.

Moving right along, the next observation that I came to was when you play in a particular key center (I've been playing in C-major, so we're [plays two C-notes] in the key of C), depending on... well so here we go [plays C scale]... right, that's from C to C. [plays D scale] D to D.

You can accent different keys within there. I can play in the key of C by just using... sorry I'm trying to remove all the technical jargon from this so it's just hands on. I need to think for a minute.

The point behind this: C-major and A-minor share the same key signature. So you could play in either key, it just depends on how you accent it. For example, I could play 'Jingle Bells', C-major right [plays a stanza of 'Jingle Bells'].

So you could also play the same thing A-minor because it shares the same harmony, right? The notes are actually the same, it's going to sound a little different. [plays stanza of 'Jingle Bells' in A-minor]

Right? But its a [plays a bit more] little different. The only difference is instead of playing this [note] in the chord, I'm playing this [note] in the chord. The bottom two notes are the same and what's interesting about this relationship, we call these a relative major and a relative minor. I have another audio example that I'll play for you that will illustrate the point a little better than I'm playing on the little mini piano here.

The relationship between the relative major and the relative minor is that if we assign the relative major to one, we say that this is scale degree [one, two, three, four, five, six, seven, eight]. It's from one to six.

[One], it's the major key center. Six. [One, two, three, four, five, six], is the minor key. It's relative, so this is a minor key [note], a minor chord. This is the [chord] major key that's relative to that.

I find it's interesting that it happens on the sixth scale degree because that's the point where we have unity. We're balancing our love and our compassion and we've joined the positive path and the negative path and we've come together in unity. So you can see that... whether you emphasize C-major or A-minor, they're all in the key of C.

So it's the same tonal center. It's the same creation. Both paths dance around the same sets of notes, it's just how you choose to emphasize those notes and where you choose to land that makes the difference to the ear and it's just a matter of perspective of how you choose to hear it. If it sounds more conclusive to you to end on C or to end on A, the relative minor.

What's interesting is just how we hear in the in the Ra material how our Logos has a bias towards kindness and that when they're questioning about archetypes and they hint that the positive path is slightly more efficient, although Ra didn't say that but Don guessed it.

Built into acoustic science, acoustic principles, you have these things called overtones. So me just singing a pitch [sings pitch]. You have this fundamental pitch your hearing which, I think I sang E.

So this is what you're hearing but also, there are overtones and they happen in a series. The first overtone that you're going to hear is going to be one octave above that. It's subtle, most people can't hear them but they do exist and if you have a device here that can measure frequencies, it'll show up.

You'll see this [note] would be the first frequency that would register. This would be the second [note], one octave higher, then above that would be the fifth [note], it should be here, then the major third [note] and then it keeps going but the point of all this is, you get to the major key center first. It outlines a major tonality before it outlines a minor tonality.

So the point is, sticking to the positive path is slightly more efficient in the spiritual path and in the musical path, just following the natural progression of overtones as they occur in nature, you will get the major key center first. It'll outline the major key center before it will outline the minor key center. So I found that to be an interesting similarity.

The next example I'm going to play is 'Two Step' by Dave Matthews and listen to the key center, where it starts. It's in D-minor and then for the chorus it goes to F-major. So you can hear the relationship of the relative minor to the relative major.

At the end, what you should listen for, so they'll be going back and forth from this key [chord] and this key [chord]. At the end of the chorus he kind of walks down [five dropping notes] and he lands here, but the chord that he lands on is this [chord].

So you'll hear [five descending notes], but you would expect that you would hear [five descending notes]. That's the relative major and minor relationship and you'll hear him land on the opposite.

[plays excerpt of Dave Matthew's 'Two Step']

Let me find the right place here...[cues to first chorus] okay.

[...intentions/You laid down and gave to me just what I'm seeking/Love, you drive me to distraction/]

This is D-minor.

[Hey my love do you believe]

Still in D-minor.

[that we might last a thousand years/Or more if not for this/Our flesh and blood/It ties you and me right up/]

Okay, right here.

[Tie me down]

This is the relative major.

[Celebrate we will/]

In F

[Because life is short but sweet for certain/We're climbing two by two/To be sure these days continue/]

Right here

[These things we cannot change]

So where he landed was back in the relative minor [chord]. [two notes/chord] You would expect him to go back here but [chord] he just changed one note. They share two common notes. F and A are played in both of those chords [chord].

It's just instead of playing of a C with that F and A, he chose to play a D (D-note).

It's just all a matter of perspective and I found that to be very, very interesting, that the relationship happens to swing on the sixth scale degree, just like our sixth scale degree of densities, you kind of make a similar realization.

Pertaining to seventh density, this one is really, well this one is unique because what little Ra talks about the seventh density... we hear him say that after the seventh density has been well entered, the mind/body/spirit complex becomes so totally a mind/body/spirit complex totality, that it begins to gather spiritual mass and approach the octave density. Thus the looking backwards is finished at that point.

This implies sort of an inevitable pull. The ideal of having a spiritual mass, having this infinite amount of gravity that's just pulling you so strongly towards the octave density you can't resist it. You're committed to it, it's going to happen.

When you go up the scale, the seventh scale degree is often referred to as the leading tone because it leads right back to one. It's almost counter-intuitive to just [plays seven notes of an ascending scale] and just walk away and end the show [laughter]. People are just going to be like [plays the obvious note of the beginning of the next scale], 'You need it! It has to be there.'

It doesn't take a rocket scientist to feel that but the interesting thing is why? Why? Why? This is just a series of frequencies, so why is it that it feels so unnatural to just land there?

If you take it one step further, for each note going up the scale, all I'm going to do is just play the natural triad that you would... so instead of playing C [C-note], I'm going to play [C-chords ascending scale].

This one is different from every other one. This is the only one that's diminished. This is the only naturally occurring diminished triad that exists and it exists on the seventh scale degree of any give major key center and [pitches] why this is so unstable, this is like the atom [pitches] that has only fifteen electrons instead of sixteen, or I can't... I'm not a chemist.

But these two pitches here [pitches] want to go here [half step lower pitches] and they want to resolve by a half step [plays both pitches again], they just want to go down. The F wants to go down to the E, the fourth wants to go down to the third and the seventh wants to go to the first.

So this is like [two descending notes], that's your leading tone right there. It's like this inevitable pull back to one-ness that for some reason just feels so natural in music.

Again just so you can kind of feel that [plays eight ascending triads, pausing to emphasize the eighth].

I thought that was really interesting that the only diminished triad, naturally diminished triad that exists in a key center happens on the seventh scale degree. That was why the title of it was kind of 'Manifestations of the Law of One in Music', because it's just another manifestation of this phenomena that already exists.

By the way, all the other triads that I played up are just major and minor so [triad] major, [triad] minor, [triad] minor, [triad] major, [triad] major, [triad] minor, [triad] diminished, [triad] back to major.

Obviously the idea of the octave, it's acoustically the octave is just double the frequency of the previous octave. So you hear A440 [note], note sure if this 440 or 880, but the idea that [note] it's just double the next octave.

What's interesting is just in the idea of the overtone series, like we were talking about and what we hear from Ra, that the octave takes with it all of the previous information that it learned from the previous octave. It's kind of inherent in this octave are all of the undertones that came before it.

So the first overtone that we heard was the octave. So if you start here, it's a manifestation of everything that came before it. It's one overtone of this series that came before. So it's almost holographic in that sense, but not quite the same. It would be a stretch to say that exactly.

Just several other quick things that I've noticed, being a wind player, the idea of breath is essential to any wind musician and we here Ra sometimes talk about the infinite heartbeat of the universe beating outward, outward, ever coagulating and then coming back inward, inward.

To wind players and to vocalists, this is a very hands on thing you experience it. Specifically as a trumpet player, you can feel it when your breath gets short and uptight and you're sitting on this stale air. It's just impossible to play and essentially you're just out of balance. It's another manifestation of your energy being out of balance and it's really difficult to perform like that.

If you notice the really great performers, when you go to see them, it looks so easy. It looks effortless. It's just because they're in balance. They just take this big natural breath put up a tuba, whatever. Carol Jantsch, she's this tiny little girl. She's probably one like a hundred and fifteen pounds, she was the principle tubist in the Philadelphia orchestra and if you ever see her play, it's incredible because she just takes in massive quantities of air. But it's just so effortless to hear her play and it surprises you because you see this little girl with this big C-tuba, F-tuba and she just makes it so effortless.

It's the same with sports. You see these guys. It just looks easy. Those divers, all those twists. I mean, that's really complex stuff but they're just there and they make it look so easy because they're in balance with everything. The breath is a very physical way to experience that.

The next is going along with the idea when Ra talked about having spiritual mass, just this momentum that gets created from music out of just the repetition. Just from the example that we heard in 'Two Step'. It telegraphs ahead of things that can expect to hear. It kind of sets you up. It says, 'this is what the piece is like' and you have an expectation of what's coming forward. It kind of sets up a groove and it's natural to start [snaps fingers] moving, start tapping, start doing something.

You want to manifest again, even further, with these vibrations, you want to start dancing. There's this inevitability of this momentum that gets created all from arranging frequencies in a certain order or not. I find that fascinating because if you really think about it, why does this momentum exist? Why does it happen that when I listen to a piece of music, I kind of have an idea of what to expect. I know where it's going to go to some degree.

That's really weird! Why do you know that? It's kind of like we're all connected to the same biases that exist, maybe archetypically, maybe in the roots of our mind and our experience that we anticipate music to do certain things and when we don't, when it doesn't happen, it's really odd and it can be unsettling. Some people do that on purpose.

This idea of momentum kind of taking over, which is kind of a lot like just letting spirit do it's thing, don't and try and get in the way, control it, just kind of be in the flow. Just ride the wave, be with the flow. Michael Jackson had a really good quote. Some of you maybe have heard this. He said, "Artists seem to get in the way of music. Get out of the way of music. Don't write music, let the music write itself." I thought that was a really insightful quote you can take on many levels.

The last observation was just the cyclical nature of music. The idea of phrases: you can, for example, even just playing one note with just some rhythms, like if I'm just going [plays a one note rhythm akin to morse code] just in that you kind of heard a phrase. There was one phrase [snaps fingers] [bum bum bu bu bum bum bum bum bum bum bum bum] was kind of one little phrase and then a follow up [snaps fingers] [bum bum bu bu bum bum bu bum bum bum] or whatever I did, something, I can't remember.

Your brain kind of trunked it in two halves, kind of instinctively and within that there's a smaller chunk [bum bum bu bu bum bum] there's two right there, right? [dun dun du du dun dun dun]

There's these implied cycles again that your brain just kind of automatically chunks it into these nice units like your three digit, four digit phone number. It just kind of happens when you hear it. Obviously Ra talks about cycles of all kinds. The point is when you listen to music your brain naturally hears these phrases and naturally hears cycles that exist there.

The last thing is that how music kind of unites both halves of the brain in that there are very scientific acoustic principles that are responsible for these things that take place but when you're listening to it, you don't care about that. You enjoy it. The creative right brain side kind of takes over and you get to express, you get to do this stuff, but at the same time it's all based off of solid predictable math, which is just really odd that the two kind of go together so well and balance.

That was really the end of my presentation. If there's any questions, feel free. Sure.

(A1)

Have you discovered any connection between the chords and relationships you were mentioning before about thirds and sixths and emotions involved or the [inaudible] or maybe the spiritual orientation of the artist, that kind of thing?

(Ken)

Yeah.

(A2)

Can you repeat that?

(A1)

Okay, sure. Sorry, my voice isn't very strong. So my question had to do with whether Ken has identified relationships that he was talking about in terms of thirds and sixths reflected further in music in terms of the emotions they evoke or the lyrics and the meanings reflected in that or the spiritual orientations of the artists?

(Ken)

Obviously it's very subjective because it's going to be up to the experience of the listener in any case, first and foremost, but I think the amazing thing about it is that just from playing a set of frequencies, you do experience some sort of emotional response. Even if it's just a simple minor chord or a major [chord]. It's like, 'ta-daaaa', it's just this vibe that goes along with it.

So yeah, I mean, experience it but I'm sure other people experience it a lot differently than I do. So I have my own tastes and preferences.

One thing that was really interesting - there was one song that I had really liked just from being a drummer and just really liked this song, great drummer, awesome stuff, I just really liked the drumming, liked it for years, could listen to it endlessly and it about five years later I looked it up online and I never really paid much attention to they lyrics and it was actually a very, very spiritual song about going into the unknown and moving forward and I just thought it was interesting that my sub-conscious kind of, sort of, picked up on it.

It was like, 'hey this is pretty cool even though you won't realize it for five years Ken [laughter] but you'll like this song. It came around and it just made it all that much deeper. Lyrically for me that was one thing that kind of jumped out later.

(A3)

About a month ago Carlos Nakai performed in Nashville. Carlos Nakai, the flutist. He performed with Peter Kater who played some beautiful improvisational piano but it came his time we were in a basketball arena. It was just... as soon as he started chanting and performing, I can't even describe it words. It was all these octaves of [inaudible] then it was like being [feedback] [inaudible] [feedback] it was absolutely mind blowing [inaudible] [feedback] so my question for you was what was that?

[too much rain to hear here]

(Ken)

So for those who may not have heard she said went to a concert and when the musician started playing, she was hearing a lot of sounds, she described them as being up in the air, in the whole arena, in the place. Palpable and audible and you could feel them taking place and she was asking if I knew what it might be.

Acoustically, one thing that was probably part of it physically, was just you were hearing a lot of the overtones because what happens when you go hear especially, a really good orchestra, kind of just like Dean was talking

earlier. The more people you introduce to an equation, the more variables you have, the harder it is to play in tune because obviously getting one person to play in tune is easier than getting sixty.

But when you do have sixty people all in tune, it's really powerful. All those overtones are being doubled. So just think, if you have one person, little old me, playing a trumpet, sustaining the note, C, it has it's own overtones that aren't quite as audible, but if you have other instruments that are playing where my overtones are naturally sitting, and they're in tune with those overtones, they're amplifying the overtones that I'm playing. Their overtones are also being amplified by other musicians in the orchestra who are playing the same thing.

So when you hear any ensemble that's really well in tune, they sound louder and you hear these overtones because there's notes that you're hearing that are not actually being played. They're not actually physically being manifested by the musicians onstage. So that could account for the physical part and I'm sure there's metaphysical implications of the experience of his energy being there and people gather with that kind of intent in mind can manifest some really powerful stuff as well.

(A4)

[inaudible]

(Ken)

He asked if any of my analogies work with the pentatonic scale and I haven't given a thought off the bat, but just so you guys can know what he's talking about, the pentatonic scale is really common in eastern music, you'll hear a lot... and it's really common with a lot of, like, John Henry, the blues and... well anyway it kind of sounds like [plays eleven notes on an ascending/descending scale] and it's basically, it's a derivative of the major scale but it just leaves out scale degree four and scale degree seven.

So [plays it again] and it's interesting because scale degree four and scale degree seven are where the natural half steps occur so it kind of removes that leading tone effect that we heard earlier about [plays eight ascending notes, pausing before the eighth] it leaves that out and it also leaves out [note] this half step down here [note] it kind of wants [note] to go down.

So off the bat, I haven't looked into analogies like that but it is interesting that they leave the naturally occurring half steps so it kind of removes some of the inevitable pulling tonality one way or the other.

I think that's all we have time for. Thank you so much.[applause]

**PUPAK H-B. PRESENTS**  
*Open-Pollinated Seeds: Their Identity and Mission*

...Goes with community developments.

(A1)

We're doing a little bit of it on our farm too.

(Pupak)

Where is your farm?

(A1)

South of Louisville near Perryville.

(Pupak)

Right. Okay. It's a lovely thing. I can go into it but I don't want to.

Let's get into seeds. Let's get to the origin of it. Without the seed, we wouldn't have any forest garden, any growth, anything.

So I want to put it out to, so this session is just dialogue. Question, answers.

So I'd like to ask the question, what is a seed?

(A2)

That's how plants reproduce, typically. One of the good ways.

(A3)

What's your answer?

(Pupak)

I have some answers but I want to hear yours.

(A4)

Source of life. Source of ideas.

(Pupak)

Source of life. That's the key point. Start of life. So what else is a seed?

(A4)

The beginning of that which is to come.

(Pupak)

That's right. The beginning of a new cycle. Okay, what else is a seed then?

(A5)

It's also a library. It stores a tremendous amount of information in a very small space.

(Pupak)

That's right. Okay, what is a seed?

(A6)

A code.

(Pupak)

A code is similar to what we just had, a library. A code, that's right

(A7)

The potential.

(Pupak)

It is a potential of all the futures.

(A8)

If something terrible happened with the current crop, the seed acts as a way of preserving the species for the future.

(Pupak)

So there is a concern with fertility, preservation. How about the past? We didn't talk about the past.

(A9)

Well, the older the seed, the farther back we go into that plant's past. So it's, what do we call those legacy crops. Heirloom crops.

(Pupak)

It is a harvest isn't. It is a harvest of the times past and it reflects. Okay, there's more to seeds. What else is in a seed.

(A10)

It's a gift.

(Pupak)

It is a gift.

(A11)

Why don't you say what it is, come on? [laughter] You were meant to give a presentation, come on.

(Pupak)

No. It's a question/answer. I want to bring it out from us. What else?

(A12)

Genes, genetic material. A package.

(A13)

A blueprint?

(Pupak)

Okay so then. How did the seed come into life, come into being. How is the seed made? How is it formed?

(A14)

From other seeds.

(Pupak)

No. I mean the seed shatters and it's destroyed and there's new life. It's a cycle. That's right, but how does it come?

(A15)

Pollination by bees or flies or other things, wind. Gives some randomization to future generations, helps them adapt so if the climate changes, they can adapt.

(Pupak)

Exactly. Right. So the pollen is very important. So there are two types of seeds in nature.

We have the self pollinated seeds and the cross pollinated seeds. So these are the two methods nature reproduces, creates the seed, which is then important then in our vegetable crops. Okay? Any questions so far?

(A16)

Tell us more. Carry on.

(A17)

This is precious time. We've got half an hour left.

(Pupak)

Okay my next question is, so far do we get the picture about seeds? We have said a few things.

Have you heard of cross pollination and self pollination?

(AS)

Yes.

(Pupak)

Yeah, it's common knowledge. Okay, so then my next question is, so we have now naturally bred seeds and then we have man made seeds, right? So my question is, what are the differences between nature's methods of breeding seeds and the man made breeding methods?

(A18)

Are you referring to hybridization or gene slicing? Because absent gene slicing, there is no difference between human intervention in seeds and naturally pollinated seeds. Natural hybridization occurs. That's how we get species differentiation.

(A19)

Well, men try purposefully to bring forth a breed that is exceptionally profitable, protection against certain invasive diseases or so forth but it can lead to a monoculture eventually which is bad news, but they have a purpose in selecting certain traits and its not a perfect science until they involve gene slicing, but they do attempt to breed certain traits for their purposes.

(A20)

Don't some man made seeds yield plants that don't make seeds?

(Eddie)

Well they may make seeds but they won't breed true from seeds. They won't breed from the same genetic standard.

(Pupak)

Who's saying? I want to see?

(Eddie)

I'm a seed saver. I save my open pollinated seeds.

(Pupak)

Okay, so you currently know where we're going with this talk then, because we are focusing specifically on open pollinated versus hybrids and the GM.

So we have the hybrids and the GM seeds and the CMS. Cytoplasmic male sterile seeds. So from the hybrid seeds... they don't breed true to type. It's called F1, the first generation and then F2, they are not like their parents. They don't breed true to type.

There's a big jump between that and the next question.

(A21)

Nature knows best Pupac, is that where we are going?

(Pupak)

Nature knows best. That's right. I want to get to OPs but our next question is what is happening to the OPC but I think we need to cover a bit of ground between here and there.

(Peter)

I suppose Pupak has tried to point out that what we've got on the tables, whatever gets served on the tables, whatever you pick up in the farm shops and supermarkets - all the vegetables there - either they come from open pollinated seeds and these days very few do, most come from hybrid plants and of course then there's genetic modified plants that are available in the shop.

(Pupak)

Do you want to take your glasses off?

(Peter)

I can.

So there are three types, almost four types of seeds on the market. Why we concentrate on open pollinated seeds is because open pollinated seeds have been here all along. As long as human beings have been walking this planet, so have the open pollinated seeds been with us. They have proved and been tested over time.

So of course what happened in these last hundred years is we've had a huge turn around. Now the open pollinated seeds are what farmers use to cultivate, back in 1930's, '40's, '50's, but after the green revolution in '60's, '70's, you can say that the plant breeding companies really went to town to become more professional in hybridization in creating hybrids we have today.

This has meant a great loss of open pollinated seed. Open pollinated seeds, as the gentlemen here in the turquoise told us, those that breed true to time. Those are the ones that anyone can save seeds from. That is what, in a certain sense, has managed to keep farming communities in the lowlands, the highlands, in any environment, that's what's been possible to save their own seed and to develop what we have today as a tremendous diversity of food crops.

So seventy-five percent of our crop diversity has been lost and this was a figure pointed out in 1992 at the Rio summit and of course, we are well past that mark. We are twenty years further on and still we can be quite sure that a lot more diversity during this time has been lost because biotechnology has become much smarter, more astute, and it's meant really that what used to be generally put into the procession of, belonging to, I would say, the farming communities, the open pollinated types, which has now all gone into the seed companies.

So it kind of means that then, if you want to be developing something in your place, or if you're interested in the diversity question, then one has to start in some way to engage in this situation because the seed companies hold entire gene pools and they will be controlling everything that really comes off the cells and what's going on the market (I'm being to pass on, so I will pass on to Pupak)

(A22)

Thank you Peter!

(Peter)

Alright, I might be back. [applause] I could go on.

(Pupak)

So I want to know, among you. How many of you grow you own vegetables? How many of you save you own seeds? Okay, great.

So those of you who save your own seeds then know very well about the difference between OP and hybrid, right?

(AS)

Yes.

(Pupak)

How many of you pay attention to GM foods in your supermarket? Because I hear in the United States it's not labelled right? The food is not labelled.

(A23)

You can still determine though. If the PLU number starts with a nine if it's GMO, I think and eight... I may have it backwards, sorry. But you can tell, but most...

(Pupak)

So most of you are aware of GM foods and most of you do avoid that.

(AS)

Yes. The general public doesn't. Most people don't. We're different. (Eddie) Probably about ninety-nine percent of the public have no idea about that.

(Pupak)

Okay, now Peter gave you the blurb. We have twenty minutes.

You guys are all Law of One readers, so I think you understand what I want to say about the nature of open pollinated seeds. It's something really different in their being. For me, the open seeds are playful, intelligent, adaptable, are extremely joyful and there's a quality of abundance, generosity. They just give.

Let's say they're exquisite examples of service to others. They adapt to the region and they change. They change from year to year and they evolve and so there is this intelligence in them. You eat the food from the vegetables that come from open pollinated seeds and I think you receive a different type of nourishment. It nourishes you differently.

People have done experiments here, people who are more sensitive and psychic, comparing eating of food that comes from F1 (hybrid food) and going into a deeper state of being and just really feeling that these F1s, perhaps I shouldn't tell you. I should really ask you to go out and experiment now you're together and gets some carrots and other hybrid food which is mostly, unfortunately what you find in the supermarket.

What the people who came through the experiment, saying that it kind of shield, it kind of blocks the ability to recess deeper inner insights. So they are kind of dull, the F1. If you look into their beings, if you meditate and ponder how and why they come into being... I'd like to ask you that. What do you think is the motivation behind breeding these type of... as we discussed earlier, the seed is something that gives life. It's for creation, the whole reason for it to come into being is to produce life.

If you look at the method, how the F1 comes into being, what they do to the seed, is they use forced breeding. So they make the seed accept the pollen it would not otherwise accept. So it comes through a forced method. It is almost the rape of a seed and they make the seed do what is against the nature of a seed.

So we have terminator seeds and things like that, which is exactly against the nature of a seed. It's against how God made it. It deprives the seed of the joy of its being. That's how I look at it and the seed is almost not itself. It is not doing what it is made for.

So they're not very intelligent and in my vocabulary they are kind of [?] seeds. That's how I look at it.

So yes, corporate greed as you were saying is very service to self.

(Eddie)

The corporate attempt to have a monopoly on the food supply.

(Pupak)

Exactly, because the seed is such a central, is the chain to the whole food production. They know that if they control the seed, they control the food market and so on. So it is a very sad issue.

So the battle is between the freedom to give, to procreate, to adapt, to be intelligent, to be funny, to be humorous, to have a sense of humor and the other type of seed that are regimented, uniform, bred in a line, grown in a line, and there is no fun. There's no fun and unpredictability and that type of quality.

What's happened as Peter gave it to you quickly, we've lost badly. This line of breeding of seeds started since 1920's, about ninety years and with the aggression of the sixties/seventies, they became really aggressive. With that, in the last thirty years, we've lost more than seventy-five to eighty percent of biodiversity.

With OPs you get very biodiverse... that's how nature likes to be, playful. So it's changed. We've lost a big portion of that and that's why Peter and I started the campaign two years ago.

We think the problem really is people don't know. People don't know what's happened. They don't know the nature of the seed, they don't know the identity of the seed and since they cannot discern between the two we just let it happen. It's been happening because people did not exercise the choice. People like you who are aware and are there and are informed, then are informed about [?] and what's happening, and you would make a choice.

If you don't know, then the only choice you have is to go to the supermarket and choose what's on the shelf and I don't even know what produce is OP and what is hybrid. Is this clear what I'm saying so far?

(AS)

Yes.

(Pupak)

Okay. I'm just jumping a lot. I could go in depth into this but I only have ten minutes. I want Peter to tell you what is needed now.

(AS)

[general calls for more Peter]

(Peter)

There are several reasons, in a certain sense, why we have to come full circle, why we have to return to the open pollinated types. One is, on the one hand, we are in a very strange situation today that we've never been in history before, where the big minority is farming.

America used to be a farming nation. So today, maybe less than one percent is having to produce food for the ninety-nine percent. That cannot continue. So why we got involved here with open pollinated seeds in this country... my background is in biodynamics and I work also with the organic movement. In biodynamics organics where we are not engaging in pesticides, agricultural chemicals, fertilizers and so on.

We have to have plants that really suit our soils. We can no longer really be dependant on the big seed companies to try to do something for us because we are minority. They are big business. That's what they kind of aim for, so we have to, in a certain sense, take up this challenge for ourselves to see what can we do but to try to learn the skills of seed saving, learn the skills to [glitch] seeds that we can use for this are the open pollinated types.

That means that we can't produce hybrids but that is not a repetition of how things are presently happening. Open pollinated seeds is what gives seed sovereignty, what gives food sovereignty to any food community, whether it's high up, whether it's low down. It doesn't matter where it is. It gives a sovereignty and I think for the future it's important that one have the possibility of the sovereignty.

Therefore the open pollinated seeds are crucial in this matter. The hybrids are in a certain sense, quite static in their own way, and they do belong to the seed companies because we have to go back to them every year, because of the two inbred lines that make up the F1 hybrid seed, only the seed companies can replicate those. You can't go out and replicate a hybrid. It's not possible.

Also what we've got to try to do is dehybridize. This is a new initiative that is taking place. If a plant breeding company is to dehybridize to try to arrive at a good crop, you could say.

[glitch] Pupak now says I should just tell you about this [glitch] is that generally speaking the public do not know what it is about open pollinated seeds and in a general sense, why should they know? I know you people are engaged in food production but at the same time we need to get the backing from public.

So we've created the little logo which stands for open pollinated seeds. If you go into a shop, you can [glitch] and it says F1 on it, it's very clear, but nowhere can you say, there's nothing that identifies the open pollinated seeds. So that's one of our ideas - how can we get the public kind of on the [glitch] so we created a [glitch] logo for the identification of open pollinated seeds.

(Pupak)

Does that makes sense so far? Did you get the handout from Gary?

All that Peter is talking about is in there, page 47 in the handout so you can look at it. It's an idea.

What I think we want to bring to the world is this revolution because [glitch] when we go to the organic vegetable shop, if I want to choose a vegetable that comes from open source, we cannot tell.

So we started it here [glitch] it would be great if it could find it's way to the United States. [glitch]

[glitch]

(Gary)

Hey Pupak, can you hear me? Your audio keeps switching out so I'm going to switch you to cable. Hold on one minute... you're on the ethernet now.

(Pupak)

Are you guys with us? Do you know what we're talking about?

(AS)

Yes!

(Pupak)

Is this something new for you what we're giving?

(AS)

No. Well, the idea of creating a new symbol for open pollinated I haven't heard of.

It's beautiful.

(Eddie)

It's an excellent idea and it will be blocked by the lobbyists for the major corporations here. It'll never happen in the United States.

(Pupak)

It's giving the power back to the people, the breeding, the propagation. It's really producing our own seed and having the freedom to share, to give, to plant our own seeds, to save. It's all in our own hands. We just need to step forward, right.

(Eddie)

The agro-business concerns here spend a billion dollars lobbying to prevent such things from happening every year.

(Pupak)

Yeah, I'm familiar with that.

In the last sections of this session, I like again to again give it back to you and ask a question. If you guys are with us and you understand what we're talking about. I'd like to ask you each in your own way, if we had more time I think I'd like to go around the circle but this is something perhaps I like to ask you to take into your hearts and reflect upon. I'm happy to, if you write back to me, to [glitch].

My question is what can you do in your own way, in terms of the use of OP, spread of OP, and just sharing the idea and the seeds themselves.

(Eddie)

I'm teaching my friends how to raise, how to garden.

(Pupak)

Share food. In England there's the slow food movement. I think this is the best type of thing. You share a meal, made only with OP seeds and share that and talk about it and give seeds... I mean here we have seed swap events, very popular, it's talking off.

(AS)

It's just been getting started. It's in a small stage now.

(Eddie)

What we also have is hillbillies who've always saved seeds. A bunch of us old-fashioned people have always done it.

(Pupak)

That's right. Saving yours is a tradition, the heirlooms and so on and swapping them, the idea really is to share these and give it others.

(Peter)

Maybe just a couple of words. Of course it is quite difficult - how could one help to support a cause like open pollinated seeds. Within a certain sense it's something that belongs to everyone and to no one. It's not meant to be owned by any corporation or any individual because it's a gift that's given freely. It's not an invention by anyone. It is a creation we as the human race we have managed to develop our food plants through selection in quite a remarkable way but the problem still remains in our time how do we identify, if we want to try to help, how do we identify?

I think this is an issue that really has to be kind of worked on for the future because, as the gentleman said, yes, there's a big lobbying that want to try to close down these things, so somehow the word has to be spread - the open pollinated seeds are the seeds as well for the future. If we want to have a certain kind of freedom in how we choose to do things. As we start to run out of oil, oil becomes a lot more expensive, then what are the alternatives and the last alternative is to be in the hands of the big seed companies. I'm certain of that.

So it takes a kind of community effort. It takes more than one person to do these things. That's what communities, farms, wherever one is cultivating the soil [glitch] getting hold of the best open pollinated seeds and ideally, where it's possible to save them.

I believe it's a new skill, that we need to get engaged in for the future.

(Pupak)

There is a joy in that, there is a playfulness in that. That for me, is very important to share, the way they are, their way of being.

I just want to share one more thing. It is not in the handout. There is a seed freedom campaign that is started by a woman called [glitch] India... global campaign that is starting on the 2nd of October until the 16th. The 2nd is Gandhi's birthday and the 16th is the food security day. She's tying the two together and in these two weeks she's encouraging people around the world to encourage seed sharing. Which can only be done with OP seeds. So we have to distinguish between OP and F1.

So there's a website, can you please note it down on the page that I didn't include which is seedfreedom.in .

Join in if you can. It can be as simple, as I said, as having a meal with your friend. Just pay attention to the kind of vegetable and things, just [glitch] freeing the seeds because the seeds are struggling right now.

That's all. Feedback?

(AS)

Thank you! [applause]

(Pupak)

The seeds themselves, I hope they are potent. Anything you'd like to ask or share before we close?

(Eddie)

What is the status of bee population in Britain?

(Peter)

It's a crisis here.

(Eddie)

It's the same here. The GMO seeds are all coated with a neonicotinoid pesticide and they've killed all the bees. I'm have a lot of fruits and fruit trees and I'm having trouble getting them pollinated because all the bees have disappeared.

(Pupak)

Have you seen this film, 'Queen of the Sun'?

Have a look at that, 'Queen of the Sun' and they have a website. Very informative, very useful. So tune into that and it's a big campaign again with helping the bees to come back. Queen of the Sun, shall I write it. I'm a fan of that, a very big fan.

You want to close with a seed blessing, a seed or a bee blessing. Can anyone offer us a blessing before we close?

I'll just say thank you. I'd like to thank the spirit of Kokopelli, which is the spirit of the OP seeds. So I'd like to give thanks to Kokopelli for being so naughty [laughter] and also for the bees, also for pollinating and having so much fun. [laughter] Thank you all.

(AS)

Thank you! Bye Pupak. Bye Peter

(Peter)

Bye!

**JIM I. PRESENTS**  
*A Tale of Eve*

Hi everybody, I'm Jim S. I'm down here from the beautiful state of Michigan. I'm new to not only Ra, but obviously to this group.

This is a little story that, I guess my higher self or guides said that I probably should say and I really have no idea why I was instructed to do this. So, other than the fact that there is someone at this gathering that I need to communicate something with. Whether that's through verbal or whether it's symbolic or conscious or subconscious, that's why I'm here.

First of all, I wanted to say thank you to everybody that's here. I'm completely in awe of all of you and what you've brought to this gathering and I'm really humbled by the fact that I'm having this opportunity to just sit up here and try to communicate something to you.

Do you want me to speak louder? Well I don't want to blow the people out on the other end of this microphone.

The story actually is from a time in this lifetime, in this incarnation, awhile ago, of an event that occurred. At that time I really didn't have a scope of what it was. Looking at it from all of my seeking and wandering from that point 'til today, now I'm looking back on it and I'm seeing it from a different perspective.

As a matter of fact, not too long after it happened, I actually wrote it down. In reading back through here (it happened back in 1995) I can see where there was a lot of things that today are completely apparent to me that at that time were completely... I had no clue as to what this was all about. So with that, I'll get started into the story.

I was born in a small rural town up in Michigan, the name is inconsequential, in my pre-incarnative agreements with my parents and my siblings were that my mother was going to be challenged with mental illness and also alcoholism and that one (and I just got this today) of my three sisters is actually a wanderer as well. It just kind of popped into my head today and she was the one that always said "I'm not from this family, I'm adopted", but she looked like the rest of us. So, biologically she was from the family.

I knew from a very young age that something wasn't quite right because people didn't love each other. At five years old I looked at my mother, she was in a depressive alcoholic stupor, bawling about 'nobody loves me' and I'm looking up and at her going, 'wait a minute, I love you, what is this?'

Not really understanding any of this, I did the psychological thing and I married someone who was more of a challenge than my mother was. Because I couldn't save my mother so I'll pick somebody else and I'll save them.

We had three beautiful children: Amanda, Jennifer, and Cecilia. About when Cecilia was five (and she's twenty-two now, so seventeen years ago), I finally decided, I finally was led to the fact that I had to get a divorce. I couldn't take care of these people anymore, I couldn't take care of my ex-wife.

I had been doing some work with a psychologist and some spiritual work and I'd always been a seeker. I'd always been looking for what makes... why doesn't this make any sense? Why doesn't this world make any sense? I started out on conventional farms and then after a number of years I met a guy (completely synchronistically) who was an organic farmer. I said, "Wow, this is cool!" and then I got the big business thing about, 'how yeah, it's still, whoo, it's like this little thing off to the side where big business don't want people to know about it'.

So in 1994, I filed for divorce from my now ex-wife and because we both were going to fight for custody and we didn't have a whole lot of money, we all were living in the same house and one big unhappy family as I say.

I work in the state of Michigan and I oversee the clean-up of state superfund cleanups, that's what I do. There was this one project, it was state funded, it was abandoned, it was orphaned, it was state money and I was project manager. We'd been out there two times trying to put some little holes in the ground to test the ground water and it was through a parking lot that they'd used a tremendous amount of fill and all this stuff. So we started out trying to do it by hand - couldn't do that. Then we got a small machine and we broke that. So now we're out there the third time with a bigger machine. We had to go ten feet and it's a cold, cold, November day and in Michigan the cold November is just gray. It's just not a happy day.

I remember leaving the house that morning and I dodged a coffee cup being thrown at me because I had probably said something to my ex-wife that she didn't take kindly to. So I showed up on the site and I was not in a very good mood at all and there was the prime contractors and there was the drillers. They work for the state and I was basically their boss and there was this individual standing there. The man I knew and there was a female standing next to him and of course, it's cold, so we all got heavy Carhartt jackets on and (without reading it right straight out of the story) I tried to look at her, try to see her face.

She looked average, she wasn't a raving beauty from a physical stand point but she really wasn't that... she looked okay. I introduced myself as the chief pain in the ass because that's what I felt like and she laughed and she laughed.

So we're standing there and all of a sudden the drill rig behind us, it hit something and "Bang!", this big loud noise. I flipped my head around this way and I want to try to describe this and it's like out of the corner of my mind's eye, out of the corner of my third eye. I didn't see it, I just experienced it, if you were her, I went like this and it was like this beautiful golden white, almost flames coming up off this person.

Of course it was like, 'what was that?', and I met her eyes and she looked into me. She looked right into my being and I just stood there and time stops. There's no time and she can see. I mean, I'm just completely exposed and it felt familiar. It felt good. It was like, 'whoa'.

Then, I don't know how many microseconds in real time actually passed but it seemed like eternity and all of a sudden boom. I'm looking at her and she's looking at me and (wow man) this is... I had heard what auras were and all this and I still, to this day don't think I actually saw her aura. I think I saw her essence (and this is jumping way ahead in the story because at that time I was like, 'wow').

I'm trying to gauge, 'Did you get that? Did you get this?'

And she's going, 'nahhhhhhhhhhhhh'. [laughter]

I didn't ask her, I was just looking for it.

So boom, the job gets over really quick because we have the right sized machine and they're going to pack up and leave and go back to their office and I'm going, "No, no. Come on, it's almost lunch time. Let's go to lunch. I'll buy lunch."

I work for the state, so they can't buy me lunch, but I can buy them lunch. That's not bribery if I buy them... so I take them to lunch and I'm kind of staring at this person across the table trying to say, 'what in the world was that?'

So I went back, they left, I'm getting nothing back. I'm getting no recognition at all that this occurred to the other person. So about two weeks later, they're coming back to this particular project and I'm thinking two people will work for a day and then it'll be all done. Well, it turns out that I had OK'd a work plan six months before that that one person was going to be there for five days and it turned out that that's the person that came.

So when she showed up I said, "No, no. This ain't right. There's supposed to be two of you and you're supposed to do this in a day."

She got all, "Oh no, no, look, look. Here's the work plan."

I looked at it and was like, "Man, I don't ever remember reading this but if that's the way it is."

So I got to interact with this person and it was like getting to know an old friend in a new body. This person would touch something like the padlock on a gate and I'd walk up to her later and I could feel'em in that padlock. I was getting flashes of visions on her, just being around.

They're not getting any of this by the way. They're getting something because they know how I'm acting [laughter] but I mean, I'm acting not real goofy but I'm goofy anyway.

So meanwhile I'm in this house situation with an ex-wife (soon to be ex-wife) and three kids. And we're fighting kind of all the time but I go in this little back room in the house and I'm sitting there and I'm getting... you know how they talk about the chakras, that chakra power? It's coming up out of the floor, coming up through me and going right out to the top of the universe and I am connected with everything. I mean, I'm going, 'wow, this is cool, this is cool'.

I was part of God. I mean God was not part of 'out there someplace', I was plugged into this. This person, it was like grabbing onto a live wire of spiritual energy but I didn't know what to do with it. I had no clue what to do with it.

But one of the things, as I've found out (and I've since used this again), is that because I was completely centered in unconditional love at that point, when I approached my ex-wife, even that situation, she changed because I had no buttons to push. I had no agenda. I don't want to continue living with you but that was it. I love you but I don't want to continue the way that we got this thing going.

She changed because there was nothing for her to latch onto and the whole mood of that house just went 'shooooooo'. That works, it still works today. If you can get your energy up into your heart and you can approach somebody completely unconditionally, they will respond that way. Now, not manipulating them, just you know...

So, being a human being and not understanding any of this, I tried to grab onto the power and I tried to hoard it and it runs through your hand like water. I didn't know what to do and I thought there was something wrong with me because I was trying to hold onto it.

Then I had another experience somewhat similar to that but this time it was an ocean of just pure love and I was floating on this ocean of pure love. Again, a catalyst through another other-self and that one I grabbed onto and I pushed that one away.

So, these things keep working on me. All these years. Why? What is this? What is this? But I still have that memory of being a part of, so about nine years ago, I finally realized (realized), I finally admitted I had an addiction problem.

When it comes to the (if any of you know) twelve steps, there's a part in there where you identify with a higher power. Well, I had a higher power, I had this higher previous 'plugging in' thing. I worked with very spiritual program, it's a spiritual program for me and it all makes sense to me. It makes perfect sense.

Someone was talking about it earlier - you, being a victory through surrender and it's like, 'that ain't how you do it', but that's how it works. You receive by giving. You have to give it away to keep it. You give a gift to the giver when you receive. The pie can be sliced an infinite amount of times. It isn't a certain amount, it's an infinite amount.

I keep seeking, that's just who I am, and I come across this information, I come across that information, and then I come across some other information which leads me to Ra. There was the first five books and then I bought some of the other books... but sitting here today, I can say that that other self, Eve (that's not her real name), she and I come from the same place. She saw me but I allowed that to happen and where we come from, there is no, I mean we are separate but we are probably a complex - where we can read each other's minds and read each other's feelings and that's okay.

It's not like here where people gotta guard themselves because he might have an edge on me. That felt familiar. She is not at a point in her life to experience that. We are not together and I don't think we're supposed to be together because I come across my information once that said, "Where would your catalyst be if you lived in bliss the whole time?"

Now, she owns a middle upscale resale shop in the town next to where I live. I go in there every once in a while just to be in the energy and she knows who I am and she doesn't run yelling and screaming, "Crazy guy in here!" [laughter]

I just sit there and I just love her. I just love her like nobody else probably on this plane ever has or if they have... she responds okay to it, but it has never clicked. I would love to be able to have her click, to be that, but that's not why I'm here. Maybe it is, maybe it isn't.

I'm here to... oh, by the way, I'll jump to that part and then we'll finish early because I know everybody is hungry.

I asked my higher self and my guides, "What am I supposed to do now that I have this information? What am I supposed to do?"

And I get, "Nothing." [laughter]

I'm not supposed to do anything. I'm supposed to be. Like Ram Dass, I'm supposed to be here now. I'm just supposed to be a human being in this, to experience.

Let me tell you: life is experience. We are all eternal beings. Every one of us, whether we're wanderers, whether we come from some place else, whether we've incarnated a thousand, hundred-thousand times here on this planet. We are all eternal. That's it.

So, this is experience. Now, some of it's comfortable and some of it's blissful and some of it's uncomfortable and some of it hurts. That's all we're here to do. We're just here to experience so that we can bring that back or send it back up to the mothership or take it back to the Creator or however you want to imagine it. But we are here so that Creator can experience itself.

I do things but I'm not... maybe I will. People say, "Well maybe one day it'll just click on", like Pupak and the seeds thing. [laughter] Maybe it'll click one of these days and it'll be like, 'oh yeah, that's what it is', but right now, I was just supposed to come here, sit in this chair and tell you the tale of Eve.

Now, you can believe it or not. It is a true story as far as my reality and I thank you all for giving me this opportunity and let's go eat. [hearty applause]

(A1)

So you met this individual and it's been a tremendous source of inspiration and love and you see the changes it's brought to your life and you understand the gift that it is and you appreciate it... all these years you've never communicated this to her?

(Jim S)

No. As a matter of fact, early on, she and I, we ended up in a hotel room. No, I mean it wasn't like poof we're there but [laughter] I was getting so charged by just being in this person's presence. The energy level I was experiencing was just so high that, it was more than what I have ever, before or since, had during sex. I was almost scared. I never went over that... I mean, I said, "Man this is good enough." [laughter]

(A2)

She doesn't feel anything out of that?

(Jim S)

Oh no. Nothing out of that, no. I mean, she feels. She feels but there's no recognition. There's no, 'oh yeah, that's right, you and I, we used to hang out in the sun', or something. [laughter]

I think the whole flamey thing, I think that was...

(A3)

Do think this is an episode of karmical earning where you all had your reverse roles in a previous lifetime or previous incarnation.

(Jim S)

It could be, yeah.

(A3)

That happened to me and it was... I didn't understand it and years and years later I had a reading from a psychic who explained to me what happened.

(Jim S)

I've had a number of readings on this person from psychics and the best of got is, 'it's out of time'. I mean, you're out of time with this person.

I had another one kind of come up with some kind of an idea that may or may not have worked. I'm into the multiple universe theories, multiverse theories, where it's probably, that probably did happen, what they're

saying, but it does not explain. They're putting it into a human context. The message they were getting, they were trying to bring it in to third density and trying to bring it in to here. It's very possible that's the case.

(A4)

Maybe she just... her veil didn't get that little window that you got.

(Jim S)

Well, one of the things about the book that I came to, even back then was, is that we have... this is even before, I mean a lot my.... is that we have... eternal love is a flame. We have that light of love in us, that you can throw a wet blanket of fear over it. Now it doesn't put the candle out but you can... the veil or that wet blanket covers it.

At that time I didn't think that anybody could live in that amount of energy but I have since learned that's not true. You can't live in that amount of energy if you're stopping it all in red and orange, 'cause it'll blow you up, but if you can pump it up like I was, all the way to the top... and now, part of my daily meditation is not only to bring all that energy up through, but also to bring it down so that it completes the other side, like the staff of the...

So that's what I get today. I get the up and I get the down and I try to focus my day on how can I help? How can I bring the green ray out? That's what I do.

I mean, I show up and work and I crystallize my energy so that I can pay my bills but what I do is I try to help other people.

I'm not too worried about graduating and going on to harvest because I come from some place else into this third density. Maybe even after this one's done, maybe I'll sign up for a stint on some other place, some other planet where the majority of people are the entities that are here now, the humans. Because there's a whole lot in that middle range, ambivalent between service to others and service to self, that ambivalence is pretty wide.

It's not easy going 51%. It's surely not. I'm not even sure I'm there.

I got a couple minutes.

(A4)

Talking about that 51% and 95%, Ra said is equally just as hard to get the 95 negative as it is to get the 51 positive. What I thought is you split the difference between those two you get minus 22.5. So, in other words, we all start off with a -22.5 - little babies, other people have to take care of, we have to look after our own survival and so we kind of start off a biased negative but there's a positive bias as we grow older because many of us learned that we're supposed to be sociable creatures and try to help people. There's enough of that in our culture, in our ways, that's its just as hard to the 51 as the -95.

(Jim S)

Anybody else?

Well, I want to thank especially Jim and Carla for... and of course Don. No, really. He's here. For kicking this whole thing off in the direction that it's gotten and I am very grateful and very humbled to be in the presence of such great beings. You all have such tremendous power. Just get out of your own way. Stop thinking that you have to suffer, because you don't. We've all suffered enough. Be. Let it out. Let it out.

With that, let's go eat.

**LEE B. PRESENTS**  
*Requerdos de Mexico con Don y Carla*

Well, I knew Carla and Don while I lived in Louisville and I moved to California at some point. So Carla and I exchanged hand written letters because that was way before the internet and once in awhile I would call. Usually she answered but sometimes Don did and had to learn a little bit about that.

Maybe this is a good story that I won't tell about how they got connected with Andrija Puharich, but he had studied a healer in Brazil called Arrigo and he studied that guy. He mounted a scientific expedition. He got some backers and he really did that one right Arrigo passed away and he heard of the woman in Mexico called Pachita who also was known for psychic surgery.

So one time, I was talking with Carla on the phone. She said, "Well, we're getting ready, we're going to go down to Mexico to check out this healer down there called Pachita".

I said, "Hey, I don't want to be in anybody's way but if you can use me to help, I want to be helpful not just..."

"Well, I think it's pretty much settled but I'll bring it up."

At one point Puharich, somebody that he had arranged to go to do the video recording had cancer and so I flew down to Mexico City from the bay area, San Francisco airport, I guess, and they flew into Mexico City from Louisville or Atlanta or something like that.

I got there first and the deal was we were take the shuttle that goes to the holiday inn and meet there rather than wandering around this giant international airport. So I went over there and the next person I saw was Andrija Puharich. I told somebody I'd be wearing I bright red sweater so, "Are you Lee?"

So we met and then it turns out Don and Carla came the next day. So anyway, we got into this van, a VW bus probably and headed to this small town called [?] and somehow Puharich had arranged for us to stay as a guest in this young couple's house and it was really a nice, beautiful hacienda, had a pool, all kinds of cool things.

We started learning about her. Puharich would talk about Pachita. She's an old lady, she discovered this... she was an orphan and brought up in a circus and somehow during that life she discovered she could heal people. She would actually use a boy scout knife and we're, 'okay, whatever.'

She did healing two days in a week. One was at her city of birth, her little town or village where she was born and in Mexico City at her and her son's house, her children's (I don't know what they were). First we went into Mexico City just to talk with her on one of those regular days and she had a son or two that didn't want us to be there because they had a little scam going where they would pocket some money to let people go in and get healed by their mom. I won't describe that.

We went around the table to say our name and somebody was whispering translations because she didn't know any english. So I gave my name. Everybody, Carla, Don gave his and before he finished he said, "I would very much like Pachita to look at Carla because her arthritis is bad."

So Pachita motioned, she wanted Carla to come and stand there in front of her. She was sitting in her chair and she said, "Well, the problem is your kidneys."

And that's the last thing Carla or any of us expected her to talk about with arthritis. She said your kidneys aren't being efficient enough to clean out the poisons or whatever, so they get into those joints and they make them painful. Carla had never told anybody, I think even Don, that indeed she had a little kidney episode when she was young. So that surprised her.

So she said, "Don't worry, I'll replace your kidneys."

Our eyebrows jumped up, "Okay."

I think I will mention that it was not a surprise or unusual that Carla herself did not say, "By the way, I've got terrible pain in my joints."

It took Don to do that because she was absolutely never putting herself first. That just didn't happen with Carla. If you found yourself... let's say I was with Carla outside of this tent with that rainfall coming down, I had on a good raincoat, and I would say, "Would you like me to get you an umbrella?"

She would say, "Well, if you want one."

She would frustrate me sometimes because, "Would you like me to do this or that?"

"Well, whatever you want to do."

I brought that up for a reason. When it came time to go there for the surgery, we got to that house and there were people mingling around in the courtyard. Most homes in Mexico are walled. The sidewalk - then there's this wall with a door and you step through the door, if you're welcomed and then there's this yard and then that real house with its door comes later.

So we got there, lots of people and we told, well Andrija said, "I'll call you when the time is right. Lee, you can't do anything until I tell you, until somebody comes specifically, okay?"

Carla had, knowing that surgery requires fasting for twenty-four hours, she hadn't eaten anything for twenty-four hours. Now nobody else thought of that because Pachita never said fast for twenty-four hours. I think when people go to a psychic surgeon... but that was Carla. She's an expert and she looked up everything.

Finally, after a long time of standing around outside of the side door of the house, I was told that I could come in and be ready to shoot the video and it was a very light sensitive black and white camera. The recorder was this big heavy thing here and the camera was this monster here because of the technology in those days.

I walked in. There were people laying on the floor because the procedure was, she will do her surgery on you, people will help you up from your little table and you'd lay down on this concrete floor for awhile until you could get up and go. So I was sort of wandering... there was a candle in that room. The room was... it seemed like it was the size of this but I guess it wasn't that big.

I felt a tingling going up and down my spine and I was trying to determine, is this because I'm expecting to see magic or there really was going on but it didn't go away. I kept thinking, 'is this real?'

Finally I got over to the table. She was working on the last person and it was Carla. So she, I guess through smart protocol, we could only shoot video when it was somebody in our own group. So I got the camera ready, I turned it on and even though it was very light sensitive, there were just kind of hazy images but Andrija said, "Lee is it running?" "Yeah."

Once in awhile somebody would turn a little pan light, just a little light beam of light down onto her back. She was laying on her stomach because this was kidney and I could see that this was not a smooth, unopened back. Something was going on in there and her hands were doing things and then they would turn off the flashlight. So I had to decide, 'do I keep this running or do I preserve the battery?', because in those days batteries weren't like they are today. I turned it off but was ready to turn it back on if they turned on the flashlight.

Finally that ended and until we had gotten back into our cars, there were two cars because of the size of our group, and we were heading back to Mexico City and Carla said something about getting something to eat. Don said, "Does anybody want to get something to eat or should we head straight on back?"

It was getting late so a lot people, "Oh, let's head on back."

Carla would never say, 'no, I gotta eat something'. Instead, she just began crying. So I said, "Don, she needs to eat." So we did find a nice restaurant and had food.

So the next day she said... 'what did it feel, did you feel anything?'

She said, "Pain. It hurt. It hurt a whole lot."

But the next time I had to chat with her... we stayed there for a couple more days I guess, different ones of us went back home at different times, I left sooner than the rest of the group.

Oh yeah, there were two young people, a young man and a young woman that Andrija was using in part of his experiment, also doing some psychic things. He had a Faraday cage and he was getting them to communicate with each other in and out of that Faraday cage and so he gave them a car. They drove themselves down and... anyway, that's part of the contingent.

But the next day Carla was walking around and, "Well, what do you feel now Carla?"

She said, "Well, I feel fine. I don't know if the joints are still hurting, we'll have to wait on that."

The couple whose home we were staying at, the man, the young man was a musician and he got his group together and they played music and it was that Andean pipe style, if you know what that is. I got to really liking that stuff. I heard him doing it and then he gave me a record, not of him, but of that style of music and I took it home and played it and I wrote a big thank you to him because I liked that music so much. They told me later that he went and held that letter, "Look, Lee wrote to me!" He was showing everybody.

Sometime later though, Carla reported that she thought the arthritis was improving and finally she got, maybe she couldn't say it's all gone but there was a whole lot of relief and that relief lasted for years.

Let's see, have I told enough? I told too much?

Ask questions.

(A1)

What did the film show?

(Lee)

Oh, good point. What was on the tape?

We went into, before we headed out of there (good). We gathered inside the house with the lights on, a different part of the house and somebody said, "Could we see the video?"

Well, I was kind of against that maybe because I didn't know much about shooting video.

"Oh! Yeah, yeah, yeah!"

Most of them were people, friends of that family, not us, so okay, we plugged it into the wall. The batteries weren't reliable, hooked it up to a little TV set. They had their little tiny, portable little set, probably fourteen inch and played it back.

People were fascinated by it but essentially showed what I already told you that I saw when the little pen light was on. Pachita's hands doing things on Carla's back, lower back where the kidneys are supposed to be and wasn't real obvious just what those hands were doing, especially when just as you get oriented the flashlight would go off. But I think the people down in Mexico who were there, they just wanted to see what the Americans were going to go home and have to show other people.

So again, the Law of Confusion was in force. You could choose to believe what you saw on that screen or that's just somebody playing games but I was there and I knew that something real was going on, I mean, I knew the people involved.

(A2)

Why did she do the surgery in the dark?

(Lee)

Good question. Why didn't she have the lights on? I can only think of the Law of Confusion, that you never want to have such obvious visual... but I would say if there's an answer to that question - why did she have all the lights off and only a candle is because she was in some kind of a trance. It would maintain that trance state if that place was dark. So, I think she had always done it that way.

(A3)

Have you ever tried to have it enhanced with modern video techniques?

(Lee)

Well I didn't have... it went with Dr. Puharich, back to New York. He lived in New York state. For a while Don and Carla moved up there to be close to this guy. 'The Crucifixion of Esmerelda Sweetwater' was a fiction that Don wrote with Carla's more than casual help, but he described the lead character in that book, he described his house, his yard, the whole thing.

Later they got in touch and became acquainted and friends with Dr. Puharich. When they first went to his house she looked around and she said, "Well everything sure does look familiar here".

So when they were first to Dr. Puharich, she said, "What happened to the peonies?"

He said, "Well, we had to (something something). We had to remove those."

That's a flower. I think widen the driveway or something, because he had described Dr. Puharich's house in that book.

So Dr. Puharich went home with the video. My guess is that he was going to use that to find backers and then go back with better equipment, better people, more scientists to examine Pachita and that just didn't happen. Again, I think that it's...

Before Ra came out, when I started learning about channelling and meditation, books were recommended to me. So I was reading all this stuff - the Seth Material and Carlos Castaneda, et cetera, the autobiography of Yogi, there was a big, long list and I read all those things so I began really... and I was loving it. I was just devouring all this kind of stuff.

So I thought about, 'well how come some people take this real seriously and others don't?' and I decided that there's a certain reason for that and I modestly called it 'Lee's First Law of Metaphysics', which was that no convincing proof would ever be there to convince people that there's a greater truth, a bigger certain truth.

Well, when the Ra material came out, which as you know, is not in any particular order except for questions from Don, they said the first distortion of the Law of One, is essentially what I say. They sometimes call it the Law of Confusion.

I didn't like that word distortion. What is a, why did they say a distortion? It's my first law of metaphysics. [laughter] They really didn't define the Law of One until later on and the Law of One says there is only the One, period.

We happen to think that we are separate entities because we are enshrouded with the illusion that we are separate. Separate in space, separate in time, et cetera. So now the first distortion, I get that that's the accurate way to say that's the first distortion of the One.

So the material was... I had a lot of fun reading that first book because I was getting the real scoop. We had Wednesday night meditations in Jefferson town which is not too far from here at a guy named Hal Price's home. People would come and go but I mean, not every week would the same people be there but I was going with my friend Bill every week. The channeling would usually come from more than one person. They would switch off to a different person, maybe two, three, sometimes only one.

Everybody would go to the next week hoping to get some more info. Well, Hatonn or others would never speak above the head of even the most neophyte, newest attendee to this program. Don was frustrated because he wanted to find this little tight group that would learn more than just, 'meditate, you will grow, you will expand, you will learn more'.

So he had in the back of his mind and when Jim finally joined them, Don and Carla. They decided, probably Don, decided, 'I now have some people that can work'. As Ra described it, we heard your calling or we noticed your calling and so we came to be there.

The first acquaintance I had with Jim was a noise coming from another part of the house. I think maybe in that first visit you never came but the second visit, or maybe the first. You walked into the living room, "Lee, this is our new friend Jim. Jim McCarty." and we shook hands. He wasn't shy, he just didn't need to be around strangers. He figured, I'll say goodbye and be gone and that was that, but eventually we all became good friends. They came out to California and visited and we had some good fun out there.

So I didn't know what they were doing except one time I think I was on the phone with Carla (am I getting there to the end? I don't even know what time I... okay five, good). She casually says something about Ra and I thought, well I knew with Don to kind of just go with he flow. "Tell me all about what what!" because then he would, "Oh. Uh." and then leave the room. So acted like, 'oh yeah, Ra. Uh huh.' [laughter]

I think the very next visit to their house I barely, I don't think I sat down yet when Don said, "Lee. Lee. You why are we here? What's our purpose for being here?"

Well I had read all of those books and I said, "Well, we're here to learn."

"No!"

"Well, yeah. Aren't we here to learn?"

"No. We're here to experience."

"Well, yeah but, and learn."

"No." [laughter]

Well now that makes sense because take it this way - a woman can read a dozen pregnancy books but she's going to talk to every woman who gave birth. If two pregnant women see each other theyglom in and start talking. Experience counts. Nothing else does.

Now I agree. We do two things in this third density. Experience and make that choice. Pretty easy. [laughter] Except you can't just go around telling people to choose, you have to kind of fill them in. Of course, they're supposed to come to that themselves but it seems like around Earth, most people are just bouncing off walls and not getting a clue about that choice.

So wanderers are trying to nudge people into choosing and Ra says repeatedly either path is perfectly okay. Just make that choice and live that path. It so happens that the Earth was sort of programmed or designed or somewhat tended towards service to others. Not too many people want to set up some kind of large following and get people to obey their orders and lead them to Jonestown or whatever trouble they get into.

(A4)

What happened to Pachita? Did anyone keep up with her storyline?

(Lee)

Well, you can do what I did. Go to google and type her name in and you'll get a bunch of stuff. She was never interested in doing more than those two healing sessions with whomever showed up at one of them and she would do what she could, which was a great deal. She's dead now and because of my superior senile memory, I don't remember a whole lot of details but they're online and she was a special lady. She definitely was.

(A5)

Just a quick comment. Other people maybe know more but I was surfing Youtube and I can across a video of Don and Carla on a show talking about this great experience and that's the first time I'd ever seen Don. I'm sure some of you are curious just get to see him, what he was like. Maybe there are other videos as well but you can find that.

(Lee)

Well that is a really cool video, I'll repeat what he said. There's mention of it in Bring4th and probably LLResearch.org that you can click. They have the URL right there, the link right there. You go to Youtube and

you get this hour long TV show that Don and Carla were interview shortly after their trip to Mexico and it's pretty cool. It's very, very cool. You get to see the real Don Elkins, I think, in that hour.

(A5)

Wasn't it a part of the story, I'm trying to remember that she had an x-ray when she got back and her kidney showed improvement, isn't that part of the story?

(Lee)

I think that's right. The question was you had an exam, an x-ray and somebody affirmed that there was this improvement. She shook her head. She said no.

(Jim)

There were cysts on her ovaries that she told no one about, not even her mother. So when they came back and checked those were gone.

(A6)

So you saw that she had actually opened Carla's body. How was it... did she sew her back up?

(Jim)

Did she use the knife?

(Lee)

She must have used the knife. On that 'get acquainted' visit, before the actual healing session she passed that knife around and when I got it, it was ugly. It was not clean. There were these old blood stains on it, this reddish brown and I took the cutting edge of the knife and ran it up and down my thumb. It didn't cut me because it was that dull but that was her, you could say, wand or instrument and with her holding it, it would break skin. My perception was that yes, she did go into Carla's body.

(A7)

Afterwards it was not sewn?

(Lee)

There were no stitches. I think she held it together for a little bit and maybe somebody took over. I think they put a pad or something and just kind of put pressure. Does that sound right Carla. Yes. She's nodding.

(Jim)

Where did Pachita get those kidneys?

(Lee)

Where did Pachita get those kidneys? Well, nobody is sure. I think one story was that she actually... I don't know if it's right before Carla's but she went to the refridgerator, she came back with this jar of something. But she did do the swapping of tissue, at least that's how people saw.

When it comes to psychic surgery... oh this is another thing that I like Don telling me. He said, "If you're going to investigate anything to do with the paranormal, you have to talk yourself into being perfectly gullible [laughter] and then later on you replay what you saw and analyse it and decide but at the time you have to make yourself very gullible."

He could do that. I was doing that while I was in that room and I don't think the video would count as good enough to prove anything. I think Andrija hoped that he could show that around and get some funding for a better visit. That was his preliminary attempt.

(A8)

Well they have the videos on Youtube showing the Filipino psychic surgeons actually going in, pulling out the organs, more like what you said, put a pad, there's blood. Fascinating.

(Lee)

The ones I've seen (and I haven't seen very many), one hand would be on the site and then the other hand would sort of reach in and it would disappear but the first hand would sort of cover exactly the opening or whatever and then little red stuff would be around, which you would have to think is blood, but again, that, I think is the first distortion, the Law of Confusion. You can always say, "Oh, they held a little bag of red dye."

Really. You could see that and those are videos with light, with sound and I haven't seen very many of them but my hunch is you could look at it and say oh, that's fake.

(A9)

Well there are people that have hoaxed that stuff. It's very easy to get that effect.

(Lee)

There are two hoaxers in the Philippines because they see a good thing and they know they can make money on it and there's probably hoaxers down there in Brazil. Decades after Arrigo died it turns out something is still going on and people are still learning how to, I'll say, channel this. There was this German surgeon down there that was working through Arrigo. You've got to read that book and I can't even think of the title, but he found himself walking in a hallway, going to the bathroom and in the mirror he saw a face that was not his and at some point he found himself speaking German which he never had any training. Well, people are still in Brazil carrying that on somehow. I don't know any details about it.

I think my time's up.

(Jim)

One more thing. Is it true that Don's face turned green when Pachita's passed the knife through Carla's spine? [laughter]

(Lee)

The question was did Don's face turn green when Pachita's knife went through Carla's spine or her back. I can say that it was too dark for me to tell the color of his face but I'll tell you this. Don truly, truly, absolutely adored Carla. She was the world to him. It got so bad (quote unquote) that when she would go for a jog he would follow

her in his car because he just didn't want anything to happen to her. That embarrassed her but that's the kind of thing he did.

Okay privately we can continue but probably we should stick to schedule.

**GARY B. PRESENTS**  
*30 Minutes with My Morning Jacket*

This half hour is called '30 Minutes with My Morning Jacket', they're one of Trish's and mine favorite musicians and to me they're lyrics are replete with wanderer philosophy. I see a lot of the Law of One in their lyrics. Which isn't to say, of course, that Jim James, the lead singer, has read the Law of One but the principles, I think, appear in his lyrics.

So I'm going to play three or four of his songs in the order that they're listed here and would request that you follow along in the lyrics and then in between songs, I want to see if the music brings to mind any of the Law of One, get your feedback and see if anything is brought up and how you connect with it that way.

So, we'll begin with the song 'Victory Dance'.

*Should I close my eyes and prophesize*

*Hoping maybe some day come*

*Should I wet the ground with my own tears*

*Crying over what's been done*

*Should I lift the dirt and plant the seed*

*Even though I'll never grow*

*Should I wet the ground with the sweat from my brow*

*And believe in my good work*

*My good work*

*My good work*

*My good work*

*Hey there, I'm flying up above*

*Looking down on the tired earth*

*And I can see, I can see potential*

*Speaking through you, speaking to you*

*From all of heaven's possibilities*

*Power, hey do you know how it works*

*Hey do you know that the meek,*

*They shall inherit the earth*

*You should work, you should work*

*(?) than the memory*

*Should I hit the water or stay on dry land*

*Even though I've never swam*

*Take machete into the brush*

*Though at first there is no path*

*Taste the war paint on my tongue*

*As it's dripping with my sweat*

*Place my gaze in the future's path*

*Seeing things that ain't come yet*

*Hope to watch the victory dance*

*After whole day's work is done*

*Hope to watch the victory dance*

*In the evening's setting sun*

*Hope to watch the victory dance*

*Over many lives to come*

*Hope to watch the victory dance*

*In the evening's setting sun*

*Setting sun*

*Setting sun*

*Setting sun*

*Hope to dance the victory dance*

*After whole day's work is done*

*Hope to dance the victory dance*

*In the evening's setting sun*

*Hope to dance the victory dance*

*Over many lives to come*

*Hope to dance the victory dance*

*In the evening's setting sun*

Okay. Any takers on how you see the Law of One in that song?

(A1)

Okay. It kind of seemed like mankind working towards graduation. In the sense that I really didn't pick up on anything deeper. Sorry Gary. [laughter]

(A2)

I don't really see Law of One but I did think that it really related to the way a lot of wanderers are so unsure of themselves. The people that are the most powerful are often the most humble and you see people that are just extremely psychic and extremely gifted and they're usually the ones that are the hardest on themselves and the most unsure of what they can do.

That really seems to resonate with some of the things that are spoken of in the Law of One.

(Gary)

Thank you. Lee.

(Lee)

"If I knew I'll never grow, should I wet the ground with the sweat from my brow and believe in my good work", which to me is saying 'I'm a wanderer' or somebody whose chosen the STO path, does good things, doesn't expect to be patted on the back and thanked, but still going to continue to do good work.

"My good work, my good work, my good work", in other words, emphasized on doing good for others, not so much on getting appreciated for it. Of course you could watch and see if you're doing the right kind of good work and it seems to be paying off, but then it goes on about floating above and talks through... which might imply somebody who's being channelled.

Where's that? Yeah, 'speaking through you, speaking to you', that sounds a bit like channelling.

(Gary)

Nathan, then Fox.

(Nathan)

They do mention this service to self elite in here, the 'you should work, you should work', leaving the something... and they kind of leave it open-ended.

(Gary)

About the lyrics. I quickly got these from the internet so some are off. Fox.

(Fox)

I see the infinite possibilities, the infinite reality in that verse. I see the potential, speaking through, speaking to you from all of heaven's possibilities. That's great.

(Gary)

Pregnant with opportunity for growth and manifestation.

(A2)

I was looking at that too and in the first line where it's talking about finding the seed. On the bottom it says, 'hope to watch the victory', which is, you're looking at the potential for future positive possibility over [?]

(Gary)

Lee just triggered an insight when he mentioned about planting the seed and if, oh he's wondering should I invest myself, should I expend this effort if it may not grow. I don't know if it will ever grow. I mean that is an expression of faith there. Faith is needed because we never know if our actions will bear fruit or if any of our work here on planet Earth, all our intentions to polarize will ever achieve their desired result.

Or if they do, we may not get to know if they've had their intended... if our intentions have borne out.

There's this sense of fourth density to me, in this song. I wish I would have had more time to prepare this. He's looking over the Earth and he's seeing this transition and he has this verse to the powers that be, like Nathan mentioned, the negative elite. He says, 'you know how power works and actually guys, it's the meek that are going to inherit the Earth', which is in alignment with what Ra says is Earth's near-term future: this will become an STO planet, negative entities will go elsewhere.

Which also, I'm sure has some Biblical roots, him quoting it.

(A3)

Yeah, the one known as Jesus had that attitude.

(Gary)

Yeah. The repetition of the victory dance, he's waiting for the succession of this and he's waiting to celebrate this victory, waiting for the transition, seeing things that haven't yet come. This idea of the coming 'something or other' appears throughout this album.

We'll probably only make three songs but we'll move it along next to 'Circuital', which is also the name of the album.

*Spinning out, gracefully*

*Going nowhere, quickly*

*I am older, day by day*

*Still going back to my childhood way*

*Circuital*

*Round and round patiently*

*Getting lost by the guide*

*And I'm all worked up over nothing*

*Circuits*

*All in and out*

*Connect my body*

*Deep into the ground*

*Circuits*

*Connect the Earth to the moon*

*And link our heavenly bodies*

*Not a moment too soon*

*Well you can fling open the windows*

*Or you can board them up*

*Saints to a crown*

*Or Christ's humble cup*

*You think you'll find yourself out there*

*Out in the lion's den*

*In somebody's battle*

*Over belief systems*

*Or disappear into the vacuum*

*Total neutrality*

*Well you can't lose nothing*

*But nothing can be gained*

*Well anyway you cut it*

*We're just spinning around*

*Out on the circuits*

*Over the hollow grounds*

*Out on the circuits*

*Over the hollow grounds*

*Heading right back in the same place*

*That we started out*

*Right back in the same place*

*Right back in the same place*

*That we starting out*

That was 'Circuital'. Any takers to that song?

(A4)

I notice stuff about polarity and paradox [wind] Christ's humble cup, opening the windows and boarding them up and the paradox further down about where "you can't lose nothing but nothing can be gained", some of that really spoke to me.

(A5)

That's where you haven't chosen yet, maybe you don't even know you're supposed to choose.

(A6)

The sinkhole of indifference.

(A5)

Do nothing and you won't gain, you won't lose.

(A2)

I saw the octave, because it just talks about you do all this stuff and it comes right back to the same spot. It's like you do it all and then you go back to one, and you go back to one.

(Gary)

Yeah, to me I see Ra. Ra and the Law of One mentions that there's a circle of being. I think Ra's talking about their own position along the evolutionary timeline and they say that there's a circle of being and there's just different basic stations along the way but, all the time, at the same time, actually outside of space and time, that circle of being is always present. So this whole song, speaking of circuits and going out on the circuit with really nothing to be gained. I see that section a little bit differently, about nothing to be gained, nothing to be lost.

In terms of your true identity can't be diminished or enhanced. You always are the One Infinite Creator and everything else that we engage in apparently, has purpose, but our Creatorhood is and always will be and remains the same. In a sense and that's what mystics the world over who have experienced self realization report; that you always are and realization of that involves kind of releasing the idea that we're these transitioning entities with something to learn, or something to gain, or something to lose.

I would do a lot better with a keyboard in front of me.

So that's what I take out of this song a lot. Diane, I like what you were saying about open window and closed window. Are we open to receive the universe or will we close it? And then the choice there of polarity, which path will we choose and Lee you were saying the same thing.

So, I think we've just got time for just one more song. The next one I have in the list, 'The Day is Coming', of course I'm going to read into it my ideas of fourth density, but given the prevalence of this them throughout the album, I can't help but wonder if the lead singer also shares some similar thoughts, whether consciously or unconsciously. But we'll skip 'The Day is Coming' and 'Outta My System', the next one, is a fun song.

We won't play 'First Light' but I want to mention one verse in first light that just really turns me on. In 'First Light' there's a verse where he says, "Been looking back, down through the ages, first I was an ancient, then I was an infant, now I am alive."

Which of course speaks to cycles of reincarnation, especially the line, "First I was an ancient", says to me, the way maybe impose my own belief overtop of it or maybe read into it is that perhaps there's some wanderer identity there, maybe conscious, coming through. Maybe conscious.

So I'll play 'Outta My System'. I think this song hits on one key principle, key idea in the Law of One, expresses it in a fun creative way. So we will try that one.

*They told me not to smoke drugs, but I wouldn't listen*

*Never thought I'd get caught and wind up in prison*

*Chalk it up to youth but young age I ain't dissing*

*I guess I just had to get it outta my system*

*Outta my system... outta my system*

*Oh Lord I'd never do it now I know what I ain't missing*

*Glad I went and got it all outta my system*

*The luster of youth versus married security*

*I'm glad I'm here now, but just between you and me*

*I had to get it out and make the deals*

*And learn to know how it feels, but that it ain't real*

*Outta my system... outta my system*

*There's a way to have it all you know I ain't kidding*

*Some things I know I'll never get outta my system*

*If you don't live now, you ain't even trying*

*And then you're on your way to a midlife crisis*

*Livin' it out anyway you feel*

*You can feel it in your bones, but try to deny it*

*Wipe it off your face but your eyes won't hide it*

*You knew it all along but never made it clear*

*They told me not to steal cars, said I'd wind up in prison*

*Thought I knew it all yea I wouldn't listen*

*Chalk it up to young age but youth I ain't dissing*

*I guess I just had to get it outta my system*

*Outta my system... outta my system*

*I'm glad I did it all then I know what I ain't missing*

*Glad I went and got it all outta my system*

*I'm glad I did it all now I know what I ain't missing*

*Glad I went and got it all outta my system*

*I'm glad I did it all now I know what I ain't missing*

*Glad I went and got it all outta my system*

Okay, this song, to me connects so strongly to one particular excerpt in the Law of One, does anybody also feel the same and if so, what is that excerpt? What is that idea?

There's only one right answer of course. [laughter]

(A7)

This is for the car. [laughter]

(A8)

It talks about there's no wrong path and also not to try to control or suppress you desires or any impulse you have.

(Gary)

Yeah, you're getting in that ball park, you're right there.

(A9)

It's experiencing.

(A10)

The proper role of the entity in this density is to experience all things that are desired and then distill from them the love and light.

(Gary)

Yes. Precisely and Sam, you were getting there too and you were getting there as well.

Ra, there's a beautiful section where Don is asking, I should have printed this up, about whether this idea in the east that the self is to be annihilated. Ra responds and says that the proper role for the entity is to experience, like Aaron said, all things desired, and then after experiencing all things desired through analysis, reflection, balance, acceptance (of course is not verbatim), all things which are not needed will fall away.

This is advantageous, this is superior to control because control and suppression of the self's desires necessitate further balancing at some other point because there's still that energy, there's still that impulse, there's still that need inside that wants to experience something or other. Unless of course, Ra's asterisk is unless you're going to hurt somebody, unless you're going to infringe on their free will. In which case you may want to carry that desire out in imagination only.

Otherwise, experience all things desired. This song to me, that's what Jim James is hitting on that basic, general idea. I experience, he's saying, I experienced all things desired and I'm glad I did it, even though there were some negative consequences. He didn't know he'd end up in prison (which I don't think is autobiographical, I don't think he's actually gone to jail).

But despite those negative consequences he got it out of my system and he's better off for it now and he's honoring his past. He reflects over it well and he's balanced because of it. He mentions somewhere later on, something about a midlife crisis and he's healthier having experienced all things desired even if they involve selling drugs and stealing cars in his case - things that society's code, standard would say that's a no-no, don't do that.

So everybody agrees that I'm one hundred percent correct here. [laughter] That's the right answer.

We have a couple of minutes before the clock goes off so does anybody have a thought on that? May I just close with a song and then we'll move on our next speaker.

Either 'Day is Coming' or 'First Light'. We'll do 'First Light'

**DIANA K. PRESENTS**

*Sharing our Experience of Moving into 4th Density*

Okay. I'm glad that Gary got us sort of ready for audience participation type of deal because that's what mine is all about.

I was originally was thinking about doing something about the will because it was intriguing me so much but I wanted to hear about how everybody else uses will and desire and pursues the path in a more, sort of proactive way. I find that I generally am sort of not proactive in life. I just let winds bat me around, blow me here and there.

So that was a new thing for me but then, for some reason something popped up about... I really wanted to know more about how everybody is sensing fourth density's approach. I feel that the world is noticing more of... just movements that are happening, even things in the news. I'll be, "Wow, that's interesting. People are starting to come together, people are starting to care about each other a little bit more."

Certainly you can find news that is not that way and I may be reading more alternative news these days. I'm not looking at Fox News of course. [laughter] So I'm just wondering though, internally, maybe when you meditate or your dealings with significant others that maybe are going more smoothly. As a matter of fact, that reminds me, yeah, I'm having that going on too. That's kind of nice. I hadn't even thought of that aspect.

I wanted to share. I read in book four. I'm trying to finish all the books before I even got here, I'm still not done with four but started reading them in the mid-eighties and still haven't finished them. The doubling effect came up and they had this beautiful line that they mentioned about the doubling effect, which is how when people come together, the seeking can happen faster perhaps, or it's just doubled.

This beautiful line that to me, is like poetry. They said, "Those of like mind, which together seek, shall far more surely find." I just thought was that was so beautiful. Cynthia said it was lyrical. I thought with that idea, I wanted to get other's views of how their lives are maybe showing some of the laws coming to fruition for them, where you see fourth density maybe around the corner, or harvest. Harvest is scheduled, according to Ra, with their best guess, they weren't very good with our timeline I guess... 2011-13, I think those were the years they mention, or it might have been 2010-13, somewhere in there but I know 2012 has always been on my radar. That's what got me here this year for sure.

Without going too long, last night I had an epiphany that I wanted to also... I had this desire about the call, how Ra always talks about the call, or a call and other entities, I guess as well, respond to calls from others. I've always thought, 'wouldn't it be great to have a group call together?' and I wanted to just take even five minutes for us to sit here, in our own way, it doesn't have to be verbal at all. I was imagining silence but somebody might want to be verbal, I don't know [someone makes a noise] but to call out [laughter] to Ra and see if anything comes through, see if anybody get's a message or a high five or a little light goes on.

I've always wanted to do that. I've always said, "How am I going to put that together?" and it just dawned on me last night when I got back to the hotel. Wow, tomorrow is my only opportunity probably, to have a group this size who knows what I'm talking about and I'm just wondering about the order of that. If we should take this silent time first to do that and then in the... not round robin, I was going to use the popcorn idea, like Pupac used yesterday - people just pop up with whatever comes.

Though with passing this around... well that's fine, I'll just run around for popcorn. Please.

(Roman)

One thought that comes into my mind that comes from the material and lots of meditation is that the idea of silent meditation and asking for some information sounds great and I think the entities of Confederation always respond. They do not always respond in a way that you immediately feel. That might come later.

For some people who are sensitive, you can get a physical sensation of something running up and down your spine or tingling in your forehead. That's actually generic to any type of spiritual inspiration but where I'm going with my comment is that it's my personal opinion that if we talk first and express our feelings of what we see as a response to your opening, that somehow brings the energies of the circle together in a more focused way and then I would say we do the silent thing at the end, because it will be more harmonized. Rather than right at the beginning where it might be more random.

(Diana)

Thank you Roman. Thank you. Does anyone have a preference?

(A1)

I have a preference.

(Diana)

Or just a comment, yes.

(A1)

Is that established, we're going to do comments first then?

(Diana)

Just whatever, we're trying to establish whether we want to do this call, because I'd really like to do it if nobody objects. It's not part of what I've listed here but it falls into.

(A1)

I think we should do the call but I don't want to... but if that's what we're doing now then it's fine.

(Diana)

Well, Roman said maybe we should comment first on how we're seeing fourth density coming or harvest approaching. But anyone have any burning passion one way or the other because we're all open, I know.

Let's just go with some comments first then. Then do the call and we can see if more comments come up from that.

(A1)

Certainly since my exposure to the Law of One material there's been increased harmony in my life. I don't know if that's a result of that exposure directly or the approaching fourth density but I will just share this: last year on two different occasions with my significant other, sitting there in conversation when I wasn't looking at her and I was talking and I'd thought that I'd sort of trailed off a sentence and spoken over her, I said, "What did you say,

you started to say?" and I said four words and she said, "No, I wasn't. I didn't say that at all but I was thinking that."

So I think says, because I don't really have a history of being psychic or clairvoyant or anything but it was unmistakable and it was not just like an impression like I got a thought or anything, but I actually heard her voice. So, I take this as evidence of the fourth density energies.

(Diana)

Thank you.

(Eddie)

I don't necessarily know the degree to which this portends the imminent coming of fourth density, but I do want to say this: I spend several hours a day at least, everyday scouring all publicly available media for information relevant for those who are working toward attaining a spiritual advancement in ascendance, which includes internet podcasts, websites, books, relevant radio broadcasts, anything I can find.

One thing I know, just in the last three years or so is that the concepts of the Law of One seemed to have penetrated thoroughly into the minds and outlooks of people who are on the same path. We all know not a majority of people who are consciously seeking ascendance, although we're all doing it on an unconscious basis, but I find the notion of densities and service to self versus service to others and the other basic concepts presented in the Law of One, seem to be well know and well understood and used by people who put forth their own information on media. Even though often they don't specifically acknowledge they read the Law of One or know about it, the concepts are there and that to me is an encouraging sign.

(Diana)

Thank you, Eddie. Anybody up for sharing?

(A2)

I just wanted to comment on current events and trends that I see. I'm in a somewhat different profession than most of you guys. I follow the financial world in great detail. I've developed trading systems. I've done a lot of things that are negative and I have lots of negative influences, or I guess you would say lots of friends who are negative.

For me what I'm seeing an erosion of the negative people. One thing I've been pretty good at is predicting what's going to happen, or sensing what's going to happen, I'm not sure which way to put that but I've been pretty good at knowing how things will unfold and what I think is going on right now is that the paradigm we've lived under during this past age, as we now move into the age of aquarius, is really starting to melt down.

I don't have any apocalyptic vision. I'm not arguing that at all. What I'm saying is that the transition that I'm seeing is away from the view that we should try to make as much money, get as much stuff for yourself. That viewpoint is starting to lose favor.

As an example, what's happening in some of the markets right now is that all of a sudden, nobody is doing anything. It's always slow in August but this is unusual. For the whole last year there's been practically no trading compared to what there was before. Part of it's the stress on financial institutions and other things but this is part of the pattern that I see, of fourth density arriving by sort of, as we, Gary put it earlier. Those things that are no longer useful will fall away and much of what will fall away is the current sort of system that we have that

encourages people to play a zero sum game where people gather as much they can and correspondingly other people lose that amount.

I see that paradigm starting to fade. It's going to be with us for awhile though and I think among people I've spoken with, there is not going to be a magical change in 2012, on December 21st. It's a marker, or some time around this time, some kind of marker where we have to make the choice, but I do believe that we're going to have to get rid of some of our karma, let's say. You will have the back and forth in our society between the old paradigm and the new one for a long time to come. I expect it to go far beyond my lifetime but perhaps by the end of the century we'll see some real progress.

You all are the harbingers of things to come.

(Diana)

Thank you.

(Austin)

When we talk about experiencing the shift harmoniously, it's really easy for people like us because we have exposure to the Law of One, we're meditators. We have the ground work for knowing ourselves and this fourth density energy is basically a major factor in forcing you to know yourself.

So people that don't have this exposure, they might not be experiencing as harmoniously as we are. I've had friends who are not into spirituality at all. They've recovered repressed memories just out of nowhere, very traumatic things just sort of in the middle of nothing with no sort of coaxing. My best friend in particular, he's having very traumatic dreams and he doesn't how to handle them.

You can try to help them but like Ra says, service can only be offered to the extent that it's requested. If they don't want to be helped than there's really nothing you can do but just be there to support them and give them love. So I think that's going to be something. You might see people who aren't going to be handling this very harmoniously but we also, with this energy we'll have the ability to help them more and create things that are more harmonious in a reality that we want to see and hopefully that will be an example for them to maybe inspire them to know themselves a little more.

(Diana)

Thanks, Austin.

(Fox)

An area that's real dear to my heart is the food, generating food, growing your own food and I remember a time, this is thirty some years ago. I was driving in a car with some people and I was describing a... what I saw, a direction I'd like to see us go where food was grown locally and was grown in tune with mother Gaia and I didn't use that word but in tune with the Earth. The people would be eating things in season and what's able to be grown in their area so that food wouldn't be trucked clear across the country and it was just a vision that I wanted to see happen.

This was before farmer's markets and over the years now this has been coming and I'm sure I wasn't the only person that had the vision obviously, but over the years I've been seeing this paradigm changing. It's becoming more and more common that people are interested in that.

I think that part of what is happening is that we do have these visions. We do see what we want to come and that's the only way for it to happen. Our thoughts are becoming real.

But then I also see what Pupac was talking about yesterday and you all were talking about the service to self entities controlling it. Even though I'm not really... I don't... I guess this sounds kind of service to self, I expect the service to self people as the light gets brighter are going to want to check out.

So at some point, I hope it happens in my lifetime, that we'll have a chance to restore the Earth like Austin's doing it. Everybody's growing their food or it's grown in the cities and that we'll be taking of each other locally and not using large amounts of fuel to transport things here and there.

So that's part of my vision. That's my vision for fourth density.

(Diana)

Thanks, Fox.

(A4)

I just wanted to say, I mentioned before that I work in a library and there has been a significant increase in books about home gardening, how to save the planet and heal the Earth more and also a lot more spiritual material has been going out lately and its really good to see. So I think people really are waking up to... want to know themselves more and find purpose and to respect mother Earth.

(Diana)

Yeah. Libraries what they bring in often does speak to what people are asking for.

(A5)

As many of you know, I'm an attorney and as I told people in small groups one of the most frustrating things is making these positive arguments in what's a very adversarial court system. What I've noticed just in the past year is (in different settings with different people) I've been making the positive arguments and I guess maybe at the end of last year they would kind of roll their eyes and not really pay attention but I've noticed that more and more, I don't know if it's due to the energies and what not, but now when I make the arguments, even with a new judge or a new DA, they get physically uncomfortable

It really disturbs them and you can tell they just get angry. I'm just basically making what would be characterized as a hippy argument or something but they really get upset like it affects them. I don't know if that's because they can't... they don't have the same energy where they're getting more of the truth but it seems that there has been a change in how some negative people take these positive messages.

(Diana)

They could already be negatively polarized, so anything you're saying like that could affect them.

(Lynn)

I've just wanted to say I've heard all kinds of debate between, is harvest going to be gradual or something really big, is it going to happen in 2012? My opinion is that's up to you. If you want to see something happen, it's up to you to make it. We can't just sit around and wait for, 'oh the aliens will show up and save us' or 'this magical force will burst out of the earth and fix everything'.

No it doesn't work like that. It was Ra that said could your planet polarize towards positivity in a single instant and change the world around you entirely. Yes, but you have to do it, so I don't see in any point in arguing about it when ultimately it's you who chooses what it's going to be. We create that reality. That's just my thoughts.

(A6)

I'd like to add to what you said. I remember during Ram Dass, years ago on Chapel Hill and what he said. He said over and over people would ask him about the details. When is the new age coming? How is coming? We want details. We want concrete facts that we can hold to to get through this and understand this and I loved his response and it's kind of stayed with me as my guide since, and what he said was, "It doesn't matter".

He said, "I tell them it doesn't matter. Whether it happens in the next moment or ten years from now or how it happens is irrelevant."

He said, "My work is the same. Our work is the same. Still our minds, open our hearts and love and serve and be love."

So I was inspired by that and it's kind of been my guide.

(Diana)

We've got about five minutes.

(Seph)

This is Seph by the way. There's something that's been important in my life that I'm sure many of you will appreciate. You've probably been through something like this. It's the experience of rock bottom.

Until you get there you start going crazy and you have these conflicting feelings inside you and that's what I'm seeing right now is that people are quite literally polarizing into two camps. I'm not talking about STS and STO, I'm talking about the people who are actually moving into the new energy versus the people who are refusing, who find it more and more painful. I guess that would be the sink hole of indifference but it's becoming more and more difficult for people who are in that sink hole to continue living their lives as is and they don't know what to do about what's going on.

The things that used to work twenty years ago, the tricks that they had to make their lives continue operating according to that routine are no longer functioning. I really think that that's the microcosm. The macrocosm is that there really are a lot of secrets out there that have been kept from the general public and at some point that has to come out.

With the internet, you can't really hide it much longer. While on the one hand, there will be a gradual change on the other hand there's got to be some moment of discovery and I have to think this is approaching fairly rapidly.

(Diana)

Thank you, Seph.

Yeah, let's just take the last two minutes or however many minutes we have left. When the timer goes off, we'll be done with the call. This is just open ended. You call however you like, quietly. You can do whatever if you want to stand. Did I miss anybody? I'm sorry.

(A7)

I would like to speak. Less than one minute. My experience has been that I've kind of getting out of phase with time. Time with me is really fast, or its not really even fast, it's very full so I would suggest that you all put your intent towards your activities very consciously because time is, I guess, speeding up, would be the way I would say it.

It's almost like I'm not quite in the same frequency with a lot of the stuff that goes on around me. That's all I have to say.

(A8)

They say time really is speeding up.

(A9)

Creation is speeding up. Time is staying the same.

(A10)

It's interesting too that young people, the very young and the old people even know that. I have an elderly friend who's ninety-five who can only sit in a chair all day long with nothing to do except [thumping] time goes so fast. You wouldn't think so. You wouldn't think so.

(Diana)

Well thank you for offering to give us a little time, Scott. We do have two minutes and forty three seconds counting down, so we can even just stick with this time frame and see what that call is like and then people can share anything that came up with each other. We'll just do that informally, how's that? Roman?

(Roman)

For those who feel like it, could we sort of Ohm together a little bit, I think it brings us together and then go into the silence.

(Diana)

Okay. Well, you lead the Ohm Roman.

[Ohm Ohm Ohm] [insects, songbirds, crows, a fly buzzes past]

Thank you, everybody.[applause]

**SCOTT K. PRESENTS**  
*Fourth-Density Government*

For anybody who hasn't met me, my name is Scott. The topic I will talk about is fourth density government.

I'm sure you guys are all thrilled to talk about government because it's one of the greatest subjects of third density right? Our government is put out there in Law of One terms to provide us with a nice conflict between service to self and service to other individuals and to provide catalyst for all of us.

In lay terms our government sucks.

I came down to the homecoming in 2010 and we had a question about what was going to happen in 2012 - how to prepare, that type of thing and I think it was Roman who said to me during that channeling, you wouldn't be able to catch all of it. You'd have to look at the transcript later on and you'd find something. It took about six months for the transcript to come out.

Meanwhile I started working on, I got involved with a group that started restoring the republic and it's been one heck of a journey along the way, but then when the transcript came out there were some little bits and pieces I want to share with you.

I'm going to take this out of order.

There are those of you who wish to help mother earth at this time. We are not saying that you should move into a national or international sphere to attempt to change the world. We are saying where ever you live there are challenges for the environment best discussed and dealt with by those who are on the ground on the area and local.

So that's one valid path or what Q'uo was saying is something that a lot of people will feel a calling for.

The second thing is there are those of you who wish badly for the nation state to become a better one, a truer one. One which vibrates more in resonance with its original attention. For you this is appropriate.

I'm here working on restoring the republic and meanwhile I read this thing and I'm like 'oh are you kidding me?'. Just a draw dropper.

So I want to take... read some more stuff from Q'uo and this the channeling from March 4, 1990. Now, Q'uo's thoughts always seem to be non-linear so I kind of had to put some quotes together here with this.

This is in reference to why our country became kind of what it was, why the original law form came into existence.

"The first entities that were to populate the new nation were those who were, for the most part, cast out of old nations and cultures because there was the determination that they did not fit existing definitions. Thus, the beginning with the outcasts, the criminals, and the misfits of one kind or another was a beginning which would seem at first to be inauspicious but on closer examination was a beginning which could be depended upon to provide a radical departure in the determining of new definitions.

Thus the birthing of your nation was one in which the concept of the freedom of expression was the foundation stone for those first entities settling within your boundaries were responding to an enhanced need for the ability

to express themselves in one manner or another that was greater than was possible within the old setting or venue."

So that kind of describes the initial cast of characters that were in the United States over that period of time.

Let me just read a couple of other statements during this channelling.

"Examine the motivations of those who began the culture of your own nation-state. They were not greedy for land or riches or anything that this incarnation could offer. They were greedy for the freedom to worship the infinite Creator in the way that had meaning for them."

And actually, if you go back to Europe, they had integrated (at that point in time) religion and government to just a ridiculous point. Literally your birth certificate was like a baptism certificate and there were many people who felt disgusted by the fact that you had to... somebody at a very young age had to be baptised because they didn't think that allowed the child to have innocence.

So Q'uo goes on:

"The original government..." (This is about the original government) "accepted the basic venality..." (venality means open to bribery or corruption) "of the species and attempted, by a complex system of placing power against power, many many balances of government which had the most chance of saving the central ideal.

In doing so, it sowed the seeds of its own destruction and so inevitably one day this culture which you now enjoy shall be made new, altered and begun again by those in whom the vision is clear. The idea unsullied by pragmatic concerns. This will not occur within this density. Within this density, the strife and the struggle of positive against negative has been the whole point, has been the source of learning for all."

So basically, I don't know if you caught that, the original law form in the United States was just too good for third density. They needed to get away from it in order to create the positive and negative in order to allow the catalyst of positive and negative to work on people.

"Freedom does not and can never bring happiness. The pursuit of this intangible happiness has created many many choices betwixt vice and virtue, betwixt pragmatism and idealism, betwixt compromise and absolute value. Each of you may choose in your own freedom within a series of compromises which may seem to be foolish."

That's all I have of the Q'uo quotes. That leaves a bunch of questions.

What was the original government in this country about? Because we're not really taught at the school these days and just want to spend some time going over that.

Now the first question... whenever you should be evaluating a government and a law form, is the question of who is the sovereign. The sovereign is the king or the queen, the entity or whoever that gives the authority for the creation of government. Traditionally in third density the sovereign has been the king or queen or some other entity which provides the authorization for government.

In one of the particular law forms called the Magna Carta, back in 1200 was one of the most advanced forms but it was still the king's law.

Then when the country was founded first it was the articles of confederation. There they specifically state the sovereign was the state, each individual free state. Now, the constitution was remarkably different.

Now, I just highlighted the top of the page that says, "We the people". People, just generally speaking, don't understand what "we the people" meant. We the people meant that the people were the sovereigns. It was the individual people - all of us were the sovereign, we authorized the government. So therefore as a result, the government is actually beneath us, that we were the kings and queens on the land and the government was literally the servant to us.

Now, this is a quote from *Chisolm vs. Georgia*, chief justice John Jay in 1793:

"At the revolution the sovereignty devolved on the people and they are truly the sovereigns of the country but they are sovereigns without subjects and have none to govern but themselves. The citizens of America are equal as fellow citizens and as joint tenants in the sovereignty."

Sovereignty is the right to govern. A nation or state-sovereign is the person or persons in whom that resides. In Europe, the sovereignty is generally ascribed to the prince. Here it rests with the people, there the sovereign actually administers the government. Here, never in a single instance, our governors, officials are agents of the people. A very clear statement, now we've shifted away from that in this country of course.

Let me continue on and just kind of create the landscape of what our government and what our system would be like in a restored constitutional form of government.

First off, article four, section four of the constitution, it states, "The United States shall guarantee to every state in this union a republican form of government."

Now, republican does not mean republican and democrats, okay. Forget that. What a republican form of government, a democracy (I think it was Benjamin Franklin who stated it best) is two wolves and a sheep deciding what's for dinner. You have the rights, the rights are diminished for all... the rights of the minority are diminished as a result of having a democracy. If the majority can choose somebody's actions, the actions of the people who are in the minority are reduced.

So what a republican form of government is the rights of all people are guaranteed by law. That's a very important thing to understand about republican government. Common law would be the thing that would be used and common law would be basically if say you guys had a dispute. Say, two people over there on that side of the tent, you had a dispute.

What we would do is from the people over here, we'd probably form a jury. You would both tell your side of the story, the judge would be there merely as a moderator and if there was a law on the books that we thought didn't apply but it certainly would have applied in a situation like this, the jury can say 'no, that law does not apply and we're gonna do things the way that we think they should be done'.

Common law would be known as God's law. Your conscience is the law. It's not an administrative law procedure.

The other aspect, we have many many laws in this country where there's no injured party. I'm sure N, you would be defending people most of the time, probably, who literally... it's the United States of America versus the defendant, whatever it would be.

In a system of common law, you have to have an injured party who is an individual citizen who would be injured by that. If somebody wants to smoke some marijuana or something like that, where's the injured party? There is none.

The tricky one always is drunk driving and there's gotta be a balance there, you know, causing harm and the potential to cause harm but it would be just... all I'm just saying is the system under a constitutional form of government would be substantially different than the system that we have for that.

Now I want to relate that back to the Law of One because I find, the one thing I realized is that if you look at corporations today, corporations are this gigantic pyramid structure basically, where power is consolidated at the top and it trickles down and you're a peon. Religion is pretty much the same way, especially the Catholic religion where you have the Pope and then the Cardinals and all the way down to the bottom.

The Law of One is all about the sovereignty of the individual to decide their own path, to determine what they believe and what they don't believe on their own and use inputs as you see fit and you don't have to take anything as invalid. You can make the choice for yourself.

The same exact thing would be happening with a constitutional form of government where the people, the people are literally the sovereigns who authorize the government and then the government is sitting here in the pyramid, underneath the people.

I see that as the way fourth density is going to go where the people themselves will have the authority, pretty much across the board. We're going to be able to create a world of freedom if we so choose.

(A1)

Scott, in reading some of Delores Cannon's convoluted universe theories, a number of times it was mentioned that the way government would work for successful civilizations is the Law of One, if you will, a republic of the people, and of course those civilizations come and go, just as our civilization will go in a couple of hundred years. But that was confirmed by many higher selves coming through and talking about civilizations that we've seen in the past.

(Scott)

It makes a lot of sense and actually the only other channeled work that I follow is Bashar. I don't know if you've ever heard Bashar, a lot more theatrical than Carla, of course, if anybody's ever listen to him...

What Bashar talks about is how you're trying to help other people meet their excitement. Your service to others path is actually literally helping someone else achieve what they want to achieve. What you just said reminded me of that because it's all about helping people do what they want to do.

Now it's going to be awfully chaotic because our system is all about creating automatons (I love that word - automaton) that are doing the same thing that the service to self entities would like us to do.

(A2)

A lot of people, the issues we have with government, the conflict, the difference, the viewpoint between positive and negative forms of government... what's happened as I see it in our country, as I see it, gradually those under a negative influence have tried, have gotten more and more power in our government. Not just here but I think around the world.

That won't last and the key to having... if you view your personal freedom as the most important thing, what about spill over effects, when you affect somebody else. That is always the way the negatives look at it. In other words, it's zero sum. I'm going to get more than you and what I get, what I deserve, you don't deserve...

I think that the key in government is going to be the fact that you get more positive... the issue is you actually in your heart want to help everybody else or you want to help other people... to me the government's just gonna happen.

(Scott)

A government is not designed to create happiness. Let me go back to what you said earlier.

In a republican form of government, there needs to be an injured party. That's kind of the litmus test. Is there a cause of action? Yeah, it's because there's an injured party, an actual injured party - a living, breathing soul who's been injured.

A large system of control has been put into place where certain behaviors are not tolerated and that's not consistent with a republican form of government.

(A3)

Just a quick observation: when you're talking about the structure of the people being the bar on top of the pyramid, then it would be interesting to see the motivation of the people who would seek to go into government, because it would be truly more aligned with the service to others, because they would seek the position for the opportunity to enhance people and be of service to people, rather than the advantages that might come along with certain positions that are above...

(Scott)

And now the interesting thing is a lot of the laws that were created back in the early days of the country, were actually laws to protect the public servants from the people, because the people were more powerful, right?

So it's a really careful balancing act that has to be done. You have to protect those people (and there's a bonding structure that allows damages to be paid if there's violations to the constitution or whatever but)...

(A4)

I'm just going to point out that I appreciate your effort to try to define a government scenario for fourth density. You have to consider also that outside of our Law of One (?) there are no secrets. Everything is known and we will have four times the consciousness to deal with life than we do now.

It will be remarkably difficult for us to anticipate what that's like, just to know, you were wrong and everybody knows it. There is no jury, there's no trial... there are no secrets outside this level of consciousness because you (?) people's thoughts.

(Scott)

Yeah, if you're doing higher self stuff it would become a lot easier, actually.

(A5)

The term public servant, really think about that. Basically that's how the government was founded. You're supposed to serve the public, not the other way around, which is how it is now. It's completely ridiculous...

(A6)

I just wanted to share... this was a hypnotic regression I had of some past life of some point back there and I proceeded to be some of sort of higher density society. It didn't look like here at all and there were people there, they would wear different colors. Everyone was wearing robes. They were red or orange or green. The colors were kind of like a marker of what your role was. Teachers would wear a certain type color, healers... it seemed sort of like a governmental structure that you had these assigned roles, different ones for different things. There was no hierarchy, there was no 'if you're wearing an orange robe you were better than a person in a green robe'. It was just like you could look at anyone and you'd know what they could or could not give you. Everyone is just interacting. That's kind of how I would picture a government system in a society that didn't have all kinds of corruption and the need for power grab.

(A7)

The hierarchy is whoever is doing the job at the time. If you're into healing say, there's a common... somebody knows the physical healing... the doctors, the big dog (?) as soon as you're through with that you go over... I need a lawyer. A lawyer's the big dog at the time, he gets the higher (?).

As soon as the job is finished it's a common sharing of your particular skill.

(Scott)

I think that type of vision is out there two hundred years. What you're talking about, hierarchy... when you go, Lynn's vision, you're at the point where everybody just sort of accepts everybody else's role in society and there's probably no money...

(A8)

That's not going to happen tomorrow. (laughter)

(A9)

That's what I was thinking. The next 100 years of whatever, the fourth density life is going to be here but we're going to have to gradually move into what you're talking about and (just to clarify) are you suggesting the original government structure that we had in this country would work in fourth density if it were correctly...

(Scott)

Yes. The challenge would be getting... and I don't know how we move into fourth density... how many service to self entities would sort of be straggling around in the fourth density but you're going to have to have an elaborate system of checks and balances there so the people... if you're entrusted with a position within government, we have a really good sense they're going into that position for the right reasons.

(A10)

All the STS will be on a prison planet anyway.

(Scott)

How would you like to live on that? That doesn't sound fun.

(A11)

Just a comment about how far the current legal system has gone away from our roots. The concept of common law, about people having the power of the jury... they still have the power, they can always vote not guilty regardless of what the law is. The judge will never ask them why did you make this decision?

It's called jury nullification as a concept but we as attorneys can't argue it and we can't even quote stuff that talks about God's law and stuff like that because we can't be arguing to the jury 'do the right thing'.

We can say, "Do the right thing", but we can't be like 'you have the power to do whatever you want'. There will be like 'counselor if I hear something like that, we're going to hold you in contempt', even though legally (and they would agree with you) all the law says juries do have all the power. You just can't tell them that they have the power because in a strange sense, the legal system doesn't want them to realize they have the power.

When you're picking a jury, district attorneys get to argue. They always go over this example, they say 'okay, everyone understands that sometimes there's laws we disagree with' and they'll come up with an example - let's say it's illegal to wear a red shirt. Can everyone agree maybe that's a law that shouldn't be on the books?

Yeah, that doesn't make sense. And he'll say, as citizens you have to follow the law and even if you disagree with the law, would you be able to follow the law in this case and of course the people who are honest will say, "I think that's stupid. I'm not following the law."

The way the legal system works, the DA can then kick them for cause because they aren't going to be good jurors when actually, those are the people that you want.

You get a bunch of people, 'yeah, I'll follow the law even if it's stupid'.

And then you've got cases where (my friend recently got done with a case) a mentally ill client was charged with contempt of court because his mother had a restraining order against him. His mother was inviting him back to the house. His mother was giving social security... he had to go there to pick it up.

But basically, there were two instances where he was sleeping in the front yard and sleeping in the back yard and the police came. The mother didn't want him prosecuted but victims don't have a right to withhold prosecution because the state will represent the people.

So anyway, they go to trial and my friend makes a positive argument and they come back guilty in about ten minutes. Afterwards three or four of the jurors stayed and apparently two of them cried, saying 'this doesn't feel right but we had to follow the law'.

It's interesting how we've structured the system to kind of make good people, citizens, automatons. They just do what the system says they should do instead of thinking for themselves.

(Scott)

Right, it's administrative law. It's administrative law versus the common law.

(A12)

I just have a couple of observations. One is that I really like how y'all describe this as the legal system and you don't call it a system of justice. The other thing, my personal opinion and my personal experience, drunk driving is a public health issue. It's not a criminal act. It should be dealt with in the public health system and not through jails.

(Scott)

Sure. In the current system you can't do it like that. We're into punishment because...

(A12)

It's the justice system.

(Scott)

Actually, there's a very convoluted methodology by which we've all been securitized. We've been securitized. Our social security number has been securitized, so they actually make money if you're in jail. That's why we have the largest prison population in the world because...

(A13)

I know the prison companies make money.

**SEPHIRA V. PRESENTS**  
*Cosmic Genesis in the Ra Material*

I don't think that all of you are fully introduced to the Ra glossary project, so I think I'll start by introducing that because that's how this whole process began actually.

Somebody on the Bring4thforums suggested that we make a website like wikipedia except that it would be all the Ra terms that seemed to cause so much trouble for readers. Some of them are quite foreign - who outside of reading the Ra material has any clue, or has ever heard the phrase "mind/body/spirit complex" before? That was new to me, not to mention intelligent infinity, et cetera.

I, being the avid researcher/philosopher and depth digger that I am, decided to take up the challenge. So I started very exuberantly as usual, to write entries. It took some time to really hone down to something that I liked - I thought it would go faster than it would.

What you have on page sixty-something maybe, onward... fifty-five. Those are all the entries that I have thus far which in my opinion are polished enough to actually be on the glossary website. So, read them at your leisure. They inform this presentation insofar as everything that I say will be in this content. I'm not going to read it though, it's way too dense for that. My purpose in writing these entries was to stick as closely as possible to what was actually written in the text.

I want to do as little artistic interpretation as possible because, trust me, I do a lot of artistic interpretations. There's lots of holes that Ra left, that Ra and Don left that have not been filled in and my goal was always to fill in those gaps. So a little bit of what you'll see today is me attempting to fill in those gaps because some of the stuff is just so hard to comprehend that I felt like we needed to make an effort to dig a little deeper.

So, that's the glossary project. I don't know how long it's going to take, I don't know when we'll have a website that goes live but I'm working on it, so hopefully one day.

The second thing I wanted to say was that the operative assumption that I'm going to be working with here is quite simple: as above, so below.

What we're working with is the things that are hardest to understand in the Ra material which is: in the beginning there was X. It's not like any of us remember the beginning or has the mind capable of really comprehending what that beginning was like but at the same time, we're going to try.

My operative assumption is that there is in the microcosm of the human experience is a (Ra has a good word for this) recapitulation of what happened in the macrocosm.

So, my goal is to find, to locate that recapitulation and hopefully shed some light on these very, very difficult terms.

The last thing I'm going to say is there is a disclaimer that I need to provide you, which is I'm going to attempt to describe these terms in my own idiom. There has been some contention; I've been in contact, you'll see the material is edited by Gary and Lana. I've been in contact with both of them through email working on these entries and I was very, very surprised at just how many alternate interpretations are possible for a single sentence.

If you look on... page sixty-four, you'll see a section called answer 13.7. (laughter)

She laughs because there has been major contention on this answer so I basically in that little section, I outlined the positions that we've both took in the interpretations of the material and why both of us essentially had to admit its not a perfect interpretation and we had to make some assumptions and interpretations no matter which way you go and that is sometimes the case with the Ra material.

So, with that disclaimer in mind, know that I've got to make some assumptions.

The words in contention are simple. I'm actually going to approach six of them and not just five: infinity, intelligent infinity, intelligent energy, and then distortions 1-2 and 2B. So basically what I'm going to try to do is cover this ground and use a different way of thinking about, an alternate way of thinking about what I, in my research, have uncovered what is going on in Ra's usage of these terms.

So let's earmark that.

The first thing that we have from Ra is this strange idea that infinity and unity are the same thing, which of course, anybody who thinks about these terms prior to approaching the Ra material, where Ra says infinity and unity are defined as the same thing are at least, in my experience, most people who approach these terms, they think about'em in different ways.

So you take something that's infinite, alright... in this case we'll talk about a circle. So if you talk about this right here being infinite, usually what people imagine is an infinite expansiveness. So infinity, really, if we want to be as accurate as possible on this white board - if you expand the circle all the way out to the edges of the whiteboard so that there are no edges. So infinity expands out in all directions - there's no boundaries. Limitless.

Actually, if you look at the word 'infinite' etymologically you have 'in' which is a negation (not), and 'finite' which means limitation. So, 'not limited', that's what the word infinite means. Pretty simple.

Unity... and this is based on my best understanding of what people mean when they use the word unity. Unity is very similar but it's the opposite. It's a compression. So when people imagine unity, there's nothing inside here that's different. There's no parts, so it's an infinite compression into a singleness. All the boundaries are removed from the inside. So this right here would not be unified because you have all these parts.

Now, what's interesting about these two concepts is that both of them take an approach of lack of boundaries. Both the words meaning 'no boundaries'. So when you've got this identification of infinity and unity, what we're really talking about here (and as far as I can understand the Ra material) is no boundaries, no limitation, because in the general understanding of the terms unity and infinity, that's the commonality. That's what they mean. You could take the terms to have different meanings - so infinity, for example, is often taken to mean infinite manyness - so there's an infinite number of things. Well if you're going to identify unity with infinity it can't work like that. It has to be something else.

So the concept of boundary is going to be important, probably the most important concept in this talk because the first thing that happens (at least if we're going by distortions), the first distortion Ra describes as finity (which by the way is not an English word - finitude, I think is what you'd say, but this is Ra so he can use whatever words he wants. I don't know why I say that).

In the same answer Ra also equates finity with manyness. Now, what's really interesting about this is that here, when you have the equation of finity and manyness you have the simultaneous negation of infinity and unity.

So the first distortion is basically a negation of the only thing there is, which is infinity or unity, or whatever you want to call it. Ra actually, much later says that in giving free will to (the full extent of free will to a third density

being) the significator or the essence of who you are had to be given, had to become what it was not. So in order to have free will, the creator had to become what it is not.

So the infinite had to become finite - what it is not.

So this is the great illusion and from my understanding, I would say that the first distortion is the one great macrocosm, I guess. The macrocosm of all experience. The reason I say this is because Ra actually says (this is all in the entries, I cannot remember which verse, which answer it comes from so I'll ask you, if you want to see where all this stuff comes from, just read the entries, its all in there - but Ra says) that (where was I going with this?)...

Each step recapitulates intelligent infinity's discovery of awareness.

Now we have a comparison of two different systems that needs to be brought in. Hopefully this won't be too complex. So in session 15, Ra says that the first three distortions essentially... page 58 and into 59. There's two sections, 13 and 15 that need to be juxtaposed so you can grasp where I'm going with this.

In 15 Ra is asked about the first three distortions and Ra gives a very simple breakdown or narrative which goes, "The first distortion, free will, finds focus. This is the second distortion known to you as logos, the creative principle, or love."

Later on, probably in that same answer, I'm not sure, but I didn't write it. Ra says that love creates light. Anyways what's most important to me here is that you have a few steps. So in session 15, you have whatever comes before the first distortion, which we have to assume is infinity. Then we have the first distortion, free will and that finds focus and love.

On the other side, session 13 you have a very, very similar breakdown. Ra is asked what the first thing in creation is and Ra says of course, infinity.

And then Don asks, "What's the next step?"

Ra says, "Infinity became aware."

And then Ra's asked what's the next step after that is and Ra says awareness led to the focusing. Now, the focusing described in both of these sessions uses slightly different terminology but what's important here, the word focusing, they way Ra uses it in the context of cosmology, always refers to the second distortion, the logos.

And this right here actually became a point of contention between me and Lana. I can't go to deep into that but I will describe what I see going on here and why I'm going to go the direction I go. Which is that there's a parallel here.

Ra is asked what came first, what came next, and then what came next and then Ra is asked also what the first distortions were. Now, the assumption is that the first steps are identical to the first distortions. I'm hoping to draw out some concepts as to what exactly, not exactly (as if we can get exactly) but as to what in everyday real life we can pinpoint and say 'oh this is the first distortion at work, oh this is the second distortion at work, I can see it in my real life. This makes more sense'.

Now, because of this juxtaposition here, you have these two different descriptions which seem to be talking about different things yet inferentially I have to assume that when Ra talks about the beginning, even though Ra is using different words in both these sessions (13 and 15), Ra's still talking about the same thing.

So its this reason why my focus has been here.

This does not seem obvious, that this is the same thing and attempting to grasp that infinity became aware is the very same thing as the first distortion, free will. Not the very same thing but happens in the simultaneous act of distorting. That is, infinity's becoming aware. It also invests itself in an exploration of manyness which is the same thing as gaining free will.

So the bulk of my talk is going to be about this concept and then extending that concept into the following distortions and then to come back around, hopefully full circle and inform the concepts of intelligent infinity and intelligent energy based on understanding.

Ok, so we talked about boundaries. Now if you just had one thing, infinity, represented by a circle, what would a boundary look like? I mean, that's extremely simple and you have to imagine that infinity became aware it didn't exactly look like a circle with a line through it but to the best of my simple diagramatic representations that's what I imagine it would look like.

Or, perhaps a little bit more appropriately we have one circle here and one circle next to it because this comes from the concept of awareness. So if you have something that's aware, you have something that sees itself. So basically one side would be the eye of the beholder and the other side would be beheld and this right here - the very fact that you've got a beholder and a beheld - this would be the boundary.

So its clear here that I'm attempting to draw a picture of awareness.

So in considering the concept of awareness, if you really reflect on your own awareness (and consider I use the word reflect). Awareness is really just reflection, I mean, how can you possibly be aware if you're not aware of? And that for the philosophers, for ages at least, for as long as they've studied the concept of awareness, has been the critical feature. Or consciousness, or if you want and this word is kind of perhaps a little - there's some contention but - opposition.

Nevertheless, there's a something aware of something else. In this case, obviously the something and something else are very much identical so what this seer sees is really itself.

However, because we have the seer and if you consider your own awareness, your awareness is the only thing about yourself you can pinpoint as unified. As a matter of fact your awareness is precisely what gives you the feeling of unification. If you didn't have this concept of unified awareness, you'd just have this bombardment of manyness. And that's probably one of the most critical features of what I'm calling the subject/object relationship is that what's one receives what's many.

Now this of course, is an imposition of 3D concepts onto cosmic genesis which of course does not abide by 3D concepts but I'm doing the best with what I've got.

Nevertheless, in attempting to understand how the first distortion, free will can simultaneously be the concept of finitude or the concept of manyness. It's important to reflect on where exactly the one and the many came from and the first boundary immediately divides the one into something that is not one or the Creator becomes what it is not - the One becomes many.

In this case I've depicted the One as beholding the many but that's not quite right, because what the One sees is actually itself. So if all of this stuff was already in infinity. Let's say the One and the many were already there, really was beheld as both at the same time. So everything is right here. It's not just that the one is here and the many is here, the beholder beholds itself in totality.

If infinity is really to become aware it must see itself precisely as (now we're using time concepts, so be careful about this) as it was before it became aware, if that makes sense. Hopefully we'll make a little bit more sense of that.

When infinity becomes aware, what it sees is just as undistorted as what it was before it became aware. So when the eye opens, when this unified thing sees itself, what it sees is something completely unified even though the act of seeing is the very first boundary.

So in this first boundary, there is not yet an experience of manyness. It's just that boundary itself becomes that concept of manyness. Does this make sense?

So if you think back to when you were a baby. Kidding. But reflect on your experience as an aware human being and imagine what it was like before you had any clear concepts. Impossible to imagine, I know, but it's much easier to imagine that than this.

Did you have any conception of the difference between yourself and what you could be? How could you not? Psychological study suggest, and I'm sure that experience suggests that babies directly identify with their mothers. It takes a long time to realize that your mother is not a part of you.

So what I want to get to is that this first distortion, the distinction between the one and the many, or the act of becoming aware as I'm interpreting it (remember this is an interpretation) is also free will. I hope I kind of can bring that out.

In physics terminology there is (and I'm referring to physics terminology because this is what Ra uses) the concepts of potential and kinetic.

So potential is a difference. Now, it's interesting that Ra is asked about this in the Ra material but I don't think that Ra understood what Don was getting at, so I don't feel like the answer that Ra gave, actually I'll just say it.

Don asked whether there was a potential without a difference and Ra's response was intelligent infinity has no difference.

Now, I hate to do this because I had a structure I wanted to follow, but you know, what ever goes according to plan?

There's something you need to know before you we can go on. I hope you've got the concept of awareness under your belt. Intelligent infinity has two different references. In other words, it's used in two different ways. It's intelligent infinity one and intelligent infinity two.

Intelligent infinity one, the way this concept is used is referred to as unpotentiated infinity and it's also referred to as undistorted unity. So to me that sounds like the intelligent infinity in its first usage. The second way as uses the word infinity just by itself. That's another assumption based on usage but in the material itself. I can't find any reason to doubt this. The second usage is as a potential and that's why the words potential and kinetic are important right now.

If we want to understand the second usage of intelligent infinity, we have to understand what the word potential means as Ra uses it.

Now because Don was a physicist, Ra likes to use physics terminology. So, that's why I'm bringing in the potential. Now, probably the easiest way for us to conceptualize in this sense is as a battery. So you have a plus side and a negative side and the potential is precisely the fact that there is a positive side and negative side. In

actual nature, in any substance - in the grass down here, you have (well this is a bad way of saying it but) we'll take an atom, a standard atom that's not ionized. You have the melding of the positive and the negative. They're together and they're negating each other or negating each other's force and so they're neutral.

In order for there to be a potential you have to separate the positive from negative. So there has to be a difference or a distance between the two. So the very act of bringing all the negative stuff over here and the positive stuff over there is precisely the difference.

Now this isn't exactly how a battery works but it's the concept that's important. You need a difference between the negative side and the positive side in order for there to be a potential.

So what does the potential do? What is it for? Out of the potential comes the kinetic and what that means is when you connect these two sides, when you connect the positive and the negative, you get all kinds of stuff moving. And that's the kinetic, the kinetic is the movement.

So when you have a potential, the potential is for a kinetic, which means that when you achieve...

(audience1)

Wouldn't a simpler analogy between... would be a reservoir as a potential and kinetic being a spillway through a generator. That way you have the difference being the distance in height between the reservoir and the generator.

(Sephira)

Yes that would be another way of describing it. This seems simple to me because everybody uses a battery.

(A1)

It seems simple as an electrical engineer, it seems simple.

(Sephira)

Well unfortunately these are electrical concepts. Is this unclear to anybody? I'll try a different analogy. Don't lie.

(audience2)

There's another terminology. It's not necessarily physics but in free space there are things called virtual particles. A virtual particle is a particle that does not manifest but has the possibility of manifesting and it's believed that the amount of energy contained in a very small piece of empty space has zillions of these virtual particles and that they in turn have so much potential energy that they can light up the world very easily, even a small piece. That's already been estimated by physicists - the potential that exists in a very small piece of vacuum and its kind of ironic they believe there's potential in there despite the fact that there is no real matter in that space.

But when something manifests, then it goes from having the potential to being manifest/real. So that's another sense in which this... we only perceive motion actually. We don't perceive the (potential?). The (potential?) may be there, it has the ability to cause motion but the motion itself is what we see. We only observe time through motion.

(Sephira)

Right. Right. That's what Dewey Larson's physics was all about.

(A2)

But anyway that's a different interpretation.

(Sephira)

It's really difficult for me to grasp... the potential lies in empty space when the very concept of potential, at least, in standard physics, is there's gotta be this difference. That's what all potentials are. An even simpler example is when you go upstairs, you gain potential because it's easier to go back downstairs and that's when you release the kinetic. So, walking up a hill, all that effort you put into it you get paid back when you run down the hill.

(A3)

And walking up halfway only has half the potential.

(Sephira)

Right, so if this, well, to simplify this analogy which is not accurate - half of this battery of course (which is not true), would have half the potential.

Anyway, so that's the concept of potential that's going on here and in attempting to grasp how that could possibly relate to what's going in infinity when it becomes aware... I have interpreted this way: so you've got infinity which is a word itself, which is also infinity and these two things are not different things, they're the same thing. It's just that you have this paradox and this of course what Ra calls the first distortion and primal paradox.

Actually I'm going to emphasize that Ra says that each steps recapitulates intelligent infinity's discovery of awareness. If that's the case, then that would make it the absolute primal paradox. That means that everything that comes after is a becoming aware. Everything, every step, each next distortion is another becoming aware and that's probably what I'm going to say is the critical point.

So we have this boundary of awareness and this is an illusory boundary because these are the same things and yet at the same time, this becoming aware produces a difference between the one and the many. I'm depicting this difference by separation between the two.

So that is to say - when infinity becomes aware it perceives itself this difference and in so perceiving there's a potential (makes drawing larger).

You know it used to be a measure of artistic capability, your ability to draw perfect circles. You can see my capability. (gentle laughter)

So the One perceives within itself... I guess infinity perceives within itself this potential difference, between the one and the many. That is to say, it perceives that there's this unity that it is and then it has this concept of finity, that it's not and they are just infinitely different. They couldn't be any more different, really, and in this potential difference, as the one flows into the many [something happens in the audience] you have a kinetic...

Is she okay? She's smiling.

So when Ra is asked to define intelligent infinity, Ra says "within unity there is a potential and a kinetic".

This is my depiction of the potential and the kinetic within unity. You have the distinction or the difference between the one and the many which is discovered simultaneously with the discovery of awareness or the

discovery of finitude. That is to say when unity perceives something that it is not and that something it is not is also what it is.

Again, that very fact is what illustrates or can be illustrated by calling the one side one and the other side many, that is to say the one perceives something it is not and that's how awareness always works.

So, when you're aware of something, your awareness perceives something that is not your awareness. So the subject perceives something that is not the object. Of course, this is all illusion (and is also my interpretation - I'll say that one more time).

In that difference between what is one and what is many, a potential arises, that is, the potential of the one to flow into the many and of course eventually, the many to flow back into the one, and this is the movement called the kinetic.

Now, to simplify this model, what we have is that the one perceives within itself a potential and a kinetic. We'll just separate them just to simplify it.

Alright, so where is free will?

What's really interesting about this is that the kinetic, this is where all the stuff happens. The potential, really, just like you said, you don't ever see the potential. When you walk up the stairs, you don't see where the potential is and all physics work, especially gravity, you kind of trust there's potential energy and we act like there is potential energy and somehow the equations work out even though you never see it. The kinetic is what is actually experienced.

The awareness though (and this is my interpretation), decides how that movement happens, that is to say, in what ways the one will flow into the many or the many will flow into the one. So, when you look into your own awareness and you look for your own free will, what makes you free?

Now, I could say, "well, I've got all these perceptions, these sensory bits flowing into my experience. I see some green here, I see various colors here, shapes... they all seem to be a little bit similar, a little bit different and I call them people".

What makes my will free is that I can decide exactly what I'm going to explore first. I can decide what I'm going to focus on. I'm going to look at Aaron right now and maybe I'll talk to Aaron, maybe I'll find out something about himself or maybe I'll choose differently. Maybe I'll say "screw Aaron, I'm gonna talk to Jim".

That's what makes my will free, the ability to choose, but when you actually look at the awareness, what are you choosing? You can say you choose what you do but really you're just choosing what you experience and action, of course, is part of the experience. Or to put it another way, action is precisely nothing more than the choice of what you experience, what you focus on, or what you attend to.

Attention is really the key concept here because there is motion, because there are things that are moving. The moving is the many. There is exploration - that is to say, you can... if everything were static, if there was only this one static thing, you couldn't explore anything because there would be no dynamic change.

So, for example, if there were no time. If here we were, standing in this circle and there were no time, there'd be no motion and you could not explore. I'd be fixated on this bush right here, whose Latin name I don't even know. Maybe I'd get bored with, maybe not. Unfortunately my gaze is fixated on one place so I can only look at one particular part the bush, my freedom is extremely constricted. And if we also looked at the thinking mind, I

couldn't even think about it because at least the 3D mind anyway, still needs time. In order to think there's always a progression of thoughts.

Now, I think if Ra were asked about this, he'd say the mind is in time/space but even in time/space there's still time. I'm not going to go there.

My point is only that in order for there to be exploration, there has to be movement and that's how the exploration happens. I dare you to attempt to think of exploration without movement.

This talk by the way, is much more difficult than I realized it would be. (laughter)

Up here it was so easy. Is anybody lost? Please tell me so.

(A4)

No, but I would throw in the original act of awareness took free will. It was even before the potential and kinetic.

(Sephira)

What I'm trying to say is that the free will is the same as the awareness.

(A4)

It free will for the Creator to choose to be [crow overcalls audio here].

(Sephira)

That's actually a mystery. So... let me ask you, when become aware of something, do you choose to become aware of it?

(A4)

At some level I think you do, at the Creator level, probably.

(Sephira)

Well, let's just talk about you, consciously. You see, my operative assumption here is that everything that's going on in this cosmic scenario, in this vast expanse that we can't understand, happens in the microcosm of human experience. So in my experience of becoming aware of things, it just always happens and just suddenly I'm aware and I wasn't before. I don't know how to explain it and I can't predict it and I don't know exactly what caused it. I can trace back some things that led up to my eventual discovery of awareness.

(A5)

Are you familiar with the Seth books? He treats that subject to some length and he explains that each individual cell operates within its own consciousness and these cells work together in harmony to create your awareness and you as the collective assemblage of these cells may not be aware of what's going on in the background to produce awareness because cells are. So it is parts of you that make a voluntary choice to become aware. In other words you make a choice to perceive a certain thing out of the data set of potential... the infinite potential

So my answer to your question to thoughts is that, yes at some level at least a part of you is making a choice to be aware, to perceive a certain thing.

(Sephira)

Well actually, there's a distinction I'm trying to draw here, okay, which is there's a distinction between awareness and attention. [fly lands on microphone]

An awareness is something that is already aware [fly departs] and then it directs its awareness through attention, so in the model (and I actually haven't gotten here, but) the attention is the focus. So, when I focus on you I'm giving you my attention. When I focus on this bush I'm giving it my attention and if I carry on a conversation with you, I'm actually focused on the conversation. You'd say I was giving you my attention.

(A5)

Yeah, and I would counter that by saying that you're attending to everything in the environment because you assemble everything... all of this is illusory. There's nothing out here but the data set and you choose to assemble a certain reality from within the data set.

So that tree, the Earth, the tent around you, everything in this creation is your own perception. So there is no difference there, I mean your difference is semantic but I don't think it's effective. I think that there would be no difference between awareness, perception, and focus.

(Sephira)

Okay, the difference I'm drawing is the becoming aware. I can become aware of you, so you pop into my awareness and then it's my choice whether or not to continue attending to you. So yes there is difference, and no there isn't.

And I guess it's time to go into the next thing which is that the second distortion which is called the focusing or the logos or love or whatever you want to call it - the creative principle. The second distortion is also a becoming aware.

So as soon as whatever it is pops into my awareness, as soon as I become aware of you (and who knows how that happens, you just walk into my life one day), it's how this discovery of awareness seems to happen to me anyway.

As soon as that happens, then I have, that's when I have free will. Suddenly I have the freedom to explore. So, I guess what I'm describing here is the becoming aware simultaneously is an attainment of free will, if that makes sense.

Before you're aware, before you're aware of anything, if you can imagine that - I can't but if you can pretend to imagine it. Before you were anything there's no freedom because there's no possibility for you to even... there's no concept of freedom. Can anybody imagine that?

But when that happens, suddenly you have free will and in that free will suddenly you can take that next step which is to choose what you can look into. So in this first step, you've got this potential and kinetic and really what's going on here is this: all that the eye sees is precisely what it already is. As I've said before, until the second distortion, until there's focus or attention, until what's seen is looked into further, all there is, is exactly (knock knock) what sees.

So you're looking at yourself and it's just completely unknown. A great mystery, the eyeball that mysteriously looks at itself.

But once you give attention, that's when it's discovered - well wait a minute, there's something more going on here and the other concepts that's associated with free will is uniqueness.

When you've got this (drumming) paradoxical union of the one and the many which is witnessed by infinity and that's precisely what gives uniqueness to everything that's seen. So you have this point right here is infinite. There's just an unlimited possibility there because this point is everything and everything is infinite and this point itself has all the one and many within it.

So you can just keep digging into that thing and that's essentially what the free will is. That is to say, if I give my attention to this, I can keep going forever. Or if I give my attention to this - oh I can still keep going there. In other words, wherever I look, there's still the infinite possibility of experience and the question is where will I look?

That's why there's free will. You have to explore somewhere, so what are you going to do?

In giving the attention, that's the focusing. So we're onto the second distortion.

So the first distortion was just the becoming aware, that instant moment when something new happens and for me, at least under my interpretation of the Ra material, this is the great mystery.

When Ra says that everything begins and ends in mystery, this for me is what it refers to. Infinity becomes aware. I just can't fathom... I can see the times in my life when I become aware and even that's a mystery.

I can trace back in my life, (I've only got eight minutes left).

If I trace my experience back four or five years ago in my own spiritual awakening, I don't know what happened, it just happened. Suddenly everything was different and I think all of you here have probably had an experience like that. I mean, where did it come from? That's the great mystery, just suddenly you're aware of something.

Okay, I need to speed through this somehow. I don't know how.

So in that focusing, this right here is what's explored, right there. This particular part of infinity is explored but in doing so, the first distortion of course, is free will which means that free will is everywhere. Everything is aware. All of this stuff is aware which means that this right here is also aware and so it, as soon as infinity focuses on a thing, as soon as it gives its attention to this part of creation, that part of creation becomes aware and it gives it's attention to this part of creation and that part of creation also becomes aware. And then the question becomes what does it perceive?

Well, we start the whole process over again and that... this right here would be the focus or we call it love. That's the second distortion and it becomes it's own awareness and what does it perceive?

Well, of course, it perceives itself. What does it see in itself?

Well, I guess we'll just call that the third distortion, light. And the third distortion as soon as it's manifested (oh man I needed two hours for this) which is precisely (in my interpretation) what the relationship between the focus or the unique awareness - the relationship between that unique awareness and what it perceives is an act of manifestation.

So whereas, within the first act of awareness here, the potential and the kinetic - here you have possibility and manifestation or the actual.

So I guess what I'm trying to do is to draw analogies here. Just as in infinity's becoming aware of itself here it perceives a potential and a kinetic or that which is static and that which is moving, and just as in infinity's becoming aware, the opposition between the subject and object is discovered.

So, in love becoming aware, the opposition between the possible and the actual exists and then love an light (I don't know what I said) and then when light itself becomes aware, it's the same process.

This would be the creation of the sub-logos. So the logos focuses again and it focuses on things and as these focuses happen, just as the logos in being focused (sorry love). I assume you guys are familiar with this terminology.

(sighs) I can't believe how much time we've already gone through (laughs).

Whenever I write I always find that I end up so much more material then expected.

So in the focusing that produced the love, it's important to remember that in becoming aware (this is not accurate but I'll draw another circle here. Remember that this right here was infinity and we'll call that intelligent infinity I suppose, but) in this focusing, this paid attention to that and in so doing, this thing became awake but it's awareness is precisely intelligent infinity.

So all awareness (under my interpretation) is intelligent infinity. Every part of awareness, everything that is aware, that awareness is intelligent infinity as a potential.

Everything you are aware of is intelligent energy, that would be the kinetic. So all this stuff here, that's what you're aware of and even though everything that's aware of... sorry. We'll just call it subject and object.

So everything that is object is intelligent energy and everything that's subject is intelligent infinity but these things are simultaneous because everything that is an object is also a subject and any time an object becomes a subject, it makes it's connection to intelligent infinity. Which is why the connection to intelligent infinity, as I'm describing it, is precisely this becoming aware. When you become aware that's when you make a connection to intelligent infinity.

Now, we can go on and on about this in terms of the Ra material because I really think that Ra has a specific usage when he refers to the connection to intelligent infinity through the crown chakra. That's a very particular, we'll call it a particular becoming aware. Which is, that is, becoming aware of your own infinite nature.

But my point is what sees, what experiences, what witnesses without distortion what is always unified is intelligent infinity as a potential because the potential itself is never manifested. It never moves. It's the thing that yields the movement.

I feel like I've lost everybody

(A6)

Can you just real quick go through the entire rest of the Ra material? (laughter)

(Sephira)

I guess one of the things that I really wanted to get to is that the second and third distortions are really just deeply interconnected and so the way I've seen it is that the first distortion is a reflection of infinity itself and the second and third distortions are a reflection of that first reflection.

So you have infinity becomes aware and you have that awareness creates that reflection and in the next microcosm (timer beeps)... shut up. (laughter)

Because everything recapitulates that first step and you have that very same thing going on. So when love makes a statement, then it becomes a reality in the manifest world, the world of light.

I don't know if any of this is helping but I guess I have to stop here.

So maybe I'll just say read the entries. Maybe it'll make more sense.

I think it's a good thing a didn't become a professor.

(A7)

You're doing a great job, I mean that sincerely, I don't mean that...

(Sephira)

And Carla, maybe the diagrams would have helped, maybe not. So, thanks for listening.

(A8)

Would you consider doing a workshop or something?

(Sephira)

Yeah sure. Yeah sure, I could talk about this stuff until the cows come home.

(A7?)

Part of me was split in two. One part was 'do I care?' and hell yes we care because by examining these minutia you are determining really, really what Ra was... and of course if you couldn't make sense out of it that would make me doubt the message from Ra... at that fine level if it was nonsense.

So you were digging into privy to yourself that nobody ever...

(Sephira)

My goal was to, and to me this is evident. My goal was to show how this stuff is manifest in everyday life. So the first distortion is everywhere. The second distortion is everywhere. Ra says everything (on some level is a logos (?)) and so I kind of wanted to bring that out but I don't think I had time for that.

(A?)

When you rhetorically asked what makes you free, my first answer was our limitations because we were limited by the illusions, because otherwise there wouldn't be free will. You have to think that you have free will because you are separate from everything else. So it's your limitation that gives you your freedom.

(AX)

There's a paradox.

(AY)

Well there's a number of paradoxes that are sort of connected to this. The famous one in math is: can there be a set that consists of all sets? Does it contain itself?

The argument, Russell's paradox it's called, it can't contain itself yet it has to contain itself so it can't exist. So the basic problem is you can try to some kind of infinite recurring or infinite splitting into manyness, you end up with a paradox of that form.

(barely audible discussion of Schrodinger's cat)

One thing I'm sure of: that cat is either dead or alive.

**CARLA RUECKERT & JIM McCARTY PRESENT**  
*Q&A with Carla Rueckert & Jim McCarty*

(A1)

Carla, I have a question for you. I'm just going to dive right in. This is a question about channelling and I don't know if you can see me, ok.

What are the bodily or spiritual feelings that you feel right before you start to channel and I guess maybe my question is two parts. That's the first question and then, is it any different from when you were channelling, say Q'uo versus Ra?

(Carla)

When I'm channelling consciously, I do not feel anything. I'm in a focused place and I challenge the spirit and I sense the spirit response, ask the name, I challenge it in the name of Jesus the Christ. It says, "Yes."

Of course, I do, and there's usually a bit of laughter about that, the Confederation thinks it's funny that I'm so serious. They always say, "Of course! How could I not say that Jesus is the king of love, love is everything, not just for you all."

So that's all done before I get to the circle. Then we tune the circle by singing or listening to music or Ohm-ing or something like that. So the circle is tuned and I'm tuned and I mentally ask for pressure, "Are we ready?", "Yes."

Then I just let it go. It isn't a sensation at all. I'm focused, I'm waiting to get a thought. I get a thought, it's a big thought and I try to translate it into words and I get it out, ready to catch another concept. It's like playing baseball - catch, throw.

If I wait too long, if I try to get the infinite richness out of one concept, I'll lose the channel. So it's very Raggedy Andy from the inside out and I always feel like I've missed a lot when I get to the end of a channelling but it doesn't read that way which is great.

Anyway, there's really no feeling in it. I know when I'm tuned to the right place. I know when I've gotten myself ready and I know when they're ready because of sensing, but it's not anything to do with physical feelings. Now, when I first started to channel, I was asking for conditioning and I would 'tick tick tick' like that. They were just moving my mouth saying, 'okay, I'm ready to talk', but I soon tired of that and found a better way.

Does that answer your question or do you want more?

(A1)

About the Ra contact.

(Carla)

Oh, the Ra contact. I really don't know, I went out. The Ra contact started out like any other contact and then I went out and after that the Ra group explained how to help me do that. So it's just a matter of like going to sleep.

Oh, by the way, I wanted to tell you about the psychic surgery in Mexico. Pachita certainly did cut through. Don said he saw the knife go through the body and out the other side, like that, and then again. Don said it was everything he could do not to yell, "You're killing her! You're stabbing her through the spine! Nobody could live through that!"

It looked like barbed wire had scratched me and it felt pretty much like that. That was all, but Lee didn't see that. He was too busy working with the equipment, so it was Don's pen light that was going on and off.

He had the guts after he saw that, to put himself on the table and have an operation. Now this is one heck of a guy, and she was terrible to him [laughter]. She played with him terribly. He had a condition that's like hemorrhoids only internal, called piles and it was all flared up because bumping along on terrible roads and terrible airplanes, it had just gotten awful and he could barely sit.

So she operated on him for that. So what did she do but swear that she lost her ring up there [laughter] and so he had to come back and she had to operate on him to get her ring back [groaning laughter]. Ha ha.

It was a big ruby ring but she liked me for some reason, she liked me. When we were sitting around like Lee said first, she looked at me and I could tell she was asking me if I was scared and I grinned at her and I went like this, I wasn't scared. I mean, I know psychic surgery. Nobody ever got hurt. So then she called me Poprosita and she did a trick with an egg which usually, if she wants to get rid of you the egg smells bad or something and mine turned out to be a double egg. I don't remember, anyway it was something special and they said, "Oh, she really likes you."

But she really helped me out and they didn't do a test on it because the test could have thrown me into failure, according to the regular AMA-type medicine so Andrija was afraid to do any kind of a biopsy because that has been known to initiate kidney failure if you've had it before.

So they never tested me and I did not need to be tested.

(A2)

You did get to feeling better after the surgery?

(Carla)

My lower back got a lot better, yeah, for a long time. It didn't last forever but it was some years that I felt better and I stopped getting kidney infections after that. I've never had once since.

(A3)

You're arthritis, how'd it do?

(Carla)

Terrible. Nothing has ever seemed to be able to touch that. Ra hinted that perhaps it was a pre-incarnative setting that needed to stay there. I don't know. I certainly have learned a lot from it.

(A4)

Carla, I'd like to ask you about Andrija Puharich. I can't remember where I read this but about a year ago, I was looking at an article online from a source that I, at the time, it seemed like it was somebody that I trust to read a lot and he was presenting fairly extensive documentation suggesting that Andrija Puharich was a CIA asset and

had been used by the CIA to infiltrate UFO groups and I'm curious as to what your personal impressions of the man were?

(Carla)

Andrija worked with the CIA to help them develop remote viewing. I do not know what else he did with the CIA. There was all kinds of skullduggery going on. I was not part of it. Don was not part of it.

(A4)

I wouldn't have guessed that you were but...

(Carla)

Yeah, Andrija told us that he'd taught, that he'd worked with the people to develop remote viewing and he had worked also with the Mossad on Uri's behalf and this I think was the object of concern, shall we say. There's many a slip 'twixt the cup and the spy.

(A5)

Were you and Don there when he had a house fire?

(Carla)

Yes, as a matter of fact, Don said to everybody... Don and Jaime, this Mexican Lee referred to (was about 19 years old at the time), he and Don were up early. They had gone to a diner and had some eggs and stuff and they were coming back about 7:00-7:30-8:00 in the morning, no later than that. I wasn't on that trip.

So anyway, they saw smoke coming out of both doors, the front and the back. It has obviously been set. So Don knew where that big ladder was, for some unknown reason he had spotted it. Don never missed a thing and he and Jaime wrestled that big ladder up to the third floor window and got everybody out and the house was just torched.

Later that day he was, Don had saved everybody and he was obviously right on the spot and he was talking to the authorities told him that the accelerant used was only used by the CIA. So Andrija had become a supernumerary as far as the CIA was concerned and they were trying very hard to shut him down.

It ended up with Andrija in a small RV with his new young wife dashing across the southern United States and into Mexico for awhile to lie low and wait until the heat wore off. I do not know what the brangle was about. I do know that Andrija was an honorable person but honorable people that work with politicians and other people that are manipulating in a service to self way ask you to compromise sometimes and [14 second glitch in audio] only to be of service.

It was very frustrating. All he wanted to do is study and offer his research to the world and he was in the way getting an enormous amount of good material. By significant others from elsewhere. Now why they would shut that down, I don't know. Why they would consider him dangerous, I don't know.

Finally he cooled off and he went to North Carolina to stay at Josh Reynold's place, a beautiful place, 300 acres at least that had been developed by WPA in the '30's. It has lots of cabins, a lodge and you were totally off the grid, great big reservoir of water and the plan was for all of us to move there but unfortunately, and I really mean

unfortunately, there were a couple of older women, both of them very psychic, who were trying to manipulate the guy that owned the place, Josh Reynolds.

All they did was make him sick as a dog, pulling him around through Chile, underbrush at night, looking for UFO. It was so stupid I can't tell you. All he wanted to do was talk to Don and I was living in the house. Those two women kicked me out of the house because all he wanted to do if Don wasn't there was talk to me.

Now we were the only two that were actually making sense, studied for a long time, up on stuff. So he took to coming out to the cabin where Don and I stayed and spending all the time he could talking to Don. So it was like there were difficulties internally and this is often what happens to the best efforts, is that for some unknown reason there are temptations, egoistic temptations that people with a big ego fall into and they think that they are doing the right thing and all they are doing is distracting from the path and it becomes spoiled.

So Josh did not ask us to stay there. He would have if Don had, if he had just been able to talk to Don and enjoy that. That would have been enough for him. He was a sweet man, he was very ill, very frail and he wore all white all the time. That was the kind of energy he carried.

He loved Elkins and physics. Elkins, he wanted to talk to Don forever. Don had studied since the '50's (this was in '77) and Don was so completely in the know. He'd done all the thinking he'd done. Now it was before the Ra contact but the basic concepts are there in all of our material. There just not as clarified.

It was a shame. It was one of those near misses where for situations that you can have no control over, a beautiful thing falls apart. There were about a couple of dozen people that went down, it's called the mind link and we were psychic enough and good enough to all see the same thing and all go to the same place - a big space ship - and people perceived it in different ways but...[Carla laughs]

There was this one eastern European economist that ran through the house after one meditation session saying, "I have seen the UFO and I'm the chief! I'm the captain!" [laughter]

So Don speaks up and he says, "I've seen the UFO too and I'm the garbage collector." [laughter]

Don, at one point, played soccer with the young psychics that were along. Andrija had a lot of kids that he wanted to start a gene pool with in case of the complete breakdown and they really love soccer and they were in total awe of Don because he never got red in the face or breathed hard and he wore everybody out. He was in terrific shape. 6'5", incredibly healthy. Wonderful guy. He'd been a Master Sergeant in the Army and everybody loves him. As Lee said, he's an inspired leader of men.

He was incredibly masculine and you couldn't do anything that was nonsense. Whenever anybody came into his office as a Master Sergeant, he'd start twiddling his fingers like this and he'd start whistling [Carla whistles a tune] and he'd do that until they left the office. [laughter] But if he could fix it he would.

(A6)

Any more about Andrija?

(Carla)

I helped edit a book called "Time No Longer" in which he talked about the [glitch] the Earth energies, a lot of stuff that people talked about later, years later and Andrija had all the data on it and they never got that book published. Andrija was a very high energy guy. He was crude in terms of physical habits. He wore what was there. If there was a woman, he'd grab her and make love. If there was food around, he'd eat it.

I remember one time putting beans on, you know, dried beans, they weren't even at a boil yet but he was hungry and he just dished out some beans and ate them. I said, "Andrija, they aren't going to be ready for a couple of hours."

He said, "That's alright."

All he wanted to do was work and share it and he was constantly busy and constantly genial and open and loving and a good, good guy. A little crude, you know, that's what he grew up and he know how to nice things and he just, he started forgetting that he had to work rooms and get donations, so he started to run out of money and that was the point in which Don came aboard.

It was like the latter days of Andrija's wealth, because Andrija had invented a bunch of stuff for ears. When people were deaf, he'd invented things that you could do to put on the bone behind the ear to aid deafness and he made millions with those inventions and then he just spent it all trying to tell the world what was happening to him, that he was in contact with [Josehuva?] which is Jehovah, of course.

I was sitting there at the table with him and he'd get nine and nine, he had this couple of watches and they'd all stop on nine and then the tape recorder button would go down all by themselves and then there'd be a message.

I mean, this is happening. This is not, 'well I think I saw something, but it could have been marsh gas'. No, this was happening. It was the same information. If you look at the information that he published in the book Uri. It's the same basic information that we had that has come from all over the globe from all kinds of sources. I don't really know what else to tell you about him. He was just a great guy and not properly supported, he crashed and burned.

(A7)

I have a memory from you telling me that in order to solve that problem with the CIA, he met Kissinger and said, "Turn these things off" and after that, there was no more problems.

(Carla)

I don't remember that.

(A7)

Okay. Maybe I made it up somehow.

(Carla)

Or somebody else said it.

(A8)

I was just going to ask, in what ways during the day or what kind of connection do you two have, if at all, with the Confederation and Confederation entities in your daily life?

(Carla)

None. If I ask for them to be there, I can feel that back pressure. That's it. I work with the Holy Spirit. It's not safe to work with outer energies without a good group and being properly tuned and challenging the spirit. It's just not safe. Lynn talked about it.

(A9)

I have a question for both of you. How did the questions for Ra, how did you generate those questions? Did you get together and discuss what you'd like?

(Carla)

Mostly it was Don. Don would sit there and just peruse the previous material. He would carefully write out the questions he was going to ask then something that Ra said would twig his ear and he would go, "Now let me... what did you say?" and he'd be off on a tangent and he wouldn't get his questions asked. That happened over and over. The questions were very carefully considered and they were almost all from Don. Jim offered a few, I offered a few. Don thought they were nonsense but he was nice enough to ask. [laughter]

(A10)

Jim, did you get all your questions answered.

(Jim)

Yes. I only asked six or seven. I didn't want to waste the time on the line with personal stuff that didn't have a lot of importance but the things I asked, I thought might have use to other people as well.

(Carla)

A lot of love in our little group.

(A11)

I'll express an opinion. It could have gone on and I would have loved to read more but you got a whole lot of good stuff there.

(Carla)

Thanks, Lee.

I'm satisfied. I always was satisfied because Don told me he was before he died. He very clearly, remember that? He came to the bottom of the stairs and he was just in agony, but he came to the bottom of the stairs and he said, "Carla, I want you to know that you've given me my life's work and I'm satisfied. Thank you."

(A12)

And that was this house, it was right here.

(Carla)

Right here.

Yeah. We wouldn't leave this place unless we had to. This is the place that Don bought. We're still working for that beloved companion and we'll keep on doing it until we stop breathing.

Thank you guys for helping us. The collaboration is fantastic.

(A13)

Somebody this weekend asked me about the framework that's on this tree over here. I remember reading about it in the Ra material but can you tell us how that came about?

(Jim)

[Laughs] It's a framework that fits the fish pond in the front, it's got a net over it supposedly to keep the leaves out of the pond. If you go out front and look now, you see the tula poplars dropping the leaves. I decided last year not to use it anymore and just to dip them out with a fish net. So the next big bonfire we have there, I'll probably burn that up.

(A13)

I'm talking about, what's the one that's on... vertical next to the tree. It used to have chicken wire on it. Didn't it have something to do with energy, when you first moved here?

(Jim)

Which tree are you talking about? I'm talking about the tree by the fire pit.

(A13)

It's a vertical kind of lattice work, it used to have chicken wire over it.

(Jim)

In the background, that oddly shaped thing is what I was talking about. In front is a couple of old flower trellises that I brought home from a neighbor customer but there wasn't anything fancy or valuable in the way of metaphysical balancing there.

(A14)

She might be referring to the pyramid that you built from specs or something. That's not it though.

(A13)

No, I was thinking at one point, there was... you put up something with chicken wire that kind of funnelled energy or something. Maybe I've got it mixed up with something else.

(Carla)

Oh, you're probably thinking of the cleansing. If you want to show a spirit which way to go, you make a funnel and you point the way to go and then you hang garlic. I don't think we ever did that here. We did that in Georgia.

(A13)

I'll have to reread it if I can find it.

(Carla)

We did cleanse this house but it was just a matter of the salt. If you've read that, was it book four, I think it was... no it was in book five. If it was in the regular material it was in book four.

(A14)

Jim, you walked in that pair of people who were dedicated with each other. Was there any moment of, 'what did I get into here?' or were you always fully committed and stay that way through it all?

(Jim)

Yeah, for some reason throughout my life, the various choices that I've made have all felt right and I've never questioned them and it was especially true with joining Don and Carla but as I said, I first had to go out to Oregon and work there for awhile and then figured out I needed to be with Don and Carla.

No, I never questioned it at all. I thought I was in the very best place in the world for me and for being of service and I still feel that to this day.

(Carla)

Jim's a real simple guy. One time I asked him, "Are all you ever say is yep, nope, and maybe?"

He said, "Yep." [laughter]

Then he thought about it for a minute and then he said, "No."

Then he thought again and he said, "Maybe." [laughter]

I love it. I can rest in Jim like I rest in God. The cleft in the rock for me. They grow them like that in Nebraska.

(A15)

So there's Warren Buffet and Jim.

(Carla)

[laughs] Right and a few other Huskers.

(A16)

Do you have a definition of inner planes and outer planes other than invoking the concepts of invisible and visible?

(Carla)

I am both time/space and space/time. An inter-plane entity is... well actually, the way I use it in reference to the various contexts is, if it's an inter-planes entity, it's safe, it's within your aura. It can not hurt you. It's your guidance system and if it's outer and other-than-you, then I call it outer-planes or extraterrestrial.

A lot of times I have used the time/space to try to explain the difference between the unseen realms and the manifested physical realm. The consciousness for instance, is in time/space. Our consciousness is sort of in our hearts, not in our heads.

Our heads, we're generating solutions in space/time. It's a linear phenomena. If you want to get into insight and transformation and gnosis, then you're going to need to move into consciousness, which you get into by becoming silent and asking and waiting and just abiding in that silence.

So that's the easy inner door to the unseen world, is silence.

(A17)

I have a question for both of you. How does one teach another person or go about developing discernment? I think discernment is really important. I mean, spiritual discernment and discernment in general in life?

(Jim)

Developing is something I guess... I just let it occur. I've been blessed with this feeling inside that tells me whether or not something I'm reading is important for me, or if something I want to do is the right thing to do and just by listening to that inner voice it seems to strengthen it. It's not something that I consciously developed, though and I wouldn't know how to tell anybody to do anything other than that.

Listen to the first impulse that comes when you ask sincerely, "Is this right for me? Should I do this? Is this okay?"

(Carla)

I don't have a better answer. I think you just have to get to know yourself.

(Gary)

Carla and Jim, we're at thirty minutes. Did you guys want to continue or wrap it up?

(Carla)

We can continue if you want to. Do you have any more questions?

(A18)

Is there anything we can do to make the instrument more comfortable? [big laughter]

(Carla)

Buy a cap! [laughter]

(Gary)

Is Melissa in the room with you?

(Carla)

No, she's probably mad at me for saying anything but she moved Heaven and Earth to get a cap that has been made from recycled materials and everything is first class about it and she's been, I think, worked harder on that project than anybody should and put her own money (and let me tell you, she counts her pennies), put her own chicken money into it to... egg money, to make it happen and I dearly would love to see her make her money back.

There is an Avalon can if you just want to donate to Avalon. I don't know where Melissa, somebody's got to tell Melissa to get that can out.

(Jim)

It's out, it's in the office.

(Carla)

It's in the office and Jim will... will you get the get a basket for regular donations? Can you do that?

(Jim)

Yep.

(Carla)

Jim will get a basket marked for L/L donations. Put your name on your donations if it's cash, so that we can give you tax receipt. I moved Heaven and Earth back in 1980 to make us legal and we are very legal, and we should be, of course, but when you start out, you have to have two hundred people donating money. So I separated all the married couples so that we'd have more donors and made it. We got stuck in as a 501C3 and all that work will never go in vain because you can get tax benefit from it that way.

You know, I've got to pay the bills. It's important to a lot of people that they do that.

(Gary)

When we do the round robin this evening, if you could make sure Melissa is in the room with you, the group will send her some love through the PA system.

(Carla)

Okay. I don't know where she is. She's probably cleaning up something or getting something ready. She's the best hostess I've ever known and I'm so grateful because I'm stuck here in bed and can't do it myself. She knows just how to make you feel at home. A lot of love, I have a lot of love for you guys and she's done more to manifest that than just about anybody but Gary.

(A19)

Could I ask each of you if (I'm over here) you have advice for people living with a seeker, kind of dedicated in the same direction, like yourselves, how to make that go, how to make it go?

(Jim)

Always talk. Whenever there's a problem, don't let the sun set on the problem. Talk it out before you go to bed.

(Carla)

Especially when you don't want to. I totally agree. That's it. Get into your heart and then get into your blue-ray and give the truth. It helps if you start your sentence with 'I'. Take responsibility.

I considered, "Well you said 'so and so'. You did 'so and so'"

Well, I thought that you said, 'so and so'. Well you know what? It turns out that it's usually a misunderstanding, that you hear wrong. You heard it wrong, inadvertently for some reason. A lot of times Jim and I will both have somewhat faulty hearing and we can... yeah, it's scary to open yourself and be vulnerable to somebody else, to be undefended, but that's the absolute nature of blue-ray, is to be totally trusting and undefended and willing to be hurt in order to share your shining truth. Not because you're right but because it's on your heart and then if somebody says, "But you're wrong, wrong, wrong."

You say, "I probably am. Tell me, why do you think I'm wrong?"

Instead of saying, "No I'm not!"

Let people vent and then get down to the nitty gritty and don't be scared if you're loved one becomes an ugly snake and is snarling at you. This happens to everybody from time to time. Hold her in your strength and rest while she gets it out, all the ugliness that is built up and trust that it's okay. Then after the venting is done, talk.

For guys, usually they'll want to punch a hole in the wall or something and women cry. That's an over generalization but there are different ways of showing unhappiness and anger stuff. It helps to know what your mate is doing, really.

Is she crying because she's sad or is she crying because she's angry. You just hold her in your knowledge that all is well until you can get some kind of a clue as to what's going on and for women that are doing the same thing with a guy that's raging around and not making sense. Hold him in your inner knowledge that all will be well and trust him to go ahead and get it out and get back to you and then heal.

All you have to do is heal is want to heal and the other person want to heal, and you heal. Simple. It's so simple that people miss that. It doesn't take anything big. It takes a willingness to heal, willingness to let it go, willingness to forgive.

Okay, I got it wrong. I was an awful person, I'm sorry. Okay. What happened?

Nothing happened. Let's watch TV. [laughter]

Ice cream helps. [laughter]

It's so good seeing all of you up here. I'm just so thrilled. This is so lovely. Thank you all so much for coming.

(Lee)

I'll fill a little hole then, give somebody a chance to come up with a question. I forgot to announce this morning that I posted some pictures that I took down there in Mexico in Tepoztlan. It's on a thread on the forum called 'the inevitable picture thread' or something like that and that's giant but I think they were about page five and I wish I still had the film that I used because those pictures all of us look very young. [laughter]

(Carla)

It was on the way back from the trip that we did the TBS television show that's on Youtube and if you want to see a master at work, look at it and watch Don. What a joy.

I forgot to take my lunch pills guys.

Okay. Ask Jim some questions. He's a fountain of knowledge. [Jim laughs]

(A20)

Well, I think you can do a lot more with plants and soil here than you could in Oregon, although it got wet there too.

(Jim)

Well, Oregon actually seemed to me to be an expanded Kentucky. The hills were larger and broader, the trees were bigger. I felt quite at home there. Everything was just a little bigger.

(A21)

I have a question for Jim. In the Ra material there was something about you contemplating positive wisdom and negative wisdom, it has to do with the spider bite. Could you talk about negative wisdom and positive wisdom a bit?

(Jim)

Well, in that particular situation Don wanted to put, at that time we had three books of the Law of One and he wanted to publish them all together in one book, even though we couldn't afford it. So I thought it was a goofy idea and I disagreed with him and I let that disagreement go overnight. That's where I learned not to do that and overnight I was in my bed and my arm must have been like this in the bed because I got a spider bite the next morning. If I put my arm out like this you could see there were two bites but back here on the arm like that, it could have been one bite.

Anyway, after that I gained about thirty pounds of water weight because the bite was energized by our negative friend in fifth density into an intense allergic reaction and that was what caused a significant problem with my kidneys. The whole thing was that I had allowed myself to separate from Don and to not resolve the difficulty and that is negative wisdom.

To use that which a mind/body/spirit complex has gained of wisdom for the separation from another self is to invite the fatal bite of that wisdom's darker side, is precisely what Ra said about that. So positive wisdom would have been to see that I needed to resolve the difficulty with Don and to do it rather quickly because we were in a situation where we were standing close to the light and sharing it with others. That light attracted the attention of negatively oriented entities because that light is power. They want power and they will attempt whatever is necessary to get the power and providing temptations to you when you are in a vulnerable situation is one way they might find an inroad into how to either get that power for themselves or put out the light. Either one would be satisfactory to them.

So what I needed to do was exercise positive wisdom and to resolve the difficulty with Don.

(Carla)

The trouble was, Jim was right. We were getting more information all the time. We published three books together when there were six and seven and twelve, more sessions, made absolutely no sense and I'm not sure what was on Don's mind. Jim was right without it being helpful to be right.

(Jim)

Yeah. It didn't matter at all that I might have been right. What mattered was that I allowed a separation between us to exist.

(Carla)

Yeah.

(A21)

Thank you.

(Jim)

Sure.

(A22)

Jim it seemed like at the beginning you were a pretty reluctant channeller. Did you ever get real comfortable with it and it become smooth for you or have you always felt kind of reluctant?

(Jim)

Well, I worked at it for, I guess, twenty-five years and at the end of the channelling process for me, I felt relatively comfortable with it but I figured I'd scratched and clawed my way to mediocrity and we really didn't need another mediocre channel on the planet, especially when I'm sitting next to Carla. I'd figured that I had other things to do that would be better use of my time. So I really don't channel anymore unless we're having a channelling circle and being as a teaching device and then I'll become a part of the channelling circle.

(Carla)

Of course, I don't agree with that. I think Jim is just equally good with me, it's just that his style is different and I used to be so grateful that he would take questions at the end of a session. I would take the question that started the session and of course, you expect it to go on for awhile but then at the end, you're running out of time and you're running out of energy and people are asking all kinds of odd questions and Jim would be able to channel the same sense, the same answer in one tenth of the time of the words that I would take.

We didn't need poetry at that point. We needed terseness and clarity and Jim was perfect for that. So obviously he's the one that calls himself mediocre and everybody else doesn't. You cannot argue with how a person feels about himself. You have to let it be. It broke my heart when he quit, I'll tell you.

(Gary)

I would like to note here that I gave Jim the Pepsi challenge (I see Jim smiling), [laughter] I went through the channelling and I found excerpts from Carla channelling, I found excerpts from Jim channelling and I removed the part where it identified it as either Jim or Carla, then gave it to Jim and said, "Jim can you identify who this came from?"

He maybe got fifty percent right. Something in that order? So other's may not see his channeling as mediocre as he sees it.

(Carla)

Exactly. Thank you, Gary.

(A23)

I certainly didn't find it mediocre at all.

(Jim)

Well, thank you. [laughter]

(A24)

I suppose occasionally, maybe even in your group, but somebody suggested, we could edit this stuff up and put things into order. I even thought, maybe I'll do that as a service but it wasn't... quickly I realized, no. It's better to have it so undistilled and unedited. Just let it come out the way... so was there ever any discussions with you about trying to...

(Carla)

No, it was authentic the way it was.

(A24)

It sure was.

(Carla)

We felt strongly that we were putting out our research that may or may not be helpful to people and we just humbly offered it in case someone might find it helpful, especially a serious seeker. That was our whole, whole, whole.

I mean, I edit a session before it goes up online but I edit for clarity. I footnote so that people know what references are in there and why they're in there. I don't think that there's any reason to put a spin on this material. It is what it is. It's offered straight way, it's offered authentically and you can feel that. You can feel the authenticity and I think, one thing you've got to realize about this material is when you're reading it, you might try reading it out loud. There is an energy that comes with it that doesn't have words.

It's much more informative and important than words and you pick that up as soon as you pick up the material, they were able to press that tape recorder with that, that energy. I don't know... has anybody else noticed that?

(A25)

Yes. Definitely.

(Carla)

So. They were lovely words but I don't think there's any spin you can put on it. The best I could do to make it, to straighten out things and make it clearer was the book I wrote a couple of years ago, before all this happened to me, 'Living the Law of One 101: The Choice'.

I sort of deconstructed the basic materials of infinity and unity and love and light and polarity and then I got into the chakras and worked with what energies go with each chakra and how you can work with them, just so people could have a little handbook of, 'okay, it's not everything'.

I didn't try to put all the stuff in that came up sideways, like the pyramids and crystal healing and UFO disclosure and stuff like that. I was just trying to give to a mainstream person starting cold, the opportunity to get

his head around this material and see if it might help in this walk. There are a lot of times when you don't have to be a religious person in the usual sense to have a spiritual life, so if it helps somebody in their walk, then I'm thrilled.

(A26)

Well, I wholeheartedly agree. It's brilliant to keep it just the way it came to you.

(Carla)

We guarded it that way and we'll continue to. I'm a little uneasy Tobey Wheelock's numbering of the sessions and the questions just because it looks so much like a Bible, but it makes it so easy to use, my gosh. It's a brilliant thing that he did, but never ever look at this as an authoritarian piece of work. Never quote it at people. That's not why they offered it. Don't go there. It's not a religion. It's nowhere near a religion. It's a philosophy, a cosmology, a metaphysic. It's something to think about. It's a great, big barn, really, which fits everything under it and shows you where it goes.

Okay, this distortion over here, oh I see, it happens like this. Like they explained my distortions, they let me wear my cross when they were trying to get all the metal out of the room, they let me wear my cross because that was my distortion. They didn't want to take it away. They wanted to work within my distortions. They set up an altar with all my precious incense. The cross, the cup, I had a virgin cup that had been given to me. It was perfect. It had never been drunk out of.

What else?

(Jim)

The Bible.

(Carla)

The Bible, opened to John 1, "In the beginning was the Word and the Word was with God and the Word was God" and you know, the Light shineth in the darkness and the darkness cannot put it out.

We still have that altar in the living room, right in the midst of all of our stereo everything. That's part of our daily life.

(A27)

I think we're all going to go with our cameras now and pose with it.

(A28)

When Ra spoke about the alignments being off with those things that you just mentioned, could you feel that?

(Carla)

No. He was talking in code anyway. He was telling us that we were asking stupid questions.

(A28)

But you couldn't sense that anything where you were, about what was going on here at all?

(Jim)

No. The actual physical Bible, chalice, incense, and so forth needed to be in a general alignment and Don was always careful to put them in a general alignment with Carla's body but Carla herself couldn't feel any type of unalignment if they happened to be out of it. The only physical problem that ever occurred with anything close to the accoutrements, Ra called them, was that at one point there was three wrinkles in the sheet that were making interference with Ra being able enter through the crown chakra and use her body to make responses to Don's questions. At that point Don was asked [glitch] Ra also mentioned [glitch] antenna [glitch] steady contact so we were [glitch].

(A29)

I think we need that antenna now. [laughter]

(A30)

At the end of that answer you were broken a bit. I guess you were talking about her hair. Is that what you were saying?

(Jim)

Right. Ra said that the hair, when it's at least four inches in length, serves as a means of stabilizing a contact. So at one session, her hair was not combed enough and we, after that session were careful to keep it combed so it function better as a stabilizer for a battery for the contact.

(A31)

After being with this information for as many years as you have, are there any other questions, or burning questions, I guess, that stand out more than others that you would ask if the opportunity came again to have the specificity of the Ra contact?

(Carla)

Speaking for myself, No.

(Jim)

I'd love to investigate the tarot more in depth, the body and the spirit that we weren't able to question in depth like we did the mind.

(Carla)

True. I'd love to finish that. It's eternally unfinished but there were hints and inklings and clues. It gives you something to work on, for sure.

(A32)

I have a guest in my house who I've known for many, many, years. Now though, he is legally blind. He still can see shadows, light and dark, well, he'll even drive his car if it's bright daylight and it's where he knows where he's going... I read Ra and that's what we call it, reading Ra, and if we skipped a few days he'll say, and it took me a little while to tell him, "You know, why don't I just read a page? The first session?"

Finally, he was the one saying, "Hey, we haven't read Ra."

So, we're into book four now.

(Carla)

That's keen. How about that?

(A32)

He loves it. He really likes the stuff.

(Carla)

A lot of people use it as they're commuting.

(A32)

I enjoy reading it out loud for myself. He gave me the opportunity to do that.

(Carla)

Well guys, I think we probably have to wrap it up because I'm starting to get kind of uncomfortable.

(A32)

If there's something we can do to help this instrument is to end this session.

(Carla)

Buy a cap.

(A32)

Okay, and love Melissa even more.

(Carla)

Thank you everybody.

## FINAL ROUND ROBIN

### *What is Possible?*

**Note from L/L Research:** Each year we formulate a question for all in attendance to consider. As our dénouement for the weekend, we go around the circle one last time, each in turn responding to the question posed at the beginning of the weekend. The question for the Homecoming 2012 was, "What is possible?" Meaning, basically, what is possible upon this planet? What can third-density beings achieve individually and/or collectively? There are no limits placed upon the imagination here.

Only the speaker's gender is identified in the transcript below.

**Woman:** It's possible on this Earth that 48 hours ago a lot of us didn't know each other [inaudible] no strife, basically all of us [inaudible] it's a perfect model of what's possible in the coming years that we just, you know, I just can't imagine what kind of power of light is above this tent right now [inaudible] and we just need to keep doing it.

**Man:** I think it's possible that we cannot destroy the world also [inaudible] a nuclear war or any number of things that also seem possible (laugh). I think it's possible that this transformation into 4th density will be apparent to everyone on the planet within my lifetime or our lifetime so I think that we may be in a unique position where our lives started in one sort of world, type of world, and it's possible that before we leave this incarnation we will have seen the transition into another world.

**Man:** I think it's possible to let go of the past. And I think it's possible to not worry about [inaudible] I think it's possible to be in each moment, to live in each moment.

**Man:** I'd turn it around and say, you know, what isn't possible . . . what isn't possible. You know, what isn't. We're all here just experiencing, you know, the density, you know . . . we are the Creators experiencing Itself and so with faith, and hope and willingness and intent, anything is possible . . . anything is possible. I thank you all for being here and allowing me a place to reside in this peace and this energy for the last few days . . . keep hanging in there cause it's going to be a great ride.

**Man:** Okay, is this our own personal . . . I don't know (laughs). I think the first thing you have to do is first . . . the average ordinary person has to be relieved of their financial issues. People right now are hunter-gatherers basically instead of eternal beings. We have to stop that. It's not going to be hard to do that actually when you start looking at it. Once that's done you need to create an environment where technologies have been suppressed for a long period of time are brought out. You need to create charitable opportunities that . . . charitable opportunities will be out there where there really is return and it's a positive thing for everybody. And I'm going to be a part of all of that so, honestly, I look forward to the future. I think this world we have right now has so many deficiencies and it can be fixed very, very easily as a matter of fact.

**Man:** I'm sure most of you have seen that bumper sticker that was popular back in the 70s and 80s that said "Think globally and act locally" . . . and what I think is not only possible but desirable is for those of us here not to leave our bonds of friendship stretched all the way across the world but we should try to get together more often than once a year.

I know for me that homecoming is the highlight of my year. It recharges my batteries and I realize that some of you come from a very long way to be here, but others are much closer and I want to invite all of you to get together with me whenever you want to have a mini-Homecoming. There are lots of things we can do. I'm

blessed to live in a part of Kentucky that has easy access to absolutely beautiful landscapes that have great places to hike, and which also by the way, provide great places for outdoor meditation. Anytime you want to get together for a hike or outdoor meditation or workshop or a walk in the woods or do a little bit of gardening, I'm always available.

I also think there are opportunities for us to provide services to Jim and Carla here at L/L Research . . . there's a never-ending list of things that need to be done and I'm sure Gary would be happy to coordinate with us or Melissa if we wanted to come down and help them out for a weekend. We can always get together just to have supper in Louisville or any other place. So let us do what we can to connect with each other on a one-to-one personal level throughout the year between now and the next homecoming.

**Woman:** Well, I think it's possible for us to transition into 4th density very favorably especially with people like us gathering, and spreading, and talking, and working on talking to our higher selves. And I think a lot of things that we concern ourselves that affect us in this experience in 3rd density really are going to change quite a bit over the next 50 years or so . . . so I'm looking forward to the process, and I think it's going to be interesting and a good one.

**Man:** I think we can feel the Earth and in 4th density move freely about the Earth, love freely . . . well, it will require a lot of transitioning and meditation . . . a lot of emotional processing, and also a lot of helping others who will also be transitioning. So I hope that we keep not only working on our own energies which are of course doing good, but also we help energize our fellow -- other people that are going to be . . . maybe they'll see some catalyst as the world starts to change [inaudible] and I hope we can guide them through the change so that we can know all and love all.

**Woman:** To me this question "What is possible?" is often mired in despair, and doubt and possible limitation [inaudible] What's possible for me is feelings. What's possible is I will find a way to live in this world in ways to express my gifts, and to be of higher service to others, to connect with community, to be fully creative, to feel love and to feel that in this planet and this realm that I have found a home away from home.

What's possible for Earth I feel as well it's possible to experience healing and transformation. I think the planet herself would do just fine without humanity (laughs). What is possible for humanity I believe is more fragile but I'm hopeful that we'll be able to transform with this planet and to heal ourselves, and to have a collective experience of love, and cooperation and humility. I believe it's possible that we'll find ways to overcome notions that we're separate or somehow some are better than others, and that we will experience the spirit within all.

**Woman:** My original one got taken (group laughter) but I don't think there's anything that's impossible. We have the power in our hands to create whatever we want so I think the thing I'll go for next is our contentment if possible wherever you are, and whatever you're doing and whoever you are, there is enough love in the Creator for you to find joy and stillness and peace in your heart even if things aren't going so well cause there are a lot of things I would like to see change on this planet but I'm finally getting to the point that I can sit here and be perfectly content with my life, and I can look in the mirror and be perfectly content with the person I see and that has been a life-long journey . . . and I think it's . . . if people could hit that possibility, a lot of the other stuff would just take care of itself.

**Man:** I just wanted to say I'm really glad I came out and met everybody. I'm looking forward to working with everybody in the remainder of 3rd density here ever how long that may be, and I'm especially looking forward to working with everybody in 4th density cause I'm sure we're not all going to forget about each other or anything like that so, that's it.

**Man:** Social memory complex. I think that it's possible to rejoin the truth and the beauty of this local universe and the infinite universe.

**Woman:** I'm more with [inaudible] and Jim here, there are infinite possibilities so what's not possible? And I'm also looking forward to Gaia's positive social memory complex. When it's going to happen it's going to be a beautiful thing to watch and see (up close?). I'm really looking forward to see that.

**Woman:** I had a little thought said that what this weekend has shown me . . . I mean this weekend has felt completely surreal to me but in a very good way. Part of my vision that I've held for a few years now is the ability to be open and honest with everyone that you meet. And for the entire planet . . . that that is possible even though a lot of times I feel quite naïve for feeling that because of what I see every day but this weekend has really helped with not feeling so naïve because it's obviously possible on a much larger level than just this little house.

**Man:** I think it's possible . . . sometimes I feel like I spend my whole life learning that it's possible to stand in the face of adversity . . . and I don't mean conceptual adversity, I mean the adversity that confronts you right here and now, and is telling you that precisely what you're doing is what you ought not to be doing. I mean to know in the face of that adversity that not only ought you to be doing it but you look that adversity in the eye and proclaim precisely your truth, and then to not feel any doubt about that. I don't mean no doubt in the sense of conviction, but I mean no doubt in the sense of the connection between the heart and the mind that is not restricted or blocked off and perhaps within my own life that possibility has been sometimes hard to see. And perhaps for those who live in the heart . . . let me try again.

For those who have spent so much time in their minds, it's difficult to figure out how it's possible [inaudible] but I think that's possible. And I feel like that's precisely what allows you to not only face the adversity, but make that adversity realize that it's not . . . it can't resist you because you didn't resist it.

**Man:** I wrote something for me and then for the world . . . for me it is possible to become a white adept, a magician. This of course will take the utmost dedication, devotion and discipline. And also to become a leader of sorts, a leader for love, light, freedom, truth and justice. I feel and know that this is my destiny and my greatest challenge. And for the world, I feel that we can have heaven on Earth if the majority of people would simply follow the golden rule: to do unto others as you would have them do unto you. It's possible for love to cast out all fear. It's possible for light to illuminate the darkness. It's possible for freedom to overcome tyranny. It's possible for truth to dispel all illusions. It's possible for beauty to transform [inaudible] It's possible for peace to replace war. And finally it's possible for me to overcome my fear and anxiety of speaking to a group of people . . . this I must do to become a leader. Thank you . . . love you all.

**Woman:** [inaudible] I think the question is so cool. I know it's possible for me to achieve complete communion with my higher self.

**Woman:** [inaudible] This is a very difficult question to answer. I believe every single person on this Earth can come to [inaudible] and with that there will be [inaudible]. For me personally, I believe it's possible for me to be just a mirror so everyone sees themselves just as I see them . . . love and beautiful and there's an innocence in people, and I'd like them to see that through me and just feel encouraged and just loved . . . so be an example to everybody. That's it.

**Woman:** [inaudible] It is possible for everyone to feel happiness and joy, and to wake up every morning and go out and face the world with a smile [inaudible].

**Man:** [inaudible] It is possible (laughs) I just found out what I was supposed to say (group laughs). I think it is possible to live in each moment as if you chose it and . . . I really like Carla's example of when someone cuts you off in the freeway when you're in the midst of feeling this agitation, that you know, eagerness to scream or do something you can exercise the awareness, your free will and see the different paths in the moment. [inaudible] And there is a quick little fix-me-up that I will sometimes use in a pinch or [inaudible] it allows me to be a

beacon of light that I may reflect to others my true nature and in so doing [inaudible] And I would like to thank each and every one of you this weekend for a fabulous time.

**Man:** I'd like to go back to what Gary [inaudible] says about enlightenment as being a possibility for what percentage of the population I really don't know, but I think a significant number of people can achieve enlightenment, and for those of you who don't know, enlightenment isn't a nebulous or arbitrary condition, it is a level of consciousness that is measurable [inaudible] on the human scale of consciousness ranging from zero a hundred percent – over a hundred percent there is no reason for you to be here anymore.

Enlightenment occurs at about 70%. It's like the consciousness of the planet crossed over for the first time in its history the [inaudible] mark in the year 2000 and we have in 12 years [inaudible] 30% or come very close to that. That means the result is that the longer that you're here, as well as those (muzzles? – his term for non-wanderers) I call non-wanderers, has been escalating dramatically over the last 12 years. It is necessary for wanderers to do the work . . . wanderers who wanted to be here to have a 3rd density experience, and you have to do the same work in order to radiate the [inaudible] experience enlightenment just as a [inaudible] does.

But it's very achievable for large numbers of people, and if you have not made that commitment yourself to do the work to clear the either imprints or emotional blockages that you have stored with you or didn't undertake a meditation program to learn to moderate and to govern the energy that you have as well as what [inaudible] then you're missing a huge boat, but I think we can achieve another, at least another 10% before the harvest concludes which would be a dramatic emphasis to the beginning of 4th density on Earth.

**Man:** Well, I can be a walking talking example of what is possible. I grew up here in Louisville, and I've tried to be a good friend, I've tried to work hard and do well in school, but then I moved out to the Bay Area, Silicon Valley, and that place is a pressure cooker, high stress and I ended up feeling put upon by bad people – well it turns out they were just very confused people who were also under that same kind of stress, and some of the things that they did to try to relieve their stress made me a victim of some of that stuff. So I carried around a lot of resentment and anger out there, and I was able to . . . well I kind of decided enough of this and I'm not going to tell you the process right now, but ask me and I will.

I really turned myself around and became a much cooler guy and I'm so grateful that I did. So you can too. If you have lived a fully happy life since birth with no roadblocks, no afflictions, then you're not a wanderer. No doubt that we've all had things that have really held us back that have given us a lot of trouble or a lot of self-doubt, a lot of low self-esteem . . . we're wanderers because we literally programmed that into ourselves otherwise we'd be pretty arrogant, we'd be insufferable, we'd ruin ourselves, we could get ourselves into trouble, and not even get to the harvest our own self. So that's why we have our troubles. [inaudible] but it's possible to still be very helpful, to [inaudible] to get more people on the decision-making road . . . let's face it, it's always to be service to others, and if somebody approaches service-to-self, we can encourage them to do that too . . . it doesn't matter, they'll still harvest [inaudible]. Any questions, see me later. I'm glad I'm here.

**Man:** And that concludes our final session for the weekend. I'd like to say something about dinner, and then I think we're going to hug each other (group laughs). So we have some time actually, dinner got moved up to 7:30 in the restaurant – the same place we've gone the past two years right out here in Hazelwood until it ends, and where it ends, right across the street there's a parking lot, there's a series of small buildings and in that series of small buildings is the Village Anchor. So it's basically, to make it clear, at the end of this road. Those of us interested in walking, at the risk of being rained on, let's say 7:10 we'll meet out front and we'll walk together as a group. We typically walk up there and walk back but some of you, because of the rain, may prefer to drive. So at 7:10 we'll meet and we'll walk up there, and our reservations are at 7:30. That's it for me. On behalf of Jim, Carla, Melissa, Romi, myself, L/L Research . . . everybody . . . thanks to everyone for coming. We love you all

and it's worth every ounce of effort to make this happen. You guys lift us up (sigh of relief) . . . thank you.  
[Group applause.]