

L/L RESEARCH



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THE PARTICIPANT-DRIVEN SYMPOSIUM

## PRESENTATIONS & DESCRIPTIONS

Roman V	<i>What is my service?</i>	My presentation will be about the lessons I have learned during my work with L/L Research. I have moved to Louisville in the early 90s to participate in the channeling sessions. I will talk about my experiences during this time and what they taught me about the nature of spiritual seeking.
Gary B	<i>Silent Intensive</i>	I will share a report of my first intensive silent meditation retreat in the mountains (seriously I was on a mountainside) of beautiful western North Carolina, where the wild Buddhist roams.
John L Jenellen F	<i>Firestorm: Reflections on Spiritual Awakening</i>	Celebrate the Positive Path with an uplifting ritual, poems from poet John Love, and songs by vocalist Jenellen Fischer.
Pupak H Thanasios M	<i>Offering Our Gifts to the World</i>	This presentation is a personal talk about who we are and what our gifts to the world is.
Ken W	<i>Film and Reflection</i>	A showing of a couple short films I'm working on followed by some personal reflections of how I found myself in my current situation.
Wayne H	<i>Coming Home</i>	A personal story about about an impersonal love. From the path of Bhakti Yoga, or Union through the love of God, we will shed some light on practical tools from an ancient lineage. God Bless, Namaste, Ohm.
Jim I	<i>This Seeker's View of 3rd Density: A Story of Challenges and Blessings</i>	I would like to share a narrative about some of my experiences as they pertain to my path of seeking and service.
David K	<i>Interactions with Non-Third Density Life</i>	I wish to share some experiences that I and a few friends have had with life. Since this organization considers itself to be research oriented into the nature of love and light, I offer these "stories" as examples of the nature of life that we typically do not experience. Many people would consider someone telling such stories to be a few fries short of a Happy Meal, but I think those attending this meeting would accept some insights into parts of reality that broaden our perspective. Lots of things I don't fully understand. Perhaps hearing the stories will stimulate your thinking. Every experience I'll share has been for me spiritually pleasant and exciting.
Jim M	<i>Q&amp;A with Jim McCarty</i>	Jim will be taking questions from the circle regarding L/L Research, its material, spirituality, and the championship prospects of the Nebraska Cornhuskers this year.

**ROMAN VODACEK**

*What is My Service?*

Gary: Romi, as I've probably told, moved to Louisville in the early 90s to be a part of L/L Research, and was a key ingredient in making a lot of the channellings possible because in order to have the channelling, a minimum of three people were needed. So he has been here in Louisville for over 20 years and his mom was struggling with health concerns back in the Czech Republic. He was born and raised in Czechoslovakia when it was under communist rule. So earlier this year he decided to go back to the Czech Republic. He sold his house here, in Indiana actually, gave up his career, moved back to what is now the Czech Republic to take care of his mom, and this is his first time back in the States since then. I missed him. So he's a good beloved friend and missed. And you're on.

Roman: Okay, it is easier for me to stand when I speak so that's why I'm standing when I'm talking, to be better at thinking on my feet. What I wanted to talk about, what I want to talk about today is the concept of finding your service. That is not how it came into being. Jim and Carla have asked me a few times if I would at the Homecoming talk about my experiences of working with L/L Research for 20 years because I actually moved to Louisville in '92 to be closer to Jim and Carla and help L/L Research in some way. But when I thought about it, what came out of it was really about the nature of service that we each have to perform.

In the books that you have, besides the couple pages where it's basically my notes about the topic, I have also included three channellings, three transcripts of channellings that I feel illuminate what I am trying to say in my own words. I have one channelling from '85 on the nature of service, and there's another one on the topic of "Who Am I" and the third one is, I think is about service and worrying about finding out what it actually is so you don't run out of time, and then there would be no service, right?

So as I said, I grew up, I was brought up atheist, went through university, didn't have much room for faith, did my time but kept seeking. I eventually came across the materials that L/L Research has been gathering for some time. I came to visit one of the channelling sessions, public channelling sessions, here in Louisville I think in the early '90s and I was fascinated by it. My interest that drew me to seek initially was the mystery of the UFOs. I was always interested in the UFOs since I was a teenager and the UFO angle is what caught my eye in the first Law of One book initially.

So I came to it, never been to a channelling before, came to Louisville, met Jim and Carla. I participated or took part in one of the sessions and I was just fascinated. All of a sudden, this type of information was somehow clicking into place inside, the empty space I had inside that was eventually replaced by faith and seeking and having a philosophical view of the world that was quite different from the one I was brought with.

So I decided to move to Louisville so I could physically participate in the channelling sessions. At that time there was an opportunity to ask questions and my approach to it was very, very much like school. I thought if I could come, then I could think about the questions, I could ask deep questions, would receive illuminating answers, and by studying the answers, I would increase my understanding of the mystery. Because it was the mystery ultimately that drew me in, when I think about it today. There was other things on the surface but it was just the mystery of who we are that kept motivating me.

Before I came across the Confederation material as I call it, I had read other inspiring works, of which there are many. But the one, the information through the Confederation that L/L Research was able to publish and brought forth, was the one that was most inspiring for me. It just resonated in a way that the others did not. I've read the Seth material books, they were really interesting. Seth I think is a different type of contact

than Confederation's. I think it's inner plane versus outer planes, which is a technical expression and you'll hear more about that later.

Hi, Carla. [chuckle]

Another path that I followed for a while was the Autobiography of a Yogi, which is part of Self-Realization Fellowship, which still exists based in California, it's basically a meditation system. So all of those prepared the ground and then I come across the Law of One and there was just no contest in my mind. There was a very high-level information. For someone with an intellectual bent who would be thinking and trying to reason things out, it was a good fit, so I think that's one reason why it resonated.

So I moved to Louisville and I started to attend the meditation sessions. At that time I was still in the process of seeking. I did not have the question "What is my service." But because I am a service to others type of person like all of you are, as I kept studying and reading, pretty soon the question emerged, this is how the set-up is, this is how the Universe works, then I have a part in it, and part of that is some sort of service so what the heck is my service? I want to figure it out and get on with it so I can move on, feeling that there needs to be a progression. Which I think is pretty typical. I bet all of you have gone through that version, a version of it at some point.

So when I landed in Louisville I started to go to the meditation, meditating sessions. I discovered to my surprise that there were not that many people at that time in the early '90s here locally who would be interested like I was. There were some of the meditation that would have two, three, four people, six or seven once in a while, but just as often it would be just Jim and Carla and myself sitting in a circle. So there was my chance to ask questions and I did ask questions. They tended to be in the beginning on why is this happening to me, why is this kind of experience helpful, how can I learn more from, you know, blah blah blah, add your own questions.

There was no lack of questions so I very often, like Gary mentioned, would have input in shaping the questions for the channelling. It was always a team effort so sometimes I would drive it more, sometimes I would drive it less. But I would have a chance to ask questions and the answers came and the answers, the one thing that stood out about them was that they were always loving, they were always accepting, and they were always inspiring. It was never, "because you did that, that happened." It was always about "remember who you are, the answers are already inside of you, just look and ask for help and it will come." So that was affecting also the question about what is my service and sort of grew out of it. But I speak about it because I want to say that initially my approach to this question was very circular. I started with, there's a mystery, I'm attracted to it. There's a chance to get some answers so I will ask questions. So mystery leads to questions, answers led to more questions, and as I went through the transcripts, the need for some sort of silence for the answers to be seated in the subconscious mind emerged.

So I saw myself over the years moving from more questions to fewer questions and more silence, and eventually the balance was just the questions, here's the silence and it became like this. When I got to the silence, I was basically just gazing at the mystery or taking it with me into the silence. I eventually ran out of questions, believe it or not. I would have questions here and there, but, so at the end of the first section of my seeking, the mystery was still there just like it was in the beginning and the attraction was still there but the questions sort of petered out and replaced by the feeling that the answers really are inside all of us because we are all connected to the Creator. There needs to be some sort of silence, whether it's silent prayer or meditation or some sort of routine that allows this asking that I was doing on the surface. The information that would just percolate up through your subconscious mind and your conscious mind can know this.

So when I got that far, I just, I have somehow shifted from an eager person who would ask lots of questions to a person who's just happy to be part of a group and I really got to enjoy the silence. That was a big shift for me, trained as an engineer, worked as an airline pilot. Very organized, logical preparation of tasks to do, I would have to perform at my work, it was quite a bit different. But it was necessary for me to get a better grasp on what it is, what is the service that I have. And at that point, I didn't really know what my service was. I knew there was a service that I can do, like we all come with some service that we can perform. I still wanted to define it in my conscious mind. I thought I needed to know what it is, and then I can go about the job of actually doing it and then, you know, I'll be done and I'll depart for the greener shores, so to speak.

So I was left with that mystery at the point where the questions started to come less often and then at that point I'd say my understanding of the service was that the conscious mind does not have a good grasp of the metaphysical energies and what is really happening. But the mind can be used to focus the search, whatever the path it gives, if you can find the discipline and the will to persist and continue in questioning, the answers will come because we all have a system of inner guidance and a higher self that is always with us and very attuned to what we actually wanted to accomplish in the incarnation. So if you allow space, you will receive answers. And it worked like that for me.

When I tried later on to distill it, people would ask me about "What did you get out of it?" I think I wrote it down here. I started to pay attention to patterns in my life. I discovered that patterns is one way how our, how my higher self or my guides put things in front of me that I can notice with my conscious mind. And it basically says "there is more to learn, pay attention and you can follow this trail deeper." So I would look for patterns because they would ultimately tell you more about who I am. And the question of who I am to me was very important because it gradually replaced the question of what is my service. I started with something specific and then by seeking, kind of shifted to the mode where the question became "who am I." I thought if I really grasped who am I as a being in this Universe, from that everything else will spring. Then the question of what is my service will just, it won't be a question, it'll just be something that, you know, we realize and just go ahead and do it, not spend too much time studying for it.

I'll go back to the patterns. So, look for patterns and have some sort of meditation routine or maybe a routine that involves silence of some kind. Not everybody meditates. For me, meditation and silence is important but there are other people who do it through dance or through singing or through prayer or worship. The idea is to create a space inside that allows the inner guidance to come through, because all the answers that you want, they really are somehow hidden inside in our connection with the Universe, with the Creator. And that is the energy that brought everything into being, so if you can get a better grasp of that question of who am I, then everything else will sort of dissolve into it. That was my thinking about it.

And so that brings me to telling you more about the nature of my service. And when I started to write this, I realized that I cannot stand up here and tell you I know what my service is because it is one two three four. To be honest, I do not know what my service is to this day, in that, you know, it is to go there and do that. I do know that I have a service, and that is general. Every one of us when we go into incarnation, we bring certain gifts with us and we set up situations in which we can be of service to others. Because we are all service to others, so I always frame it in the context of service to others. If you read the Law of One materials, you're aware of the service to self versus service to others dynamic. So service to self was not interesting for me, so I kept thinking about it in terms of what I could actually physically do for somebody. I, in other words, was still limiting the idea of service to some specific thing you can do, and the more people you serve the better. It was still sort of a naive understanding of what the service is, but it kept propelling me forward.

And so when I talk about what is my service now, I have to say the service for me, the way I understand my service is the way I live my life. It is less about what I actually do for people, I do like to do that, but I think my service is number one, bringing myself to a balance, to a state internally where I create more from my heart than I do from my mind. The service is how I interact with other people and how I live my life. I see it as a sort of an inner energetic balance that I have to keep working on, and if I do that, then whatever I do will be of service and it removes for me the burning questions which I had, what is my thing that I can do for others. Because if you are service to others and you really work hard on understanding who you are, then the service just comes naturally, it just becomes part of what you do every day. Whether it is doing dishes for somebody, whether it is smiling at somebody you meet at the office or on the street, or whether it means joining Peace Corps and working in some developing world with the people obviously need assistance to make it, to make a go of it.

And there was a change that definitely was not in my mind at the beginning. In the beginning I thought service was something you do for other people so there has to be a group and once I understand what the service is, then I can perform it and I didn't take it any further. What happens once you perform it? So the meditation got me to the point of realizing that it is not about one specific thing I can do, it is more about the way I am basically, the way I am as a being, the way I live my life, the way I keep my thoughts in my mind, trying to maintain the balance between doing and being, noticing the negative thoughts and choosing consciously not to feed more of them into general consciousness, just always balancing, balancing, balancing.

So one item that was very, that became apparent during the study, was the need for or the usefulness of something called balancing exercises. This is an actual item in the Law of One material and there were at least one or two channellings afterwards on it: What is the use of balancing exercises. And the Ra says that for conscious seeker it is good and useful to have a period of review, ideally at the end of each day, that you look at everything that moved through your life on that day, and specifically on the items that had some emotional pull or impact to them, and just bring them back to your mind, and work on balancing the feeling so the feeling of the experience overall is not, this really pulled at me, I really hated it or really liked it and now I'm here. The idea is to bring it into balance and intentionally put emphasis on the other aspect so you end up with basically an experience that does not introduce more karma into your life. You try to balance everything right away. And if you do that, then no matter what you do during the day, allows you to be of better service to others, no matter what it is. So I mentioned the balancing exercises because they are described a lot better than I did and you can read about it and see if it is useful for you.

Since the topic is what is my service, I did want to write something down that you could basically take with you and ponder because that's how I arrived at all of this. I went through a lot of the transcripts that L/L Research has. During my reading phase, I think I read everything they had physically transcribed back to the '70s. And when you read that lot, some of the topics start repeating and you start seeing patterns. And the suggestions were always basically along the lines of: look inside and keep your heart open and don't worry too much and don't take yourself so seriously, the things have been planned, you will meet the people you need to meet, you will have the experiences that you need, it is all just moving, just sort of flow with the river, swim, swim, swim with the current and worry less about the details, worry more about what kind of person you are.

But there were several I call them quotes that really resonated with me at different times because I think they touch on something deeper that is not possible to grasp consciously. It is something that needs to be seated [seeded?] in your heart. And moving from your mind into the heart is definitely part of this process of who am I or who I am. So I am going to go through them. They, I would basically read it and say this is, there is some resonance with this but I don't understand what it means. I couldn't intellectually grasp it. So I would come back to the concept and sit with it in silence and what I think happens is that as you keep doing this, you're basically asking for help in seating this intellectual concept into your heart and it needs time before it

gets seated. And as it gets seated, your inner energy, your aura and your consciousness undergoes a slight change. And as you continue doing this over a period of time, your consciousness changes more and more because you are moving in the direction that you wanted to move.

So for me the direction was what is my service but I ended up pondering things such as All Is One. Which is the prime concept of the Law of One books, All Is One. It's easy to say but you think about it, what it means, it means being connected to everything, everything there is: other people, rocks, trees, earth, other universes, other beings, literally everything that ever existed. And it is all one and we are all connected to it and that connection is live inside of us and you can touch into it. So that one I still ponder. I think I will continue to ponder it because understanding of this concept is I think not within the capability of a conscious mind. But it is something in it that's inspiring. When you think about it on your own, in your silence, the possibilities are just mind-blowing. So eventually the mind just gives up because it cannot grasp it and you move into this other space where you are trying to, I would describe it as trying to feel through the concept, and that is part of the changes in your inner energetic make-up.

The other one is easy. Silence is the key. Silence really is the key because our conscious mind is geared towards dealing with the world and is very good at processing information and making decisions. But silence is the space that allows the conscious mind to take a break and the subconscious mind to feed some information back into the conscious mind. So for me the silence is the key meant that I needed to develop a meditation routine and stick with it. It's not enough to develop it, you, I needed to invest time and energy to having a meditation routine every day because that is the thing that would seed the experiences I would process every day and distill it into something inside of me.

The third one, who are you, is again something that I'm still working on. I think if you figure out who you really are, then the gate opens to the other densities and universes and you are free to depart if you wish to depart. So obviously I'm still here so I haven't gotten there. But who are you is a question I think about a lot before I go to bed because it touches on the one that All Is One. It obviously goes way beyond who you are as a physical being. This is about you as a part of this Universe that already went through numerous incarnations and has some path still to come. Where is love in this experience? Where is love in this experience is a question that is part of the balancing exercises. It is a tool in my mind that you can use to process and balance every experience that comes through your being. So it is especially useful when you deal with something that's difficult, somebody that upsets you, something that doesn't work out, something that brings hurt or difficulty because this is a Universe with a loving Creator and love is in every experience we encounter. So I would use it especially when I would see no love because I develop faith that love is in everything. Sometimes it's harder to see.

All services are equal. That's a concept that was very important for me because I tend to rate things. I would rate this service as better than other. That is not true. All services are equal. It makes no difference whether one person benefits or one thousand people benefit. If it's a service, and it has to be that way because we are all one, then if you serve one or serve fifteen hundred, it's still all one. So all services really are equal and that's hard to believe for me. I still tend to go on the side of, if I serve more people that's better service, but that is misleading. It is not like that.

A seeker receives exactly what he needs for each part of the journey. I could understand it intellectually but I had a hard time with it. That requires faith which is something that you develop going through these thoughts that I had. Because you, it just basically says that no matter what happens, you needed that experience so it happened to you. Now is your chance to distill something from it that will give you better understanding of who you are. So again for me this means especially with difficult experiences I would eventually in my own space sit down with them and try to remember that anything that happens in my life is there because it is bringing me something, something that I need. Even though I may not like it, I still,

there is still some love in it that I can, I don't want to say should, but I can try to put my finger on it and if I manage to do that with enough diligence, then I think I will yet again increase the understanding of who am I.

And the last one which is the last thing I will say because the time is running out, is that you are not alone. You are all aware of it. At different parts of your life, you may feel more alone than others. But the you are not alone does not refer just to physical circle of friends like we have here. It refers very much to the metaphysical guidance that we all have that can communicate that is with, the you are not alone to me is essentially going back to the fact that the Creator and All Is One, which is the Universe in which we are sitting, but specifically in this incarnation we all have guides and the higher self. And they are really close to you, like this close, closer than your breath, closer than your skin and your bones, because they are part of your energetic make-up.

So at times, in my personal experience, at times where life was difficult and challenging, that is a definite resource you can draw on. You can ask questions, you can ask for comfort, you can just ask for presence, and I always felt it tremendously uplifting doing this because it would somehow open more space in processing the experiences. Now I say that with difficult experiences because they are more challenging and takes longer to process them and find the love that is inherent in all of it. It's very, it's much easier to do with experiences that are nice and you like to do them, but we are not alone and that is the end of my presentation.

[applause]

Thank you for listening. If you have questions, we'll do it at some time when I am not cutting into somebody else's talking.

**GARY BEAN**  
*Silent Intensive*

**Gary:** So there's a vast difference between Gary speaking and Gary writing. In the latter I have some chance to appear as semi-intelligent when I speak, it's not so much the case always.

My mind on this topic is kind of a big jumbled disorganized mess, but in your handout there I wrote a 14-page paper on what I'm going to talk about. So if it is of any interest to you please feel free to check it out. Also I'm going to try and give myself a sort of Ted speaker ambiance and stand here today and pace back and forth.

"We would give to you our encouragement and speak upon meditation, for it is the key which unlocks the door to that which is within you and that which is within you is nothing less than the one original thought, which is the Creator." March 16, 1986.

To those of you who have spent any amount of time with the Confederation messages in the transcript. What is it that you see them repeat ad infinitum?

They are not strong on encouraging things per se or offering instruction, except with that one. Meditation especially, it is a mantra of theirs, meditate, meditate, meditate. So much so that in the L00 material, Ra says that they created machines apparently that transmit thought-forms that are seeded around the planet Earth that that's all those machines do, they encourage people to meditate.

Due to this, in my own study, I developed years ago this total and complete faith that meditation is the single most powerful means we have within our own hands of affecting our own transformation. Why do you think that the Confederation encourages meditation? Why do they waste any breath on it?

**Response from group:** It's a way to quiet the illusion of all the catalyst that's going on around us, to really start to see through it and start to learn from any of it, rather than just reacting to it. It's like the key to that opening of the door to even start to do that, consciously.

**Gary:** You kind of gain a sort of correct or higher or better, broader perception of what is really happening. There are a number of ways to answer that question and I think you want to meditate because you want to not only get to know the patterns that are operating right now in your brain and in your body, the complex that is you. That they're in operation right now, they're ancient, they've been moving for a long time. You can be not aware of them or you can meditate and come to get to know what's actually happening inside of you. It's not that you want to know just these surface patterns with meditation. As you become aware of this self, this outer identity, you touch into something very deep inside of you. As you spend time in this island, you start to find something that isn't part of the pattern that's not in motion. That's not part of space and time. You find something that's infinite, clear and empty of all seeming content, and in that empty space there is what Ra calls the fundamental teachings of all planes in existence, unity, love, light and joy. So it's one way to say why meditate, to know the outer self, but to know to make contact with and merge into the deeper self.

So how would one get good, you might say, or skillful you might say, at meditation?

You can a few more into that to and be absolutely right, as with anything you have to do it a lot. That's one thing I had always wondered about in the Confederation messages that they seem to convey this message that it really doesn't matter how good you get at it or how skillful, just show up for it and that's really what matters. It's the intention to meditate and then you create this bridge betwixt the conscious and sub-conscious mind and you're sending cues and information to the sub-conscious that you are receptive and ready and want things to learn. I think that's massive of course, it's fundamental it begins there.

I think that to me that's akin also to saying if you want to become an artist, show up at the canvas and throw some color at it and just keep doing that. Just keep throwing color at it and that's what counts. To me I think there is a space to continue practicing, continue developing, and continue to learn your art and to learn your skill. Learn the technique until eventually you become skilled where you become professionals or even you could say you mastered that particular skill.

You don't do that; you don't become good because it helps you to achieve some particular goal per se. It helps you to gain something, you don't become good so you can say, "I'm a good meditator", but rather so you can know yourself and you can accept yourself. You can really engage the gears of spiritual evolution.

So like I often end up saying, I developed a total and complete faith and meditation is the means. Its unshakable, its unconquerable. Yet as try as though I may to rank meditation with the same importance as waking up in the morning or finding at least one source containing an obscene quantity of sugar in my day. (Laughter).

Something invariably takes precedence. I'm too tired, I'm too busy, I have to smuggle drugs across an international border, again (laughter). It seems so easy on TV.

So there is this faith but I cant seem to incorporate it nearly as much as I want to, even though I think it is (unable to decipher). So I embarked upon my first silent meditation retreat in the mountains of western North Carolina at a place called Southern Dharma Retreat Center. It's led by a Buddhist, its all, very Buddhist style and that's what I want to talk about for the rest of the presentation.

Every 7 minutes Trish is going to ring the Tibetan singing bowl and it's going to stop me in place and cause me to breath and take a moment of silence (strikes bowl) and I invite you to join me when I do that.

This retreat was 4 days long and there were about 30 other participants and one of the first things we did there was we took a vow of noble silence. This was my first experience with silent meditation retreats, some of you may have experienced this before, but it was all very new to me. What that means is you make no sound out of your mouth, essentially for the whole time that you're there. No talking, no communications, save for maybe some logistical exception. This had two particularly interesting benefits for me. One is that I had a lot of social anxiety growing up into adulthood, adulthood especially. When I first was attending these meditations, I was socially crippled. Itt was just to nerve-racking to talk even and I would jitter and shake. I still have residuals of that. But you're in this environment where you take a vow not to talk and its kind of liberating to be with all these people together in silence and not have to make conversation, but you're not together and distracted, you're not together and elsewhere, you're together and there, you're present. When you do not have to worry about conversation and talking to one another, you're more open to noticing what's happening. You're not tuning out, you're tuning in.

All the little sounds of the environment register more. You hear feet shuffling and you hear doors open and close. At mealtime you hear the silverware on the plate and that helps to ground your awareness to hear and the now. Then the second part of noble silence is that whole process becomes an act, the observing itself becomes an act of joy., to be able to be there, to watch what is happening. To be with yourselves and with your experience and within this moment, you will find, I guarantee, that you begin reflecting on your own experience that you are seldom here per se. Your mind is elsewhere most of the time. Only indirectly here, you are anticipating the future, you are worrying about the past. You have some project in your mind, it's darkest inside and you are just consumed with this thought or that thought and you are overlooking a very simple, a very fundamental truth and that is this present moment.

So noble silence is a psychological commitment to be here In the now and to refrain from conversation. One interesting thing that happens when you take this noble vow of silence is that you notice the way we live our

lives, we are especially in today's society, we are conditioned constantly, 365 days a year, with stimulation, with noise, sound, with sense perception. Its especially true for the half-human half-cyborg we are now with our phones in our pockets and alerts from facebook, e-mail, text messages and phone calls, etcetera. Constantly being distracted. So when you try to put an end to that project and consciously deliberately seek silence the mind rebels. The mind is habituated and addicted to all that distraction and all that stimulation. So the mind kind of makes up for what you try to make absent. The mind roars to life with all sorts of activity, and you notice how loud the silence can get. One participant actually mused how silence is the loudest noise.

So it gives you plenty of material to work with. One of the most pronounced ways that we experienced noble silence was when we were meeting together. 30 people in a cafeteria-style setting, you're not far from people. People are on either side of you, they are across the table, you are all there in this close space together an nobody's talking to one another, At first it's really weird and you kind of have that manic sense that you need to fill the silence with conversation. "I gotta talk, I gotta say something", but as is the case of noble silence you notice that everybody is intentionally doing that. Everybody wants to do that and it becomes relaxing. Like I said about noble silence, it becomes liberating to not have to make that conversation and to just be there with those people and not talk.

You find in that space that opens up that there is a real intimacy. This registered to me, this became clear there is a sense of communion with the people with the environment. There is still a rich feel of information being exchanged between you and the other participants and you are not talking. The food especially, I had my relationship with food shifted. Your interaction with food of course happens to be an aroma that enters your nose. It happens through the hand is dutifully shoveling it into your mouth. Once it gets into the mouth, that's where the real switchboard of hundreds of different senses are. That's where your real interface with your food is. You are encouraged to chew slowly, to chew with mindfulness and to chew up to 30 times per bite. You notice when you do this there is a richness, texture, taste and a nuance that wasn't there before because previously, at least in my case, I'm just kind of inhaling it.

That too, as with practicing mindfulness and noble silence, that too becomes a space for joy to emerge. I had some moments when eating in the silence where I was just like this joy bubbled up inside of me. I felt so happy and beautiful to be experiencing this.

**(Bowl is stricken)**

So what Trish is doing brings me to the next aspect of eating together in silence and that is that, like I mentioned before, even when you consciously enter this environment of silence. Even when you consciously intend to be silent, the mind conditioned to all this noise and stimulation, just roars to life. So you are in this cafeteria eating and its hard to anchor the mind here in the present moment, overactive. Chasing this thought and chasing that thought, so they had this practice at the silent meditation retreat. Ringing the Tibetan singing bowl at random intervals while we were eating and suddenly the whole space becomes silent. There is no silverware hitting the plates, there is no people walking. Everybody kind of, (like) when Tom Cruise realizes in Vanilla Sky its all an illusion and the scene just freezes in a pause. Everybody pauses and kind of stops that mental runaway train and you pull back and you re-enter that spaciousness.

I have a feeling I'm not going to get to the end of this so I'll jump ahead and talk about that a little bit more and say that I brought this practice with me to Louisville and to my daily life. I found a way to marry technology and that. I found an app for my android phone that will, you can choose your different meditation bowls and at intervals that you choose that ring the bell. As Austin and I are working in the office, my phone will (makes sound, bong) we are often listening to music and I will hit pause on the music, both of us will stop typing and we become still, and we pause.

It is such a helpful balance to the busy and stressed mind. Even though it is just a few seconds, it is just a few conscious breaths that I take, it makes me think, this is something I put at the end, it makes me think of why Ra said (searching for passage) they were talking about trees who evolved from 2<sup>nd</sup> density to 3<sup>rd</sup> density. They said, “entities of this heritage would find it nearly impossible to fight, indeed their studies of movements of all kinds, is their form of meditation due to the fact that their activity is upon the level of what you would call meditation and thus must be balanced”, this is the meat of it, “just as your entities need constant moments of meditation to balance your activity”.

That’s what this singing bowl has become to me. It’s a constant, a balance to what I consider the over activity of the mind and the way I live my life. That creates small interruptions in that stream, it opens up that space for me to re-ground, re-center and to pull myself back to the now.

Ra identifies once in the course of the L00 where the gate to intelligent infinity is, which is another way to say where who you are really is. That’s in the present moment, its no where else. Salvation isn’t in the future time, there is nothing lost in the past time, its always been right here right now, its just so simple that it is overlooked by the complexity of symbols and signs in our minds. So this Tibetan singing bowl helps me to re-access this and suspend just a few moments.

Q’uo says, “Therefore do not assume that you know what meditation is and what your goal should be towards it, but rather as you meditate, listen to that voice which speaks within and meditate as that voice instructs you. There is no set time nor is there a set method. There is one thing however which we must emphasize and that is fidelity to the practice”.

We had scheduled periods of meditation; everybody is sitting on the floor. If you are not aware of this, the trick to sitting upright with an erect spine on the floor is to elevate your hips to about the ankles, elevate your hips above your knees. Thought my anatomy was a little off there. So there is one square cushion on the ground (cannot decipher) and there is another smaller rounded cushion and you sit on the rounded cushion and you can sit cross-legged. As long as your hips are above your knees it is very easy to sit for a long time upright. They have a lot of those cushions of course and they have other types including the little stool you put your legs underneath.

I think the essence of the technique is just simply concentration. Keeping your attention on one point. Not holding that one point per se but gently resting the attention on that one point and that becomes so difficult it seems when, like I said, our minds are habituated and conditioned to run amok 365 days a year, every moment of our waking life. So it can feel like trying to tame an unruly elephant. It can feel like you are a fly trying to tame an unruly elephant. That juxtaposition of proportion gives you a sense of what its like to sit there for extended periods of time trying to concentrate. The mind is an unruly beast, and like a runaway train goes off on it’s own.

So the quote I just said, said fidelity to practice. I think meditation is just like working out, lifting weights.

**(Bowl is stricken)**

When you take these little breathers, the contrast between that silence and the yapping self and the thinking self, becomes a lot starker, a lot clearer. So like working out in that the more you lift weights, the more you give some resistance to push against, the stronger your muscles become generally, through sheer repetition and likewise with meditation. The mind will become distracted; you will forget that you are sitting meditating. The mind will run off and suddenly you are on one escaped or another and you are not present any longer, you are not meditating, but at some point you become aware and remember again and gently

breath that attention to rest on your one point and you try and keep it there with presence of mind. Again it will be taken away, the more you do that just through sheer mechanics of repetition, the more you bring your attention back and bring it back; day in day out, the more, as with working out through repetition of muscle movement, the more that your capacity to hold that attention becomes stronger.

Then you become able to be more and more present not only in formal meditation, but this bleeds through in your daily life. Suddenly you are in the middle of driving or having a conversation, or deep in multi-tasking and you remember as you did when you were in meditation, you wake up and bring your attention back to this moment. You still do what you are doing of course, you do not have to freeze and stop, but you become aware of what you are doing, mindful of what you are doing and that creates a space for love to come through, for light to come through. For spaciousness and clarity and there is what is described as a distance sometimes, a distance between you and your catalyst, or you and your sense perceptions, or you and your cognition.

In that space there is great freedom. It is like the analogy that is often used, merging deep into the water. So that whatever is happening on the surface, no matter how tumultuous the wave on the surface, your ship is not tossed hither and yon. You are not tumbled over, you are abiding in deep peace. Things may be happening on the surface but you have some distance per se and that is all enabled by meditation.

I had a pretty profound moment, I described the elephant and the fly trying to hold my mind in on concentration and of course it doesn't work, especially if you have not conditioned to do that. So I had this beautiful moment where I realized well I can witness the commotion, I don't have to hold my attention on one point per se, but I can just step back and become aware of the commotion. That is the holding of attention, of being present, and that also creates that same space.

A lot more I can say I have 4 minutes. I'm going to try and squeeze in a walking meditation. This was something we picked up there, so basic so simple, but I had not really picked it up until I was there. As a psychological trigger I find this helpful, I put my hands together. Do whatever is comfortable for you. Get in a circle together, we will do one walk around and all face the same way, facing clockwise. Go very slowly, one step at a time. What I did and they instructed us to do there is to link our steps with our breath. So you put your left foot forward and inhale, put your right foot forward and exhale. Or alternated, do every other step, inhale step exhale step et cetera. So do what is comfortable to you, we will go one time around and we will move very slowly.

As we return to our places we can face towards the center of the circle and put our hands together as so. In an expression of respect and reverence and love, bowing towards one another.

Thank you everybody.

**JOHN L AND JENELLEN F**  
*Firestorm: Reflections on Spiritual Awakening*

The great melting, and not understanding love I shied away from it, living in my head I contented myself with an intellectual understanding of suffering. Even a spark of unconditional love is too much at first. It's best to start with the mere possibility that it exists. A love that is freely given, despite obvious flaws. The mere thought seems preposterous at the outset but spirit needs only the slightest crack in ones armour to begin its work and where love flows, darkness cannot exist. Thus the great melting begins. Shame does not leave of its own free will, love must push it out. This process is called Grace. To be loved and cherished and desired in spite of one's imperfection may seem to be a miracle, and it is. It is the glory of God.

So there's going to be three parts to what we're doing here, Jenellen and I are sharing the spot. The C, John C Love is a new one to me I'll have to figure out what the C stands for. I'm going to be reading some poems first, and Jenellen is going to sing some pieces for us, and we're going to do a ritual for the last part.

So the poems that I'm going to read are from a book I wrote about my spiritual awakening. So I introduced myself yesterday, I considered myself an atheist for about 15 years until I was cracked wide open. All the poems that I will be reading are intensely personal but considering this audience I am sure many of you will be able to relate to the words and even the feel that could have come from your own words.

This next one is titled, Don't Ask To Forget.

You're awake now, but still I see you cringe when you recall something you once said, once did. I hear you crying softly at night, holding the pillow over your face to stifle the sobs, to dry the tears. I see the shame, the regret etched into your body. I hear your pleads for the memories to go away, I say to you don't ask to forget. No. Remember the way you were, with open eyes, open heart. The person you've become was not possible without the person you used to be.

This next one is a somewhat humorous take on my general approach to catalyst, it's called Lessons.

God and I and a tiff last night, I told him I wanted to suffer less. He said he could do that but that he'd also have to take away my lessons. Why is that I asked innocently, he replied the suffering was how I chose to learn my lessons. But can't I learn without the pain I said? Of course he replied, that option has always been available, you've just never chosen it.

This next one is titled my opium; it's about waking up to reality for the first time.

And sorrow, that sweet dear friend of mine, found me once again and knocked at my door. I smiled, invited her in, and we chatted like old times. During a lull in the conversation, I noticed for the first time, the nearly invisible strings attached to her arms and head and legs. Somehow I was not surprised, somehow I felt strangely grateful as I showed her to the door. This marionette had helped me see like I never had before and I saw a world that startled me. A world that was not so cold as I thought. A world that made me laugh in its perfection. I saw for the first time, a world that was exactly what I had asked for.

This next one is something that hits home for me on a weekly basis, it's something that Jenellen and I have in common, and probably a few of you too, it's called words.

Words words words how they fail me sometimes. How I stumble over them in expressing my longing. I have only this burning to guide me, and it knows only indecipherable screams and moans putting the letters L and O in front of V and E are gibberish to it. It knows only that is been separated from its source and all It can do know is cry out, hope its voice is heard, its lessons learned and that home is just around the corner.

This next one is called Other.

You wake everyday with that same wind gusting against the gate outside. That wind that nobody else seems to hear, or if they do, keep it to themselves. You tried to talk about it, first with your parents, then with your

teachers, then with your friends. Some of them were frightened, some of them laughed. Thought you were cute. How adorable, they said, patted you on the head. Some of them tried to set you straight, and you listened to them. This was your first mistake. You listened to them change the subject again and again, and you kept quiet. You began looking for ways to busy yourself so you wouldn't notice the wind, and the world obliged you, let you in on the million important things you could do to occupy yourself. You thrust yourself into the world's madness, the books, the movies, the music, the news, the separating of me from you. This was your second mistake. But still that wind kept blowing and your chest kept aching, aching for those truths you kept denying, you kept close to your beliefs, took comfort in the company of like minded, prayed for new house new car, new house, a new life from which you could put your finger on that undercurrent of despair that ran through your every waking day. That night the storm came, you were ready. Your soul had guided you to sealing off your every exit, just you vs. you. One was going to die. Your memories from childhood attacked first. Those intimate betrayals that unrequited love black clouds of loneliness blotted out the sun, the wind gusted against the warped wood of the gate, harder and stronger with each passing minute, all those beliefs you held about yourself came marching to the front, bayonets in hand explosives around their waist, their fierce determination to protect you from harm comforted you. But you have grown wise to yourself after all of these years. You realize they were fighting, not to protect you, but to keep you a victim. You strip down until you were naked and stood there quivering. Unsure but trusting the wind was not something to be feared. You triumphed over the storm, but don't celebrate just yet, because your third mistake still follows you, stalks you like a thief in your dreams. You have yet to renounce the biggest sin of all, still stubbornly believing that there is such a thing as, them.

The last one I will read from this book of poems is about my calling here on Earth. I have a particular soft spot for societies rejects, societies throwaways, but this poem refers to even more than that, for I believe there are far too many leading empty lives, stuck in the sinkhole of indifference. This one is called, Healer.

There is a death that escapes all notice, it comes slowly, quietly, in increments so small that in the end one does not even know that they are dead at all. There is no funeral for the victim, no grieving for what has been lost. So many I have seen who have died this death, walking corpses devoid of purpose. Amnesia stricken angels blind to their own light. I realize my truth, forty years in the making. I did not come to be a healer of the living, but of the dead.

Thank you thank you, I have one more I am going to read it is not from the book, it is one I wrote specifically for homecoming.

I think for many of us as wanderers this has been a difficult journey, and it seems that remembrance of home is a double edged sword. On one side it is this remembering that begins the process of realizing who we are and why we are here, on the other side it is very painful to remember the love, the acceptance, and the harmony that is our true home. This last one is untitled.

There, the rock I sat on when I first gave up. Such a long time sat there. Just beyond that, around the little curve is the field with wildflowers, heavenly that was, and it's stretched out as far as I could see. Each step infused with grace, harmony, reigned supreme. The sun was always shining, a soft breeze always blowing. Peaceful white clouds drifting through a pristine sky. I remember a small fly that buzzed around my head began to annoy me. I sent it love and asked it to leave, and it left. The field of wild flowers didn't end abruptly. And though I can't be sure, I seem to recall getting a little restless. I kept noticing this stretch of dark forest that ran parallel to the field of wildflowers. The clouds there were thicker, darker, and they didn't seem to move. The trees, twisted knots of leafless branches didn't sway in the breeze, the stood motionless. Expectant. Expectant for what I wondered, I had to know. And so I went. Exploring the dark underbrush, the twisted vines that made walking impossible and stumbling the only mode of moving at all. It didn't take long for me to become lost. To sit in bitter tears with no idea of where I'd come from or where I was supposed to go. It was there in that painful silence that I understood what the trees had been waiting for, what they had been expecting for so long. Me. And I stayed, I stayed and got poked and scratched and bruised, I took the torment most ungraciously, cursing everything I encountered, even God. Though

paradoxically I denied ever encountered anything remotely divine. I remember when I'd finally had enough. There was a tiny blue flower poking out of the mud, so simple, so innocent, so alone. I bent down and smelled it and an immense longing came into my heart. I knew then and there I had to leave the dark forest, that I would leave the dark forest, no matter how long it took, no matter how battered or hopeless or clueless I was. And over there, under that banion tree, there is the spot where I rested after I finally got out. And It is there where I could finally see the faint outline of my path behind me, the path that went through the field of wildflowers and through the dark forest. The path that once again curves just ahead of me, so I cannot see what terrain is coming next. I close my eyes and again, there it is, that same intense longing that keeps me moving forward. Forever. Always. Forward.

Thank you.

20 min – 23 min tech set up

Thank you for sharing so vulnerably John. You know I am always amazed how willing you are to go so deep in, you know, such an open and vulnerable way, every time he shares. It's beautiful because it opens hearts and it's really important for us to remember where we came from and where we're going, so thanks for sharing.

I am sharing some of my own poetry and just a couple songs, but, I wanted to begin with a song I wrote to a little poem that came from John's first novel which is titled, the end of sorrow actually. It's an incredible work. I was so inspired by this, it's sort of my life mantra now. John and I are both people that feel very deeply, if you haven't figured that out yet. And this helps me to remember that it's okay to feel deeply and it's the process and that it's so necessary and to surrender to it and allow it. And we will be chanting this together later, but to begin with ...

Love is the beginning and love is the end and here in the middle is where we must mend. Love is the beginning and love is the end and here in the middle is where we mend.

My story begins with a group of four short poems I call a quartet of acquiescence, a dim realization.

By dawn's early light, it all became clear that none of it was really there. The conformist, her swizzle stick clinks the crystal as she observes the swirling solace of safeties bitter daughter. Exposed, the creek in the floor reveals the truth of the weight on her shoulders. Ode to mediocrity. Being adored is more endurable, if not more pleasurable than worshipping at another's feet.

The glance. Glimpsing the depth and breath of eternal love turned out to be simple, pools of gloom hold the truth of the ages, a circle within a circle, depth unknown. But discovery is the playground of the wanderer longing for completion and balance, tasting a morsel of the feast to come.

Song – 27:20 Alanis Morissette "incomplete"

One day I'll find relief  
I'll be arrived  
And I'll be friend to my friends who know how to be friends  
One day I'll be at peace  
I'll be enlightened and I'll be married with children and maybe adopt  
One day I will be healed  
I will gather my wounds forge the end of tragic comedy

I have been running so sweaty my whole life  
Urgent for a finish line  
And I have been missing the rapture this whole time of being forever incomplete

One day my mind will retreat  
And I'll know God  
And I'll be constantly one with her night dusk and day  
One day I'll be secure  
Like the women I see on their thirtieth anniversaries

I have been running so sweaty my whole life  
Urgent for a finish line  
And I have been missing the rapture this whole time of being forever incomplete

Ever unfolding  
Ever expanding  
Ever adventurous  
And torturous  
And never done

One day I will speak freely  
I'll be less afraid  
And measured outside of my poems and lyrics and art  
One day I will be faith-filled  
I'll be trusting and spacious authentic and grounded and home

I have been running so sweaty my whole life  
Urgent for a finish line  
And I have been missing the rapture this whole time of being forever incomplete

And now for a shift.

Interlacing lifelines. Interlacing lifelines begin to manifest into an artfully woven tapestry, at first threadbare with only the promise of tangibility, transparent in its raw nascence, more air than construct, trembling with potentiality, quivering with fragile expectancy, and bravely declares its glorious emergence into this realm with a soundless sigh of engravil ecstasy, now hushed harmonies begin to breathlessly sing the silent song of sacred womb.

Song -31:30 John Denver "Annie's Song"

You fill up my senses like a night in the forest,  
like the mountains in springtime, like a walk in the rain,  
like a storm in the desert, like a sleepy blue ocean.  
You fill up my senses, come fill me again.

Come let me love you, let me give my life to you,  
let me drown in your laughter, let me die in your arms,  
let me lay down beside you, let me always be with you.  
Come let me love you, come love me again.

When the wall fell.

When the wall fell, I found a piece it had been hiding in the safety of the shadow of its great friend. Covered in the dust of the firmament the precious piece cried out for mercy, and from mercy flowed a fountain of grace that loved the piece into wholeness. Upon the rubble of the fortress I build a monument to our unity.

A Fragments journey.

All we're ever really looking for is ourselves. Gathering together the fragments of a whole not yet imagined, a magnetic longing to as yet uncovered desire. Confusion and excitement do not differ by much. Out of the chaos we are mercifully lead toward a vision of our future we could not contain in our fragmentation. Excited by possibility as the pieces begin to collect themselves, a picture begins to form of the best dream that source could ever imagine for us.

The last thing I would like to share with you is a gift to me from my children.

I told you about this tidal wave I experienced in my life, it was about eighteen months ago and I've been holding on to this forever and I feel it stands in the way of my moving forward in my service and in the way I choose to bring what I do to the planet. I haven't been able to figure out how to just let that go. John helped me a lot with that last thing, thank you. We do this for each other, right? I'm so grateful and I remember telling him, well before I told him this, I have been hearing this song forever and it drives me nuts and it's the same and lots of people don't like this song but I see the such, I had hoped that by the time I sang this song today I would really mean it and I feel like being present here and receiving the gifts that I have received from John, well from all sources and all of you are a part of that. I feel like I can finally sing this and mean it. So with a renewed spirit and a new ear and an open heart, I would like to sing this song for you.

Let it go.

Song – 36:20 Idina Menzel "Let It Go"

The snow glows white on the mountain tonight  
Not a footprint to be seen  
A kingdom of isolation,  
And it looks like I'm the queen.

The wind is howling like this swirling storm inside  
Couldn't keep it in, heaven knows I tried!

Don't let them in, don't let them see  
Be the good girl you always have to be  
Conceal, don't feel, don't let them know  
Well, now they know!

Let it go, let it go  
Can't hold it back anymore  
Let it go, let it go  
Turn away and slam the door!

I don't care  
What they're going to say  
Let the storm rage on,  
The cold never bothered me anyway!

It's funny how some distance

Makes everything seem small  
And the fears that once controlled me  
Can't get to me at all!

It's time to see what I can do  
To test the limits and break through  
No right, no wrong, no rules for me I'm free!

Let it go, let it go  
I am one with the wind and sky  
Let it go, let it go  
You'll never see me cry!

Here I stand  
And here I'll stay  
Let the storm rage on!

My power flurries through the air into the ground  
My soul is spiraling in frozen fractals all around  
And one thought crystallizes like an icy blast  
I'm never going back,  
The past is in the past!

Let it go, let it go  
And I'll rise like the break of dawn  
Let it go, let it go  
That perfect girl is gone!

Here I stand  
In the light of day  
Let the storm rage on,  
The cold never bothered me anyway!

We're going to move forward with a ritual that grew out of, well John explain some of it to you. Our coming together and our being present with all of you we wanted to sort of take you into your own experience of honouring where you all have been as well, so we can share that all together.

If everyone could form a circle with no gaps and stand.

In the words of Ra, we greet you in the love and in the light of the one infinite creator.

So we would like you to, we would like to invite you to come forward. We are going to make two concentric circles, so as you walk this way we want to gift you with the gift of a special affirmation and a blessing with the incense. And we'll split the group down the middle with the pole, if you guys come this way and you guys come this way and return to your seat, we'll set the circle together.

So after you come up and finish your continue around the circle to your chair.

This is a ritual to acknowledge and embrace the fact that we chose to come here, that we have fully remembered the truth of who we are. This is a ritual to rejoice in how far we've come. This is a ritual for gratitude for living the life we planned, with all of its catalyst.

And we honour the gatekeepers of the North East South and West and call in all of those of like or higher vibration to join in our celebration as we come together in deep joy. May the Earth Air Fire Water and Great Spirit bless us with their precious gifts as we celebrate in prayer and song.

Please be seated.

The response is, with joyful shout and grateful heart we celebrate our sacred part. The first part is, with joyful shout and grateful heart we celebrate our sacred part. Make a joyful noise to the lord, all you people. Worship the lord with gladness, come into his presence with singing. Know that the lord is God. It is he that made us and we are his. We are his people and the sheep of his pastor. With joyful shout and grateful heart we celebrate our sacred part.

Enter his gates with thanksgiving and his courts with praise. Give thanks to him, bless his name. With joyful shout and grateful heart we celebrate our sacred part.

For the lord is good, his steadfast love endures forever and his faithfulness to all generations, everyone, with joyful shout and grateful heart we celebrate our sacred part.

We're going to do a brief meditation now so I invite you to find a position that's comfortable for you, align your spine, nice and straight. Ideally you'd like to be not too relaxed, but not too strict with yourself either, if you could find that middle point. Close your eyes, and we begin by feeling our connection with the earth. Picture your feet growing roots that reach into the earth. See these roots as they go deeper and deeper, until your connection, your groundedness grow as the roots extend. And notice your breath. And feel your heart. Feel the paradox of the heart, how it can be vulnerable, and yet so strong.

Feel how much your heart has opened in the time since you've learned of the Law of One teachings. Feel how far you've come on your journey, your own personal path. Those hills, those valleys. Everything conspiring to lead you to where you are today. The whole universe conspiring to push you along your path, to support you in your growth, in your own spiritual evolution. Feel your heart once again and feel gratitude, feel gratitude for who you are and how far you've come. And the joy and the love that you bring to this world. No one else can do what you do. No one else can be you. And offer your gifts to the world freely, for you came to be of service to others, and in great celebration, we recognize you.

And again feel those roots connecting you with the earth, and feel those roots be very strong and pull you back and wiggle your fingers and toes and open your eyes.

And with joyful gratitude we thank the creator for any insights that we may have just gained or any experiences that we just enjoyed on that little journey. We release all those seen and unseen who join us on our walk today.

And in closing we have a benediction that we're going to offer to each other using the song I sang before, Love is the beginning and love is the end, and here in the middle is where we must mend. The very first, very important first part of that is the mantra, ohm mani Padmai ohm which we'll chant together now.

Ohm Mani Padmai Ohm Mani Padmai Ohm --- Repeated

We're going to close with one last very short reading, and I ask at the end there be no applause because I don't want to disturb the energy. Just in silence we can leave the.. I guess we'll probably have some announcements but maybe after that maybe in silence we can leave the circle.

This is another one from Ra. We leave you in appreciation of the circumstances of the great illusion in which you now choose to play the pipe and tumbrel and move in rhythm. We are also players upon a stage, the stage changes, the acts ring down, the lights come up once again and throughout the grand illusion and the following and the following there is the undergirding majesty of the One Infinite Creator. All is well, nothing is lost. Go forth rejoicing in the love and the light, the peace and the power of the One Infinite Creator. Adonai

**PUPAK HAGHIGHI AND THANASIOS M.**

*Offering Our Gifts to the World*

So I'm intending to offer my presentation in the next 15 minutes and then we'll have the last 15 minutes for questions and answers. So we'll address if there are any questions about my presentation in the last part. Alright, so hold your questions for now. [laughter] Right.

So I'd like to share with you three thoughts, three projects that's come to me and I find them exciting and inspired and inspirational. So I'd just like to put it across to you and I would love to have your feedback on it. So the three projects I want to talk to you is one on seeds, one on trees, and one on water.

Now, two years ago a few of you, a couple of you were there, and remember that I offered a presentation with my former husband on seeds. Who remembers that one? [pause] Okay, four people then, Gary, with hands up. Okay great, thanks.

So just as a background, I've been working with what's called open-pollinated seeds with my partner, then, Peter Brink for the last 10 years or so. He had a background in that, he worked with biodynamic seeds so it's been part of, you know, my work in the last 10 years. And what we, what's happening in the world is that we have lost in the last 100 years we have lost about 90 percent of our original seeds, the heirloom and regional seeds that have been saved over the last 11,000 years by our ancestors. And the remaining actually is less than 90 percent, is we have lost 93 percent, and the remaining 7 percent that is there, that is not quite a large base, but they're also under threat.

What's happening also is, 95 percent of the seed market is being controlled by five corporate entities. So the food market, the seed market's really being under control and that's not a desirable situation. If you really understand what that means, you know, we at the situation that we really need to break through this and in a sense reclaim the seeds, you know, get that back in our hands. It's something we need to really, I think, wake up to and rise up to and I feel the way it can really get turned around is by people understanding what's happening, what the problem is, and take it back into our hands.

So we started the campaign from 2010, so four years, we called it open-pollinated seeds. Peter's continuing with that campaign and now since I moved to Findhorn, I thought, okay, I know what's going on and I feel I want to continue, you know, with what the seeds, I feel what the seeds are asking of me as well because I've been really working and been aware of this problem. So what I'm trying to do is talk about them, bring the seeds, I think the seeds need to come back to communities. We need to form communities and I think that's part of the fourth density, you know, existence. And I feel, you know, the seeds need to come back in our hands for really food and fertility and for it to continue. It is a crisis we have to, you know, I think, look, sort of face it.

So what I like to encourage and ask of us all is to be aware of the seed problem, is to become an ally with what I call Kokopelli, the seed spirit. I feel Kokopelli, the spirit of the seed, is a very generous, very funny, very humorous, very amazing being. If you work with seeds, you know, they really have a sense of humor and they are extremely generous, and you know. And just to work with that in our own lives and in community. So I'm asking people to learn to seed save and pay attention to what is needed, I feel you need to kind of rise up to this challenge. And also be able to do seed exchange.

So for the last 7 years where I was in my community in Sussex, I held a seed exchange event for 7 years. So every first Saturday in February and in March, I held a seed swap event. And because it happened for 7 years, people knew that was going to happen in the first Saturday in February and March, and people would

come to me and say they have this seed and that seed, and I would say, keep that, bring it to the seed swap table and we'll swap the seeds. And as well as that, I think we need seed banks in every community so the seeds really belong to a place, you know. So we need to have local regional seeds that can respond to the need of the land and the place.

So that is one project. Is that clear what i am saying?

audience: yes. very clear.

So I'd just like to ask, to bring that to our attention and ask that the focus, and give seeds a hand if we can. And you know, share about something. There are great projects happening and there's a lot of talk about seeds. The bees are dying, there's a problem with bees. But bees and seeds go together, bees pollenate, you know, and we need open-pollinated seeds. So avoid hybrids because they're the wrong ones, they don't reproduce and they've been bred in non-true-to-life methods. The hybrids come through forced in-breeding which does not happen in nature. So avoid them when you plant your garden, when you buy seeds. Don't buy hybrids. Let's just grow open-pollinated that evolve and that adapts to region and that yields true-to-type seeds.

I'm just going through this very quickly, the whole topic. The other thing I want to talk about is, so for the last four or five years, four years I think, I've been growing, working on a project growing forest garden around in the village where I lived in Forest Row. And it started out of my wanting to find a way to create a healthy system that would have an alliance with, that would meet human, sorry, meet our food needs every culture needs on one hand, and also will meet the needs of the wildlife at the same time. Because I think what's happened in our agricultural practice and very aggressively, you know, since the industrial age, we've wiped out large areas of land, turning them into agricultural land and you know, destroyed habitats and dispossessed a lot of beings, wildlife beings.

So I've come across the concept of forest gardens and it's excited me. I grew this forest garden, a quarter-acre of forest garden and in that quarter-acre I grew about 150 different kind of species. So a characteristic of that is diversity. Also, you know, creating a diversity of foods and food for people and medicine and also habitats for insects and birds and small mammals and, you know, things like that. So we started out with that and then I left Forest Row and I'm at the stage of handing over that project.

The project evolved for me into another thing and that was, what if you were able to plant one tree for one citizen. So in the last village that I lived Forest Row, we have about 5000 people. And from growing this first garden I kind of learned through this experiential practical sort of growing this garden, I realized that we could grow about 100 trees in about an acre. In a forest garden you need more space for the trees than you could do in a denser area because you want more light there to grow more understory plants.

So that's the kind of calculation that I'm working with, and we said, okay well if you have a population say of 5000, then we need about 50 acres of land, we need about 5000 trees, and 5000 trees need 50 acres. And with that, the needs of the community, the food, soft fruit, not grain and not vegetable, but soft fruit and medicinal needs of the community can be met. So that, I mean we released that thought and that intention, I hope that we can evolve and grow, you know, in that direction.

And so the idea really kind of grew to become one person, one tree and having growing these gardens of diverse and abundant areas around hamlets and villages and towns and inner city kind of gardens, and you know, but it is of course it needs people of the area to come together to create communities to make this together. But I still feel it's a worthwhile thought and project that I wanted to share with you. And the spirit I feel of the forest garden is extremely abundant, you know. When you know how to work with nature and

with something like in Findhorn, you know, it's one of the principles, is co-creating with nature, I feel as Ra also said, the second density beings return with a lot of abundance and joy, so there is a lot of joy there to be harvested.

Quickly, onto the third project. I'm full of big projects and big ideas. [laughter] But why not. I thought there's no need to hold back, and just speak my truth and my joy. That is it, really.

So the third project that I want to talk to you about is this one. I think you might have seen the photograph that I sent ahead for the handbook. So I sent a photograph of this, I called it "Message in a Bottle." And as you can see, it's clean water here and I actually put tap water in this bottle on purpose. And the message is "I want to be free." And that is water for me speaking is a practice that I've adopted over years now and I've been practising, and that is, I don't want to pay for water. I think that water is a right, is you know, like air and fire and land is a birthright. And we need water and water has to be free. So I refuse to pay for it. I don't buy bottled water. And if I travel, I make sure I carry my water. If it's empty, I'll just go to a shop.

I've been numerous times in restaurants and shops and you know, people say, "Here's a bottle of water, why don't you buy it?" And I say, "Well, I think water should be free. Would you mind to please refill my bottle?" And I just have a conversation with people and people actually laugh and people know somehow it hits a chord really with people. So I'd like to share that practice and ask us that if we could also practice this message in a bottle "I want to be free" and freeing water, and I think through that, it not only frees the water, it also frees us in some ways because when we invest in bottled water, when we buy it, we're giving, we're supporting that industry. That somehow I feel it doesn't benefit water, and doesn't benefit the environment, you know, it pollutes. The plastic pollutes the environment. And I think we can really help the environment a great deal if we had one special bottle, we carried it, we filled it with free water and drank free water, and shared that message so that it can ripple out in greater and greater and greater circles all around the world. And maybe in a few years' time, you will make a difference.

That's my presentation.

[applause]

Okay. Questions?

Kimberly: [to previous presenter] I'm Kimberly and tonight I just want to say that your presentation, you are so right. We can tear down or we can build up with our words. And I think that if we understand what we're saying, what the words mean, we can so much better communicate in a positive way with others. So I really appreciated hearing your message.

???: Oh thank you very much.

Kimberly: And Pupak, Doug and I garden and we buy as many heirloom seeds as we can. But what about the problem with Monsanto and their claim that if their GMO pollinates another seed, that seed is also now theirs, and that ruins that heirloom seed. How can we deal with that?

Pupak: Well, there is a problem, you know, they've been taking people to court, and you know, they've been trying to play that game and you know, we can see that it's a manipulative game. You know, I hope it doesn't happen to any of us. It's a very bad case to get involved in, but okay, they're doing that bit with Percy Schmeiser in Canada. He really had to fight them, you know, and people are aware of that. I hope it doesn't really happen but they are doing that. But I think on our part, I think for positive return of the true seeds, you know, and really bringing these lost seeds, it's possible to bring the seeds back. They're not lost,

actually, but they're locked in the corporate monopoly. They're locked in that 95% of hybridized seeds. So I think, let's take a step, let's know what's going on, let's save our seeds, let's use open-pollinated that can evolve.

And I think also, this sharing and exchanging and giving of seeds I think is a pivotal change of practice of, you know, I read this book called Sacred Economics by Charles Eisenstein and he's talking about this change of paradigm about dealing with our resources. And I think this is a pivotal point because seeds cannot be owned, they should not be owned, it's wrong, and it needs to go back into the commons. And so far the seeds have been in the commons but I feel now with the new sort of, let's say moving into fourth density, we need to be able to look after our commons and seeds is one of them. And it's a new area of responsibility that we need to be awakened to and take responsibility for.

???: Can I quote one more? About how, I think there is a remedy in the law and going back to what I presented earlier, these big corporations are trying to make us play the corporate game using the name. And I think there is a remedy there if you want not to even go in there and you know, there is what they call the common law. These entities, corporate entities, cannot play in that arena because the common law puts us in the United States, United Kingdom, Canada, and Australia. It deals with human beings. They are not human beings. They are man-made entities. And in a court, they don't have any standing. So if you go, if you learn about the law and how common law and corporate law applies, you're much more equipped with the tools to stop them in their tracks. That's how I feel about it anyway.

???: Very good. Thank you.

???: You're welcome.

???: The biggest problem we had with heirloom seeds this year was blossom and rot and a lot of splitting. We had rain, big rain events, and then a lot of sun and then another big rain event so fast that our tomatoes, we probably lost about half of our crop just due to bursting.

Pupak: That's why you really need to work with neighbors, with your community exchange, we need to rely on each other and talk to each other, and that's really a source of rebuilding community. Because it's a really deep survival need.

???: Just real quickly, do you think, people get, we have honey bees. And a lot of people now are buying honey bees and they're feeding their bees sugar water. Some of them for months and months on end. And sugar water is processed sugar mixed with water to feed these bees. When the bees use it, they're not making real honey.

???: They're not making honey bread, which is full of micro-organisms.

???: So do you think this has an effect on bees being born?

Pupak: It is a problem. There is a film called Queen of the Sun. Has anyone seen that one? It's a good one. Put it on your list, Queen of the Sun. And the same people are making another documentary called Seed Freedom or something. Yeah, it is a problem. Sugar water is not a good thing. They need honey.

???: We took them off the sugar water within a month and a half because I felt like they were having babies and they were growing, they were strong enough so we just kept them on the sugar water for about a month or so and took them off.

Pupak: Back to greed, and if we are so greedy, and why should we deprive the honey, why should we take the honey. There's a practice in England that's become very popular, it's called natural beekeeping. And people who, there's a website for that, have a look at that, natural beekeeping. People are just encouraging the revival, the returning of the bees, they're just helping bees to come back. They produce excess honey in the outer chamber of the hives but they don't harvest, at least they don't need to, they leave it for the bees. Just helping the bees come back. We don't need honey as much, we really don't. It's their food. It's really checking our own greed and helping these insects to come back.

Other questions?

???: Are you finding much of, I have a vision for that, I think every town should have community gardens. I've talked to everybody I've come across about that, that's interested in farming, and they pretty much all look at me like I'm crazy. I was wondering if you guys have had any better responses there.

???: They look at me, most of the people, like I'm an alien or something! [laughter]

???: Exactly!

Pupak: My experience has been, just start. When I start, the land was gifted to us. And I just knew I wanted to do something. I asked for land. It was gifted. And then I raised the money through the community. I just kept talking about it. I said, you know, I need money for trees, who wants to help? And I raised money for fencing. I just asked for it. Just do it. And in time, they might not get it straight away and it doesn't matter. But there comes a time where people will get it. Just keep going. And some day, one day, the coin will drop. So it doesn't matter if others get it or not, I feel. I kept going with that for four years before other people joined me.

Okay, five more minutes. How did that presentation come across to you?

audience: Wonderful. Very good. Yes. Very good.

Pupak: Do you feel you could practise the water one? Do you think you could get a special bottle of water and stop buying paid-for water? Is that practical?

???: We can in mason jars, I'm sure know what mason jars are, the big glass jars that you can food in, and they make tops with straws that go on them now, so you can get a big half-gallon mason jar and have something you can drink out of, carry water around in. I know it would be practical for us.

???: Yeah, it's not difficult. I have a stainless steel bottle which is good for food. And it's light so you don't have to carry glass and it doesn't break.

Pupak: I've given my website, I haven't put this up on my website because I'm building it, but I'm hoping to put everything up by September. Please check it out in a month and join that, if you can help spread the word.

Thank you.

???: I hope we've shed some light.

Austin?: Have you thought about doing a weekend for gardening?

???: Any kind of seminars?

???: The village here is very active.

Pupak: Yeah. Findhorn is an ecovillage. There is a little leaflet here that says "applied ecovillage living." So here, we have all the energy here is renewable. We have four wind turbines that you can see is right behind us. So the energy comes from the four wind turbines and sometimes we sell the extras. This house is, for example, is eco-house so is designed it's very simple. It's just designed so we get the south side. We have solar panels.

Five minutes left.

So there is no fossil fuels at all involved in our living. The only source of energy we burn is logs here in this house, to heat the house, and the total cost of heating in the year is less than \$100 here. When I shower, I know I'm using solar power, solar heat, and it just feels good. Whereas when I go to England, I know the source is nuclear energy and so on, and it feels totally different. So on the biological level, it's in a sense, been figured out.

And then the sewage here as well, we have integrated sewage and it goes into a system called the living machine. So the water then is reclaimed and not only do you get the water back, but through the process you enliven. It's called living machine because it brings life back. So you reclaim that and you have to come and see it. It creates, it's a biodegradable life form. It's a pioneering community here, and I think it evolved to this stage because they kind of have a good social system. It is a real spiritual community, so that there is the common ground [??] for the handbook. If you read the common ground, it's very resonant with the Law of One and I feel very much at home here.

???: First time here, and it felt very resonant with the Law of One, the community fits so well. It's really amazing what they've done here. And the whole story, if you read it online, is also equally amazing. It started with channeling as well.

Pupak: Yeah, co-creating with nature and listening, you know, listening to the inner voice is one of the foundation stones. So every person here follows their own inner guidance but we come to co-create together, so creating harmony together. So when we work here, like when we cook or clean, we have these different departments, we start every session with silence and with sharing. So we share where we are at and with inspiration we connect. We also invite angels a lot and work with angelic forces. It's lovely. Come and visit.

Gary?: Pupak, how does the community resolve disputes that arise within the community?

Pupak: We have circles, we call it restorative circles. So people use it when you do have conflicts, you sit in the restorative circles and work together. And I think it's a bit like a council, you create a council. And you sit in a circle and you talk and you talk and you talk until you are able to resolve your conflicts and expand your point of view. And each conflict is unique and each conflict resolution is unique, but there are restorative circles that you sit together.

There's also another process that kind of I think developed came out of here called sociocracy. That is a way of making decisions that is not just consensus decision making. Well it is consensus but how you arrive at the consensus is again this process of going round and round and hearing each other again and again as long as you need to go around and really hear and grasp each other so that the conflicts in a sense resolve themselves.

Gary?: Would you say that using those tools and other tools of course, the community maintains a strong harmony?

Pupak: Absolutely, absolutely yeah. I've done the course last year for five weeks and although I've been to L and L and I have been very touched by the spirit of love and harmony there, this was in a larger group, we were a group of 20-some people, and I've never ever experienced such strong love. You really get to the core. And even somebody you might hate and have great disagreement with, when you go through this process, it really opens your heart. And I feel you really reach and work from a deep love that really pours through you. You cannot help but be open and be loving.

???: I'm only here for the weekend so I hope to come more often. I really love it here, to be honest. It's just a bit far from London, though.

Pupak: Come and visit. We'll talk about perhaps holding other Homecomings in resonance with each other.

???: Absolutely!

Pupak: Namaste.

[applause]

Hi guys, let me introduce myself. My name is Thanasis, I'm from Athens, Greece, I moved to UK about in '97 to study and stayed here ever since. I live in London at the moment and work. I've been introduced to this material about 10 years ago, which I will be eternally grateful to the people Jim Carla and Don who brought this material to the world, for me it's the most amazing piece of work I've ever come across. It took my life into a completely different direction. It was an amazing experience to read and re-read and re-read again those books. So yea, a big thank you for everyone.

It's my first homecoming, I haven't been that active with the community of the Law of One. I felt the need this year to be more active and so I contacted, through the bring4th website the seekers in London. Ian, who also lives in London responded so we made this possible, quite quickly I would say. It was like 2 or 3 months we started and then we met each other. It has been a great experience so far. It is so much more enhancing to study together. It gives a perspective into the Law of One material, a different perspective which would be difficult for me personally to perceive otherwise.

My presentation is going to, what I would like to focus on at this point in my life is moving forward into the 4th density I think the light has created many opportunities for people to see that things have been hidden so far from us into the light and brought a lot of dimensions that we were not aware before into the light one being our dark side.

I feel it's my responsibility as well, going forward to learn how to properly use my creative powers and what these powers are doing, what I am creating into the world. I think a lot of things we create are unconscious so I am hoping to bring some of this into the conscious mind.

What I would like to present today is an idea. For some it might resonate and for some it might now so please use your discrimination. I am just hoping to plant seeds of curiosity in the hopes that they will grow. If something doesn't sound good to you then you can ignore it and move on because the creation is infinite and there is so many aspects of it one can study that one lifetime can take a small part.

I will start with a quote from the Law of One from session 85 question 6. Don asks "would it be magically bad for us to know that name or would it make no difference?" Ra replies "I am Ra. It would make a difference" "Questioner: What would the difference be?" and Ra replies "I am Ra. If one wishes to have power over an entity it is an aid to know that entity's name. If one wishes no power over an entity but

wishes to collect that entity into the very heart of one's own being it is well to forget the naming. Both processes are magically viable. Each is polarized in a specific way. It is your choice." Now I like to look at different aspects of my life and how I can express myself and how I can move forwards and how I can help other people to do the same. I don't know if you have a feeling of you have come across a similar material. Starting from that quote I believe that there is, that humanity is under a form of spell in a way, a form of magical which was described earlier by the use of that name. So I feel the desire to bring the subject into light (??) what I believe to be a spell so people can move forwards into the fourth density and freely express themselves and their creative power.

The tool I am talking about here is speech and how the speech is used to create sentences that ultimately the law that is an extension of the universal law and what Carla and Don have channelled through their Law of One material. And going through yesterday with (??) through the different chakra system. Ra describes the fifth, blue ray chakra, as a creative power and I think it has a lot and makes a lot of sense to me because the words we form and the sounds we make with our voice which comes from the area of the fifth chakra create. And being aware of what you create, for me is a way of taking responsibility of this power, so every time you talk to someone and you come in contact with someone, what is that we create.

Humans have created laws and how that name, what I was talking earlier is related to what I want to say and is related to the Ra material. The answer to this and probably you might have come across on the internet about the birth certificate.

What happens is when parents when their newborn is born the parents register this newborn to the authorities. According to some online source I came across with, the meaning of the word register can have a different angle from what most people are lead to believe and this source believes, interprets this register word, which comes from Latin. It says Regis, which is Latin for –to rule. And Ster which means creative divine feminine essence. So the word literally means to rule the divine feminine or creation herself. So the registration of birth, a birth certificate is created. So here's the creation part again. By the authorities with the aide of the parents and at the same time the short form was also created which creates a fictional corporation which most people know as a person. According to law, a person can be a corporation, is a corporation while most people believe that the person is a human living being but that might not necessarily be the case. So this way the authorities have created a bond between the human living flesh and a corporate entity which is a 2 dimensional entity is on paper, 2 dimensional meaning on paper. The problem here is that the authorities, according to that source have also claimed that name that the, I'm talking about the legal name, the full name, your name and your surname. But beyond this they have claimed the ownership of this through intellectual property and according to law, using something that is owned by someone else could be considered fraud.

So a question that one might want to ask if they want to investigate this further and I'm only trying to point in to this direction to whoever is interested. I am not going to go into too much detail so if someone would like to investigate this further I can provide some links so they can do that.

So what does the word that the name could actually mean, it's one part of the investigation, the words we use to create the laws and what they actually mean and what the words they use in the legal system mean and what we create when we form these words is one ?unsuspect I'd be interested to?

So what does it mean actually to use our full name and what does it mean when we've been asked by the authorities to provide that name, how we are contracting with the authorities and someone who tries to in a way greet us or enslave us. I don't know if you guys have remember this but there was some point when the Ra materials have been channelled there was a 5<sup>th</sup> density negative Service to Self that was greeting Carla and the way that Carla has been managing to protect herself is to ask these entities he is coming in the name of the Christ consciousness and in a way providing this Christ consciousness managed to protect herself with thinking words so that's another aspect of it I would like to share with you.

So what I am getting at here is like how if one feels that he's been trying greeted by a Service to Self entity in this Earth-plane can use the name or not to protect themselves and this approach that has been used before is not something new I'm not introducing anything new here and this research is not mine it's what I've come across and probably you know that how the Indians, the people in India through the help of Ghandi managed to free themselves from the British rule and this concept for me the nonviolent cooperation is a concept an idea that someone can use, as a protection against a negative polarized entity that has attempted to enslave that personality.

So for me the good indication of the something behind the whole legal system and the name and I'm talking about the legal name is that anything you do in life like whether this is your ID your passport or driving licence or going to get a mortgage or your bank account, everything you want to do requires you to produce this legal name. So I feel that this knowledge could aide someone that should be greeted by a Service to Self entity with the intent of enslavement. So I am not really offering any legal advice here and I would refrain from that, I am not an expert at all I am just studying for myself and trying to understand and move forward in life but I would like to offer this information that came to light I think you to the fact we're moving toward the 4<sup>th</sup> density and how we can take this further and use it as protection in the physical realms in order to be able to become more and more free.

Thank you very much.

KEN W.

*Film and Reflection*

Gary: Our next presentation comes from Ken W., and it's strangely named "I have not sent in my title, so this is what I get."

<laughter>

The actual name that did eventually arrive is "Film and Reflection."

Ken: Thanks Gary. When I originally came up with the title "I have not sent in my title, so this is what I get", I was really thinking I was gonna move in a philosophical direction, but I chose not to do that.

<laughter>

No, I just sent it in late. So, just to let you know what to expect in the next 30 minutes, I'm going to play a couple things, some audio some video, and the more I was thinking about it...If you took a spiritual highlight reel of your spiritual experience thus far, I kind of did that. I went back and just took a highlight reel of the things that were influential and funny and synchronistic to me, and I'm just gonna share those because I just think it's fun.

So first I want to start with playing an audio example. This is a piece that I wrote a couple months ago and in the process of composing, things started changing for me, where I would start with an idea, a music idea, and it kind of led me to the next thing. When I hear Carla talk about channeling, it reminds me of that process in that, before you get the next piece of information, you have to say it and then the next word comes. Musically a similar thing happens where you put down one idea, and upon listening back to it, it's very clear where it should go next, but that clarity wouldn't have been there from the outset. So when I started doing this, it was very clear images came with it in that it was supposed to be a multimedia experience in its conclusion. I attempted every effort I had to get that completed for this, but I actually had to cast out actors for the video that this audio piece will go along with and I couldn't get everybody cast in time for this weekend, so hopefully that will be completed by the end of the year but I can still share the audio with you.

I'll just play the audio because I don't want to take the experience with what I got from it, so I'll let it breathe. It's about 4 minutes and we'll just kind of let the audio set the space and the mood here.

<first song plays>

I ended up titling that "Slow Motions," and the images I have that will go along with it will be a series of four couples, a mother and son, the son is like 3 years old and the mother is like 35. A father is about 60 years old and the daughter is about 20. A husband and wife, they're both about 70. And a dating couple who are both in their mid-30s. The way it will start, I'll just have to briefly describe it to you.

There's a wide shot of two people walking towards each other, profile, walking into the center, and as they get closer to each other, it's in slow motion, so it will be all of the couples getting gradually closer to the center. And then there's different camera angles, like over the shoulder of one person to the other, and between the 4 couples there is one meta couple. So they are slowly getting closer and as they get closer it's just switching views to each person. Each situation has its own emotional connotation. The mother and son are very jubilant, very excited to see each other. The retired couple are very happy, and it's set in snow, very

heavy snow fall. The mother and son combination in the middle of a field in the middle of the summer so everything is very green. The dating couple, it's at night, it's outside of a building and you can tell you're like under like parking lot lights, and they're just having a rough time, and I don't want to say the specific emotion behind it because when you watch it you'll get your own. And I'll share this with everybody when it's ready to be shared. And the last couple, the father and daughter, it's going to take place at a cemetery. The idea is just to show that all these human emotions that we have, regardless of any kind of language, this idea of an embrace is this really powerful thing.

When I wrote that, the images just popped in. I just saw people hugging and embracing, and I think it was a reflection of the many emotions of humanity. I think when things are slowed down time-wise, you really get drawn more into that instant that allows you to examine it under a bigger magnifying glass that you otherwise wouldn't have access to. So that's my plan for that, and I just wanted to share the piece with you.

Next I'm going to play a short film that I actually did about a year ago and it was one of the first things that I tried to do. This one is different in the creative process in usually that I will hear the audio first and then it's very clear what the images should be that go along with it. In this case, the vision came first, and I didn't have the audio. So for a long time I had the footage that I shot then I was like "What am I going to do musically with this?" And it was really difficult for me to do it the other way around.

Without talking too much about it, I'll just play it. I apologize that it's going to be on a slightly smaller screen. You're more than welcome to sit closer for this or you can stay where you are, but it will be on this screen right here. And this is about 3 minutes, it's pretty short.

<video plays>

Thank you for letting me share that. I wanted to take a couple minutes here to just ask what, if there were any insights. There's no right or wrong, but if anybody would like to share, I'm just curious from my perspective to see how it would come across emotionally. Yeah, Wayne.

Wayne: These clowns are at a funeral and this clown comes in who is like feeling happy, and he's like "It's okay to feel happy even in death, and it's just a light that comes with it."

Ken: Okay, thank you. Romi?

Romi: Transition. Just watching it made me think about transition, death, transition to another life, where the clown symbolizes the more fuller life except that we cannot see it, because of us death is the end. So it reminded me of our limited viewpoint when we think about our life, we tend to think about our own life, but there is a lot more to it.

Ken: Thank you very much for sharing. Yes, Melissa?

Melissa: When the happy clown came in, he was kind of in his own world, and I feel like when he joined the other clowns who were experiencing a negative emotion or sadness, and he joined them and offered his presence and offered his presence, offered his hand.

Ken: Okay, thank you. Yeah Jim?

Jim I: The last clown, the one that was dressed like a happy clown, to me he symbolized the celebration of a person. He came in in reverence, but also celebrated the life. Too many times when people die, like Romi

said, we think <inaudible>, and we're sad because we're gonna miss him. But wait a minute, maybe think of all the good things here.

Ken: Thanks. Doug?

Doug: At the beginning, I'm looking at all the black and white, and...I know this because when it was 30 below this past winter, the only birds that came to my feeder were these chickadees, and I have the Animal Speak book so I had to look up chickadees, and the black and white to the Native Americans symbolized truth...so I'm thinking about, well their truth is their grief right now, and it's what they're wearing. So then when I see this other guy coming in and his truth, his reality is completely different from theirs, and yet they found a way to bond with each other and be okay with each other in spite of their different truths. They have totally different realities about what's happening but they are totally okay with each other. And that's what I took away from it. And I thought the music was spot on, what a gift man, that was really well done. I loved it. Probably nothing to do with what you had in mind.

Ken: No, thank you.

Romi: Another thought I had, just in fewer words, is just simply shared experience.

???: That's what I was thinking too, when they clasped hands finally, to see a whole bunch of people in grief, in their own separateness, and then when they decide to link up, it becomes a shared experience.

Ken: Thank you. Seph?

Seph: I don't have anything new that hasn't already been said, but I just wanted to say that it was really good, you've got a knack for this.

Ken: Thank you.

Romi: How did you stage it? How did you come up with it?

Ken: It's a really interesting story. You know, these Zoom H4 recorders (Ken picks up audio recorder and shows it to audience), they have this really large microphone cover on the front, and I have an older model that's slightly different. The microphone windscreen is more like the size of a golf ball but a little bit bigger. My friend was over just talking to me just fiddling with the microphone cover, and he just put it on his nose, because there was a spot where you nose fit perfectly, and he just put it on his nose and looked at me and the whole thing hit me. It was done right there, and I just looked at him, I was like, "A clown with a black nose I have never seen that." And then I'm thinking, "When would a clown wear a black nose? At a funeral!" You never see clowns at funerals! So this was my train of thought.

<laughter>

Maybe I'm letting you too much into my psyche. I'm really kind of drawn to these things that you don't see every day. And so initially it was sort of a cute sort of approach, like seeing clowns at a funeral. And then the more I thought about it, I started to kind of assign some pretty, what I would call, serious or more profound connotations to the film. So it was really getting your feedback, because some were similar from my intentions and some weren't but they're all equally valid as long as it was some sort of transformative experience for you. That what any artist can ever ask for, is to offer that, and once you release your art to the world it's no longer yours. It's like I imagine sort of like having kids. I don't have my own but I've lived with

people who have their own kids, so you have this child and then it's your child, but it's also going into the world and you have to allow that to happen. You can't hold on to your art in the same way.

So my intentions were, for the story that I had in mind, was that these clowns that were already at the funeral were remembering a past friend, and this other clown shows up wearing all white and his makeup is all happy as if he didn't get the memo, like he doesn't have any kind of tact, but not on purpose, it's just the way he is. He just didn't get the memo, he just doesn't realize you're not supposed to wear white and happy make up to a funeral, it just never crossed his mind.

And the other clowns are kind of like, "Great, it's Joe again, showed up wearing the wrong thing, he's got the wrong makeup on, I can't believe this guy, I'm really upset, we're trying to remember our friend" sort of thing. And he's sort of naively and innocently wanting to be part of the people that are holding hands, like "Just let me in man, can I play to?" Sort of a thing. So he's kind of baiting them along, but he doesn't realize that they're upset with him, so he's just still kind of really excited about being with his buddies, and doesn't realize that they're kind of agitated. And so the one in the middle just eventually caves, and he's like, "You know, you're our friend, he was our friend, let's do this together," so this idea of togetherness. I was trying to contrast that with white versus black and the close-up on the hands being the important thing, and that when you are unified, you have more strength to get through these types of catalyst. I titled it "Acceptance and Surrender" because in moments of extreme pain or extreme catalyst, often you're at the mercy of this thing that you just have to surrender to and accept, and my way showing it was one with the clowns actually having to surrender and accept this clown for who he was because he wasn't doing it maliciously. And also surrendering and accepting the fact that you have a loss that's a very mortal thing to experience. And just the idea that everyone is a clown, so like "yeah we can be mad at him, but we're clowns too, we're all clowns in this thing together." And the idea of taking the nose off was sort of like removing that identity of the clown or whatever your identity is, and leaving it behind and moving on to something better as a unified collective. So the more I started working with it, the more these things kind of started unfolding. When I hear Carla talk about channeling, that's just the way it kind of felt, like everything was done, I just had to put it in form, it was just waiting to be packed and put out there.

So that was it, thank you very much. Yeah?

Jenellen: I have a question about in the order in which the order that the noses came off in the end, I was trying to make sense around that. It could have been some sort of societal mask, a ritual of the societal mask of separateness and despair and leaving it at the altar of death. But I was wondering the order, like the red came last, so I thought if it had come first, then it would be like he had inspired everyone to let go and release this. But he came last. He put his nose down last. Was that sort of "My work is done" or what was the thought behind the order?

Ken: For me it was just one specifically of staying in character. His character in my intentions was one of like really innocent and really naïve.

Doug: Sort of like the Fool stepping off the cliff.

Ken: Exactly, sort of just being the happy fool who doesn't know any better. So he would just observe them start to do whatever this cultural behavior is and just kind of eventually get the clue, so he would be last because he would see them do it and just observe and learn. So it was strictly, from my perspective, just staying in character and what would happen in the situation.

Doug: I like the way you can identify with both sides, you know, with both hands, and you don't really attach a right or wrong with either of them. It's interesting, really interesting the way you did it.

Seph: For what it's worth, to me the white clown seemed more like an informed innocence rather than a naïve innocence. In other words, I just got the impression that he understood how things worked but he didn't want to buy into this "you're supposed to be really sad" model because that's not how he felt, he just wanted to express how he felt. It seems to me he probably knew - obviously my subjective experience - how you were supposed to do it but he didn't want to do it that way and he felt like a funeral presented that way is unbalanced and so he sort of walked in, "Come on guys, this is an important part of the funeral too."

Ken: I sincerely thank you for sharing these thoughts because I would never had thought of it that way having created it, but it's really awesome to see that it can still have that sort of positive effect from that other side of the table. It's really touching for me, so I really appreciate that.

I only have 2 minutes left so I won't bother jumping after anything else. I guess in these moments when you think about, "Okay, the clock's running down and I have two minutes left, what's really important?" And it would just be to thank all of you for being here and thanks Gary for organizing all of the Homecoming and giving us the space to do this kind of thing. It's really cool.

Gary: And the team.

Ken: And thank you to all of you for the feedback, it's really helpful.

<applause>

**WAYNE H.**  
*Coming Home*

Namaste, everyone.

Audience: Namaste.

Thank you.

How do I look?

Audience: Fantastic. Handsome. Awesome. Strapping.

I should ask that more often.

[laughter]

Ooh. So I've been really inspired so far. Somebody gave an integral presentation. And if someone could be so kind as to help me by lighting this?

[laughter]

And this is intended to be passed around in order to take a moment to thank each of us, all of the teachers that we have received grace from in the past that I would love to invoke in this moment, and encourage you to do the same, bowing to your own heart, the truest compass.

[chime]

And if we could internally say thank you for your goodness to each person as they have their moment.

[chime]

This one's for Carla.

[chime]

[chime]

[chime]

I invite you to Om.

[om and singing bowl]

If you could rub your hands together, just enough to feel the warmth. Breathing it into your heart as you pranam.

One of our teachers says that the heart is the hub of all places, and you can go there and roam.

If you bring your hands wide and over your head, taking up your space it's okay, preferable to touch your neighbor and bring it up above and just breathing in that grace. [exhale] Letting your shoulders relax, you're just gonna bring your hands together slowly as the sun and moon meet in union, you split the mind open, coming to the heart.

The path of Bhakti Yoga is of devotion and it's through love that you find union. So one of the tools is singing. So I encourage you to do just that, from your heart to your beloved.

[singing] Amazing grace, how sweet the sound  
that saved a wretch like me  
I once was lost but now am found  
was blind but now I see.

[guitar playing]

This one's for Seth.

[singing]

The picture is far too big to look at, kid  
Your eyes won't open wide enough  
You're constantly surrounded  
By the swirling stream of what is  
We all made our predictions and had 'em thrown at us  
And the truth is all around  
So if you want to keep silent

You're allowed

Holy Mother God  
Holy Mama God  
I smile  
God I love your smile  
I see you  
I need you  
I love you

All the time  
I am with you all the time  
I'll be with you all the time  
Like tonight  
All the time  
God  
All the time, all the time  
I am over where by  
Time  
Grace

[guitar]

So there's this tradition that you guys are probably familiar with, where you kind of repeat something to kinda disengage the mind, and often times it's Sanskrit. So I'm just gonna kinda walk us through a mantra, per se. And this part means "to put my mind." So, to put my mind on ma. For form. Ananda means "blissfully on and on." Mayi is the name of ma or the name of god or form. So rupa is another way of saying form.

So I'll go through it once and invite you to join.

[inhale, exhale]

[singing]

Bhajamana ma ma ma ma  
Ananda mayi ma ma  
Ananda rupa ma ma  
Ananda mayi ma ma  
Ananda rupa ma ma

Bhajamana ma ma ma ma  
Bhajamana ma ma ma ma  
Bhajamana ma ma ma ma  
Bhajamana ma ma ma ma  
Ananda mayi ma ma  
Ananda rupa ma ma  
Ananda mayi ma ma  
Ananda rupa ma ma

Bhajamana ma ma ma ma  
Bhajamana ma ma ma ma  
Bhajamana ma ma ma ma  
Bhajamana ma ma ma ma  
Ananda mayi ma ma  
Ananda rupa ma ma  
Ananda mayi ma ma  
Ananda rupa ma ma

Bhajamana ma ma ma ma  
Bhajamana ma ma ma ma  
Bhajamana ma ma ma ma  
Bhajamana ma ma ma ma  
Ananda mayi ma ma  
Ananda rupa ma ma  
Ananda mayi ma ma  
Ananda rupa ma ma

Yes, it continues, it does. Even, no matter whether we say it or not, it's continuing.

I have gone through a lot to get to this point, as we all have. And recently found grace in my relationship and when I saw the essence of that in my relationship it really helped me. [chuckle]

Baba, Neem Karoli Baba, is a saint in India that some people know about, and he's really been I guess my guru and I wanna invoke that right now, as if it's not here. I was really touched by Carla's testimony to Christ.

I'm imagining Baba on his tucket in India, which is a bench, and all of his devotees around. Someone asks him, "How do you meditate?" 'Cause that's what you ask, right? And he goes, "Jao jao," that means go away, get out of here. And as the person's leaving, he says, "Just meditate like Christ." So the obvious next question is, "How did Christ meditate?" He goes into somewhere else, comes back eventually as a tear rolls down. "He lost himself in love."

[guitar playing]  
[singing]  
Just give me time  
And I'll raise it  
[guitar playing]

[inhale, exhale]  
If you can just kinda follow your heart back and forth, do a roll on your spine just a little, kinda loosens the spine, also kinda feels good to engage and loosen up. 'Cause we're gonna do a chakra meditation. Taking you up to the space of the chittikash.

Now in this moment I want you to recognize your bodily self, your earth self, your form that is very grounded. And here you are in your root chakra. Take a breath in there, the butt, the base of the spine, where it's all okay, you're safe. Everything's happening perfectly. Thank God.

The next space is a space of connection so on your next inhale, breathe into the space behind your genitals, the space of connection, it's a place of creativity. It's very fluid, giving, receiving. Taking a breath in there, and on your exhale, release.

'Cause we're going up to a space of power above the belly button. It's the space where we can harness a lot of power in our lives. When you inhale, let your stomach get wide. When you exhale, bring your belly button back to your spine, just feeling that fire. Kind of like a bellows. Igniting that flame 'cause you're going to need it. To burn through all the crust around the heart which is where we're going now.

Breathing in to the heart, as that flame extends and ignites from the power to the heart. There's an oft-pictured symbol of the heart chakra. It has four chambers. The one above is connotated with understanding. So you can breathe into that, breathe in understanding into your heart. To your right is compassion. Breathing into the right of your heart, compassion is a gateway that allows you to enter into the realm of your heart, connects you with others horizontally. Below, awareness. Breathing in that grounded awareness into our hearts. Connecting understanding and awareness in the heart. You have this moment. And discernment, the other side of compassion. Breathing in discernment into our heart in order to find grace.

We're going into the space above the heart, very spacey space of the third chakra, invoking truth and freedom of expression.

On your next inhale, I want you to find that space in your third eye. Wisdom. Which doesn't mean that we have to do anything, it sort of comes through. And the more we do our work, polish our diamond, the more light can come through. So using it, we see ourselves as we are.

And the crown chakra. We're breathing in all the grace in its many forms. Thousand petaled, resting on our crown. It just washes over you, washes you clean, as you are.

Breathing back into the heart chakra, we find everything we want, that groundedness, that grace. And we're going to use it to bust through our physical form to a space above the head, six inches above the head, the chittakash. So on an inhale, I want you to find your heart, on an exhale, bust through. And inhale above your head. Here in this space, this vast expanse, we are, as we were, as we will be. So for the next minute, I encourage you to feel.

On your next inhale, come back to your heart.

Thank you. Namaste.

[chime]

[applause]

**JIM I.**

*This Seeker's View of 3<sup>rd</sup> Density Life*

Well hi everybody. I am the being formerly known as Jim, but after Thanasis' talk I decided that perhaps I should change my name to this little symbol here. I don't know if you can see it. I've always thought that names were completely limiting, and that when we name children — and I have three — that it's a tough call. Hell, you're actually putting, you're trying to wrap a being into an utterance. It has power. It has power! And you know, I don't know if, you never name a dog Bandit or Rascal because they'll live up to that. I don't understand how it works but it just seems to work.

One of the things that I wanted to start off with here was that I believe that in order for communication to take place that we need to have harmonious energies and complementary intent. And with Wayne's last presentation, I think our energies are all harmonious, so I think we'll skip that. But the complementary intent part is that — I'd like everybody to close their eyes and to imagine your spirit guide, your angel, your ascended master, whatever it is that, that you believe is around you, that guides you in the moment. You can either say it silently or you can say it out loud: "I ask that in this moment that you help translate what is coming through so that there's meaning in it for me. Amen."

And the reason that I do that is because it's kind of like there is, and I'm going to have a lot of misquotes here and a lot of paraphrases, but there was a misquote and I'll paraphrase Ram Dass. And he said that it's not what I'm saying. It's not the millions of little muscular facial expressions that I make, but it's the energy: that's what communicates. And you are going to hear things that I do not say because now you have a translator. You have another, you have all of your guides around you translating things. Now I'm going to tell a story — that's all it is; it's kind of like Don Miguel Ruiz, and we're all the main characters of the stories of our own lives, and everybody else is a secondary character. There are some people that are more secondary than others, but everybody else is a secondary character. So this is a little story about my beingness here in this third density.

All right. We all think that time goes in a line. And it does kind of here where we're at right now: it's like cause and effect; you're one then you're two then you're three — time travels in a line. But in the truth of all of the, of all, that's really not how it works. It's kind of what the convention that we make here so that we can, you know, we can all agree on stuff. It's kinda like language: blue is blue but if I say "blue — a blue car," how many people thought about exactly the same thing? No. We all thought about some kind of a vehicle of four wheels, and it was some shade of blue, but it was <inaudible 3:44>. So we all have these conventions that we do. So I'm just going to go ahead and jump right into this.

This is my beingness. Alright. And my beingness is not contained within the circle, but I'm going to have to do this in two dimensions like Austin, you know, this is infinity. This goes in all directions. But where I come from, there's my beingness and then there are other beingnesses and then there's a bigger beingness which we are contained in, and then there's another one that other <inaudible 4:23>. And this goes on infinitely. But this beingness — well, we existing in a realm. Alright. It's even hard to explain to people who kind of understand what I'm talking about. I do not exist here alone at this time. Alright. I am in multiple, infinite different places all at once. As Esther Hicks channeled Abraham there is a spot where there are as large of parts of me and it's not that this is an insignificant small part of me; it's very significant cause all parts are of equal significance. But this part I was gifted into a remembrance a few years ago by crossing paths with someone who was also from here, and this is a kind of a light realm. We have bodies but we're not really bodies. And we are individuals, but we are not like really separate. And someone was talking — I think it was Doug last night — who was talking about being someplace where you communicate with telepathy. Well in this realm, we communicate experientially. It's like whatever's happening to me here goes

back to this being, at the same time, simultaneously, and then I can experientially share that with the other beings and they don't have to be here where I am right now. They're off other places, but they experience it exactly the way. We share the experience so it's; I feel like it's almost the level before union. I'm not, you know, densities, but this is, you know, where individualism or separateness is so thin of a line. Well we're here in this, and we hear the earth calling out for some assistance. <inaudible 6:42> Alright.

I'm going to make a wave tonight. I wish they had like a marker that would have infinite light because that's what this place is. Light comes from every direction. We're all light. We live on light. We don't eat. You know, but it's kinda hard to find one of those. So, it's kinda like this wavy line which is really an imaginary line, but we all agree to it, so we're gonna — because if we didn't agree to it then we would be in communication with it. But from here, I can say to my group and then my group's group's group's group, "I would like to experience what it's like to be a blade of grass on earth." And they go, "Yeah, that sounds good." So then I come in here, and I, you know, there's part of me in direct communication with that. So I come and I'm that blade of grass right there. And I go through the whole cycle of beingness of a blade of grass. Or I can be a rock. I can't draw rock. I could be a rock, you know, again, we think of time as being like, you know, our lifetime. Think of being a rock. Think of being a planet. Think of being a sun or a star or a universe. I mean, and we can, we — not just me, but we — are all of these things at the same instant. It's like the creator experiencing himself through us, because all of this comes to me, it comes to here, comes to there, comes to here, comes to there, you know it just goes.

Well we got the place, you know, we're love, that's basically what we are. And we got the call that said the earth needed some love and so, I raised my hand and said, "I'll go," you know. And they said, "Okay, well you gonna go down there and you gonna be, you're going to be." That's it, that's all I got so far. I might have more, but I haven't gotten anything more than that in all of the time, but you just gonna go there and you gonna be. That's why I'm kinda like this little spiral energy flow, conduit thing. And it's not "love" like I love that color or that flower, or I love Rome; it's just love. It's unconditional flow. And so before I go down there, they say, "While you're there you might as well — what other experiences would you like," because, because being third density, you get to kind of move around and think a little bit and experience stuff more than you do a blade of grass. A blade of grass more or less has its environment and it has its experience. A rock has that. A subatomic particle in a split second that it lives and after it gets smashed. And all of these things are more bound by their circumstance than they are — than we are. We have circumstance but we can also do other things. So I heap this big plate out because I'm looking at this from love. I'm looking at this from love. And I'm going, ahh, I'd like to do this and this and this and this, try this stuff.

And so I come in here, and I get born as a male. And the thing is that we get together. I got together with everybody else in the close: my main secondary characters — my parents, my siblings, you know, other people, and we all agreed that there was. And it's not stored it's not written, "You shall be born, you shall do this and this and this." What it is is it's a probability path. We set up probability paths. I set up a probability path. I knew where I was gonna start. I knew I was going to start in Deckerville, Michigan, on July 23rd, 1957, and I was going to be born to these two people, and that they were also in agreement with three other beings that were going to come in, two before me and one after me, and we were going to be a family as described in this existence.

And so I came in, and like most babies — and I don't have a conscious record of this; I just see this reflected back when I look at babies now — that I came in and I went through the birth process, and I woke up and the first thing I did was I cried. And I said, "What am I doing here?" And I go back to sleep, and I try to go back to the place that I came from, because looking at life from here, where it's just like, ahh, you know. (Laughter.) And the only time, the only time that this guy — you know as Little Jim or this person who was formerly known as Jim — the only time that he says anything is when he's got stuff in his pants of his belly

hurts. And I'm not used to that. I am not used to having all this discomfort. I'm not used to gravity pulling on me. I'm not used to hot, cold, light, all of this stuff. So I sleep a lot. As a newborn I sleep a lot because I keep wanting to go back to where I'm at. And I go, I travel through the dream world back to there, and they say, "Oh it's okay, it's okay." We've got all these other people; we've got these guardians, guides, whatever you want to call them — don't get lost in the words — we've got them all around you. So just chill out, and slowly but surely I get coochie-cooed, and "Come on, come on, come on in here, you know, come on, wake up, come on, stay with us," you know. Like most kids do, they get coaxed into this existence. Because if you look at a baby they usually right off the path, they're like, "Woah, what's going on here?" And I believe that they still see, you know, different vibrations than what we see here. They still have sensory. They get habituated out because I had imaginary friends til I was seven. Imaginary friends.

So early in life — and I'm about halfway into this, so I can go two different directions here: I can either stay slowly up through my life — I'll say a couple things about it, then I'll probably jump ahead in the timeline. But I picked, because I had this big plate and I was looking at it from love, and I was saying, "Wow, that's just — that'd be so easy on you, down there it's love, you know." Well I picked a family with a depressive alcoholic mother who attempted suicide a number of times and was never successful and a father who comes from a very stoic tradition that had no emotional support at all. And here I am, and one of my earliest memories was I'm looking up at my mother in a chair and she's in a drunken stupor bawling, "Nobody loves me," and I'm looking up there and I'm thinking, "Wait a minute, I love her! Something wrong here, must be something wrong with me." And then, at five, I jumped on my little bike, and I ran away from home, cause these people didn't love each other; they didn't know or understand love. I was going to go and find some place else that people loved each other, which of course, at five you can't get very far. So I got pulled back, and then at first I got shamed and ridiculed: "What do you think you're doing? You're five." Just to heap it on. And it was difficult as a child growing up even after that to relate with other children just from an emotional standpoint because you go to school on Monday, and George and Mike, they'd be talking about going up north. I lived in Michigan and in Michigan "up north" is where the trees are. And I'd be standing there, I wouldn't say a whole lot because how do you say, "Well, yeah, I went to the hospital to see my mom again." Cause back then and even now it's a family secret — you don't talk about things; you don't share emotions.

So that was one of my main catalysts in life: coming from that environment, and I've progressed way beyond that day. To jump to the end of that particular part of the story, my mother actually died sober, and I had some time in my life and in her later life when we actually had a relationship, and by then I had evolved to the point where it was bonus time for me. We'd actually separated for a number of years on my insistence, and we had some time to share and to love each other as a parent and an offspring in that type of a way, which I thought I'd never be able to do. So that was a bonus. And now my dad, he's getting older, and I'll never forget — even before I even understood anything like I do now, one time years ago — he lives out in the country. He lives half a mile from the next person. You can't hardly see the next house from where he lives. We were getting ready to go, and it was my first wife, and I just walked up to him, and I gave him a big hug, and the first time in my life I ever just hugged my dad as an adult, and he's going, "Ooh, ooh! The neighbors will think we're funny!" [Laughter.] I said, "Dad, you're my dad!" [Speaking as Dad:] "Oh, okay." And now he asked my wife, "Does my dad give good hugs?" [Woman's voice: "Absolutely, I go there all the time to..."] People seek him out to get hugs from my dad today.

Going back to this being a rock thing, is that in the moment, things just seem like completely ahhh, just uhhh, but even in the limited time that we're here in this human existence in this lifetime, there's major shifts. And who shifts? Who shifts? In my case, I was the one that said, "Dad!" and that allowed him to shift. So that's why I'm here.

I wish I was as talented as you people. I wish I was as smart as you people. I really do. Cause you have gifts

just beyond anything I could ever hope to have. But that's okay. Because if that's my reason for being here — is to just to be here, to be flowing a type of love energy from back home where this great part of me exists, into earth, into this density, into this vibration, whatever — then that's okay, that's okay. When I get lost like everybody. You talk about dreams, and I have this not-the-same recurring dream. It's never the same but it's always the same thing, where I'm trying to help somebody and for some reason it's not enough. It's not them saying it's not enough. It's my conditioning saying it's not enough. And that's really my shadow. That's the thing that's really come out this weekend is my shadow is it is enough. That I'm enough. We all are. Just exactly where we are in this moment right now.

I was gifted this vision or this experience by another individual who I crossed paths with earlier in life. It was just [snapped fingers] like that. I told a story a couple years ago for anybody who was here a couple years ago: I was transported back into hope, and it was like "Holy cow, this is good." There was another time — and I wish I had a blue one — there was another person who I crossed paths with in where we came from — again, it's me, just in a lot of other places — was like this huge ocean where we were, and there were innumerable other souls there. It was like love and just like wow. And the difference between this place and this place is that this was love, thought, and emotion. It was energy, where this was kinda like the first steps into form. It was the first formation of something of a little bit less density but it was still love. It was still just woosh.

Then I was talking on break — there is just one thing I wanted to say cause I know we have a few minutes left. When we were talking yesterday about how to get, when Doug and Kim were talking yesterday about how do we find people, how do we find people? The first thing that popped into my mind was that there was a third person in my life who was another path crossed. I graduated from college late — 10 years late, for a number of different reasons, and I was looking for a job, and there wasn't a whole lot of jobs in what I do or what I graduated from. I don't even do what I graduated from now. So I put in ad in the paper. I put an ad for a job in the paper. This is back when they used to have classified ads, before the internet. It was BI — before internet. [Laughter.] And this guy picks up the paper and he and his grandfather are out, they're out doing something and he picks up the paper. He says, "I don't know why I picked up the paper." It was like a sales guide; they used to have them, buyer's guides. And he picked up the paper and then he went in and sat in a booth, and he opened up the paper, and he said, "Oh, this is interesting. There's a guy that wants a job." And he called me. And it was Marcus, and so I went down there. I come from traditional agriculture background: spray it til it dies and whatever. [Laughter.] No, the bad stuff, not the good stuff. No, no, the good stuff you prop up in this medium called soil and you inject chemicals into it to make it grow, corn on crack is what it is. [Laughter.] And so Marcus was the first person in my life who introduced me to the idea of organic agriculture. He was an organic farmer. He said, "We feed the soil, and the soil feeds the planet." And I thought, "Wow, what a concept!"

Most of the stuff I get I get from other people. I got very little of this on my own. But it comes to me in these flashes. When I read the Law of One I can't remember hardly any of it chapter and verse. But as I read it it vibrates. It's the heart. I synchronistically resonate with this, and I go, "Yeah, yeah, that sounds good." But Marcus had a lot of wisdom. He didn't realize it, and he didn't think it, but he had a lot of wisdom about him. I never had any brothers and all of the males that I was associated with in my life, in one way or another we were in a competition. It's part of this whole third density men, women, balance of energies and men are like, I hadn't found this yet. Alright. But Marcus, we didn't compete right off the get go. We did not compete. We were very complementary. And something I had not experienced in any male relationship that I'd ever had. And Marcus was the type of a person that when you were with him, he was right there. He wasn't off someplace thinking about something else. I'd laugh at him, say, "Marcus, you could sell ice cubes to an eskimo if you wanted to," because he could engage whoever you were in the moment. He was right there. He used to have girlfriends that would get all upset with him, say "You were supposed to be here at five o'clock," and he said, "Well, I was talking to so-and-so." And I knew exactly what he did, he was with

that person. He wasn't think about five o'clock. He was there. And when I had this experience that pulled me back, I mean, allowed me to gateway back to home for the eternal moment, he said, "You know, fall in love with the feeling, but not the women." And of course I didn't follow this. But he was very, very profound and useful person.

I got a couple minutes, and I'm gonna just say a couple more things. And that is that not only do we set up probability crossing points with other people. Everybody in this room, everybody under this tent, we set out a probability path that said we're going to be right in this spot right now. But we can also be, before we come through the veil, we can leave ourselves little clues along the way that can jog our memories. These clues are sights, like okay, my probability path says that I'm going to probably be here, and I'm going to see the pyramids or something. It's a sight; it's a sound. I get them all the time — sounds. Sights come back to sights. Doug and I have talked about today, I see faces in things. I see patterns, patterns that pop out at me. I got sights, I got sounds. I'm really big into sounds. Ken will talk about — given music, you know. I'm always seeking the sounds. Smells — you ever been someplace and all of a sudden you smelled something that really wasn't supposed to be there? Or you smelled something and all of a sudden, déjà vu to someplace else? [Agreement from others in the room.] Touch. Because you're coming from noncaporeal to sensory. You're allowed to leave yourself little clues along the way, whether or not you recognize them. That's completely — I betcha I've been tripping over them for years and never really came across them. And every once in a while you'll go, "Aha!" And these places are great for it because Roman [?] says something and I go, "Yeah!" Or a certain vibration of that bowl is like, "Ahhh, aw yeah!" So, that's a little short story.

I only got a couple minutes left. And in that couple minutes I wanted to do one thing, and that is — I write crappy poetry as well. I mean, not that anybody else writes crappy poetry. [Laughter.] Everybody else writes great poetry! I write crappy poetry. I write bad poetry, and I wrote this a long time ago. But it really, it does pertain to what we're doing here today. And it's called "Thoughts on the Future."

Contemplating future  
Feelings past and present  
Like notes of old songs touching the heart and soul  
Seeing self being one with everything around and through life  
Alone and yet always together  
Knowing existence transcends here  
By touch of soul from old friend  
Just met and loved  
Future is past and present  
Forever becoming what was meant to be and always was  
Beauty, joy, and abundance

Thank you. [Applause.]

**DAVID K.**

*Interactions with Non-Third Density Life*

**David:** Well thanks, folks. My purpose in this is to not try to convince you of anything, but to rather give you some perspectives of things that I've noticed, or some of the friends that I have, have noticed. And maybe might deepen your insight into what life is all about. And first thing I would like to say is I was not aware of the Ra material until about three years ago. I had not read anything like that, so most of my experiences were prior to that time. And of course for me then, I was trying to figure out what's happening here, because I didn't get it a lot of times. I would notice something and I – but anyway, all of the experiences that I have had were fun and neat. Anyway, I don't really have very much about the higher density except for a few insights here – maybe a third. Much of it deals with the lower density stuff but they're not third, of course. So what I'm going to start off with is something I saw a couple of years ago. Actually this was a few years ago, probably before I learned about Ra but not very long ago. It was in the middle of the winter. And I live in a very small town of about 5,000 people up in the high plains of western Kansas in a farming type area.

And it's a very nice little town. Colby is its name, on the interstate. And I really like the town. But I was downtown and there's a fairly wide street down near the post office. That's where I was. Quite a wide street, and there was a cable across the street. And there's snow on the ground so you have to understand it's in the wintertime there's snow on the ground. And this communication cable, it's a pretty thick cable. And there's a squirrel starting from one end of the street, and another squirrel starting from the other end of the street. And they're heading towards each-other. And by the time they get to the middle of the street, it's a long way to turn around and go back. And so I'm standing there watching these two guys. And I think they might have actually touched their noses. I'm not sure if they did but they got really close together. And then one of them goes "Yackity-yackity-yackity-yak!" you know, in squirrel language. And then this one goes "Yackity-yackity-yackity-yak!" And then this one goes – ducks down and the other one jumped over.

And then they went on their way. And I really honestly think they were saying "We need a plan. You duck and I'll jump." I really kind of think they did that. Well another, this was maybe seven, eight years ago. Well I'll have to go back even quite a long time before that. We had a pet cat. And incidentally during the talking here I'm going to mention some people. And I've decided I don't want to mention names; so if that's ok with you I just won't give names.

But I had a pet cat. My wife and I had a pet cat. It was really kind of like her cat but my friend too. And we got it when he was quite small. He was about this big. And when he was young - I have a place in our house where there's a little step. It comes up a bit. Actually it was a garage that was converted into a room. So you had to step up a little bit to get into the other part. And it's very comfortable for me to sit on that step and read. And I would sit there oftentimes and read. And I'd put him on my shoulder. And he would sit there while I was reading. So as he grew up, he became a quite a hunk of a guy. He was a male. And although it's very easy to get along with our neighbors, I didn't want them to think he was a troublemaker. So as the cat was already quite young, what we – You can buy leashes for cats. You kind of put this little harness around them and you hook this thing on their back.

And we decided that the only time he was ever going to go outside was when he had a leash on because then I knew he couldn't get into trouble. And so he just realized that that's the way life is, you know. If you want to go outside, you have to have the leash. So one day, it was in the summertime. And I had vacation time and I was sitting in a chair reading. And it was nice outside. And he comes up to me and looks at me and meows. And then he runs over to the door and looks at the door. Well I figured out what he wanted. He wanted to go outside. But I didn't get out of the chair. I didn't do anything. I was just kind of sitting there taking it easy. So he runs in the other room and gets his leash in his mouth and he brings it over and drops it by my feet and meows. And then he runs over and looks at the door. And I have never ever seen

that in a cat. Dogs I think will do that, but he did. And he was saying you know, I would like to go outside – Well I got the clue, and I took him outside.

In the Ra material and also in the archive stuff, you know in the other channelings, our friends in the sky tells us that they are not supposed to interfere with our free will. And I have a hard time understanding – I know what that means, but I don't know what the boundary is because I do think you have the permission to interfere if people want you to. Otherwise, why would they answer, you know? I mean in the channels, they were invited and they come. So that is an interference because they're telling us stuff; but it's an interference in a way that is welcome. So maybe that's not an interference. I don't know. Maybe I'm playing words here.

And so one of the things that has often puzzled me, especially before I knew that there was a distinction between Service to Others and Service to Self type people – Obviously in our society we see that, you know. Most people are what I consider Service to Others, but there are a few where it's pretty obvious they must be self-centered. And apparently the Service to Self folks don't necessarily care. So some things might happen. But at any rate I am quite convinced that the channeled entities – First of all, they were welcome. And they were, I think, appreciated talking with us. And I'm glad that they did because I learned a great deal from them. And so I am of the opinion that – Well I first of all believe that prayer matters because I have – I'm a science guy and I like to read research studies.

And I know of a case where people did a study of going to hospitals and simply asking people “Do you know if anyone's praying for you or not?” And the answer was simply “Yes” or “No”. And then they recorded how long did it take them before they checked out and went home. And the people who said “Yes, people are praying for me.” don't stay as long in the hospital, on the average, you know. Averages. Some are different. So I do believe prayer matters. And I think, therefore, it is perfectly acceptable to pray for things that you think are appropriate to pray for. I also believe that our angels or guides or whatever, the ones that are specially with us, that it's quite appropriate to invite them to be with you, and to be around and to lead you and so forth. I am convinced that several times – We have travelled quite a bit in the past few years. And I've been convinced that several times, I have avoided accidents that should have happened; and they didn't. I'm going to tell you a little story about – My father had a sister. She's no longer living. This is about a hundred years ago now. And she told me one time when I was fairly young yet, she and her husband had just been married. And a hundred years ago, there were a lot of examples of people who had practically no money. And in those days there was no telephone system yet. And so, here's this couple out on the farm. And a whole bunch of company comes for Sunday dinner. And she had no food. And she was embarrassed to, you know, to say I can't give you anything to eat. But she had been – She had a huge metal pot that she was cooking a little bit of sweet rice. My family used to take and make rice and add a bit of sugar to it. And they called it sweet rice. So she's got a little bit of sweet rice in this pot. And she said “God, I don't know what to feed these people. I don't have anything. Can you help me?” And the rice filled the pot. It was full. And she thought that was quite an interesting story, that this had happened in her life.

One of my favorites is – My mother died not long ago. And my sisters and I were at the funeral. And we were having a good time and laughing and talking about many of the memories that we had had and so forth. And one of them was about a time when I was – My youngest sister remembers this. So I'm going to guess I must have been about twelve or thirteen years old because I was the oldest of the family. And I remember it, but they remembered it too. But my mother had a row of peonies from about from that wall to this wall, bushes of flowers about this big, in the spring of the year. And they were blooming really beautifully. And we had heard on the radio – And I suppose it was about that time because when I was quite young, we didn't have a radio. But they were predicting a very hard frost that night. And so we were laughing about this event because we all saw it. And my mom said “Well these peony bushes are so nice. They're gonna die.” So she says “Help me find some cloth.” And we found some old bedsheets. And we covered them over. So she thought, you know, that the cloth would protect them from freezing. And so

they're all covered over except on the end there are three bushes. And my mother said, when we were all done she said, "Well God, we did the best we could. You're gonna have to take care of those three." And the next morning, every single bush that was covered up with cloth was totally black. But the three that were uncovered were blooming as nice as ever. So they were taken care of. And I think she saw that as a kind of a sign that there is a presence that you **can** count on.

This story is about ten years ago. And I really don't know how to interpret this; because this was a personal experience that I had. I was in a church. And it was a church that was an old church. But they had built a new building. And it was a time for the dedication of the new building. And so they had invited people from around, you know, to come. And they had some beautiful music and such. And it was right before the service. And I can remember the organist playing. The organist was very skilled. He was playing some very beautiful music. And I was sitting in a chair kind of looking over this way rather than forward. And I saw people walking in! And I thought – The first question I thought was, "Why can I see past the walls? This doesn't seem reasonable to me." Because the walls were there; and I could see the walls. But I could see beyond the walls. People were walking in in groups of twos and threes primarily, and one larger group. But when they walked in, they were about this far above our heads. You know, as you're sitting down, they were about a foot and a half above our heads. And I would guess they were about thirty or forty.

Excuse me for a second. I need a sip of liquid. And I could see them, honestly, better than I can see you; because the building was very lighted. And so I don't think this was – I don't know. I don't think it was my imagination. I think that I really did see them. Now I don't believe anyone else saw them because nobody made any comments. But for approximately five minutes, they were gathering in groups. And there was one group just about as far away from here to those – that bush there, of a man and two women, were talking to each other. And I could see them very well. I'm not a lip reader so I have no idea what they were saying. I couldn't hear anything. But I could see them very well. And this guy was just grinning and grinning. And I suspect that these were people who are what we would call in-between lives. You know, they had died. But they hadn't reincarnated into something else. And they were in the intermediate stage. And I've been around people who – If that's the truth, which I don't know. But I have been around people when they have died. And usually people when they die look awful because their body is totally worn out. Everyone there was like 29, perfectly beautiful specimen of a human, well built, very nice looking and wearing nice, attractive clothes. Except for one gentleman who went up further to the front, who was wearing an outfit that I think would have been totally in season about 400 years ago. I mean his clothes was not like, you know, not like what we see today. And then, it was time for the service to start. And it was just suddenly as if – It almost – Imagine like if a curtain pulled shut. And I couldn't see anything. So that was the end of that. But I think that I was able to glimpse something about an inbe – You know, about people who have died. And if that's the way it is, they were very happy. I mean good grief they have – I mean – It was a joyful time.

ETs. So again, remember this is before I learned about you folks, and I didn't know. But I had joined a group who was interested in ET stuff in the San Luis valley of Colorado, which is a desert area. And we had gotten together for a couple of evenings. We did this in the evenings when it was totally dark. It was at the time of the new moon. So the sky was very dark and you could see very well. And there were some in our group who believed – And of course with the Ra stuff, this makes sense. But we didn't know that – who believed that if you told the ETs what you wanted, then they would know. And so we were telling them that if they were able to appear, we would welcome them to appear in a manner and a way that would be safe for both them and us. So in other words, you pick a way, and if it works – So what happened was, one of the times I had gotten up – We had gotten up, you know, you can't sit forever. We had gotten up for a little break.

And I was walking away, and there was all this light on the ground swirling around. Blues and yellows and reds and whites, swirl, swirl, like - As if people were holding flashlights, you know, and moving

them real quick. And I was looking around and – Where’s all these flashlights? And of course nobody had any flashlights on. And I came to the conclusion: “Oh! You’re appearing in a way that is appropriate, that we can see.” And then later on, during another break time, I noticed that over off to the side – Now remember, we’re in a desert area, you know, it’s all sand. I notice off to the side, there were what looks like little green pixie dust. If you’ve ever watched fairy tale movies – like, these little twinkly things. So I walked over there. But I believe I’m the only one who went over there. And I see this green stuff on the ground. So I knelt down. And then I noticed that it wasn’t on the ground. It was like about two inches **below** the ground. But I could see these little green, glowing dots. So here I am on my hands and knees like a kid in a candy store. And I’m touching these little dots. And whenever I would touch them, my fingernails would glow really bright green. You know like, they turned into flashlights. And I thought that was kind of cool. Then the last night – I mean - Again, I don’t know what that was – But I think it was. You know we had said, “Show us something that’s ok.” But the last night, somebody said, “You know, what we should do is, we should tell these guys, “Wouldn’t it be nice if you could move some stars around, and then we’d notice something.” And then the guy says, “You know, maybe it’s not too smart to move stars around. Maybe you could just turn a couple off? You know?” And someone said, “Look at the Big Dipper!” And for twenty minutes, as we were looking at the Big Dipper, one star would go out; and it wouldn’t shine. And then that would be about a minute; and then it would come on. And another star would go out. And around the big dipper, those seven stars; that pattern took place for about twenty minutes a time. And we think that they were playing games. We were laughing. This was really hilarious. I have some quite good binoculars; and I was looking up that way because we had a long time of this; and I could never see anything.

Wow, the time’s going! So let me go on to another story. My wife and I have a daughter who lives in - is very close to Joplin, Missouri. And a couple years ago, they had a severe tornado that destroyed part of the town. And my daughter’s a nurse; and she was supposed to go to work; and she told me that she had gotten a really bad – We went to see her a few days after that; and she told me she had gotten a really bad headache. And she said, “I don’t know if I can go to work; but I think I can.” So she was walking to the car to go to work; and then – She said, “My headache got so bad, there was no way I could drive a car.” So she said, “I went back and laid down in bed.” And about ten minutes after she got the headache, which would have been about the time she would have gotten to work, at the building she was supposed to be at; that building was demolished by the tornado. So I think it was a clue that she wasn’t supposed to be at that building at that time.

Well then a few days later, we were there. And our daughter, at that time – She’s doing something a little different now. But at that time, she was working with people who are practically going to die. They are about at Death’s door; but they want to stay home. You know, they’ve got some kind of an incurable problem; but they don’t want to be in a hospital. They want to be at home. And she would go from house to house and check up on them; and see how they were doing. So one day, I asked if I could ride with her; except I wouldn’t go inside to see the patients. So she’s in this house; and I’m outside in the car; and I would get out of the car. So we’re in the area that had been totally demolished by the tornado. There were these two ladies a little ways away. I was eavesdropping on them; but I didn’t say anything. And they were talking about a five year old boy that had been found. And he was in a metal box in an area that was totally smashed. There was nothing left. And they found him in this big metal box that had a lid - some kind of a big shop, I guess – that had a lid that was so heavy, it took four men to lift it up. So they found him in there after the storm was over; and they asked him, “How in the world did you get there?” And she said, “Well the big guy came along and he picked me up.” And he says, “I’m going to put you in this box. You’ll be ok.” And he closed the lid. And then the lady said – And then they asked him, “Well, what big guy was that?” And says, “Well, you know, the one that has wings.”

Now, I want to tell you one of my favorites; and this happened four years ago. It was in the summertime. And I had asked my wife if she would enjoy – and I was surprised that she said yes – going up into the mountains for a week in the summertime. And we found an area that had some cabins that were fairly modest cabins. But they were in a very quiet area. And we rented a cabin for a week. And when we got

there the cabin was a very pleasant little cabin, not very big. But it had electricity; and we had a stove. We could cook stuff; and there was a refrigerator. And there was heat; which I was really glad about because this was about 9,000 feet elevation; and it was cold even in the summertime, in the mornings. So we were there; and there was no TV. There was a radio in the cabin. I turned it on; and I noticed there was one station that we could get. So I thought, "Well, if a storm comes, I can listen for news or weather." But I never turned it on again. So here we are with just nothing - no TV, no radio, no nothing. And each of us had bought some materials to read; and I did some reading. But mostly I liked to go outside and sit around; and just sit there. And I think that what happened was because I was quiet for a whole week. You know, Ra says what I didn't say: "Be quiet." So on the third day - The first two days I didn't see anything. But on the third day, I began to see things.

Now, this was before I knew about the Ra stuff. Well, what I like to do when I want to be quiet is; I have a little mask that's kind of like this. Maybe you've seen them. They're for sleeping. You can buy them for about a buck. You put them over your eyes and it blocks out all the light. So I had a mask on like that; and I found out I can't see things if there's light around; because then the light stimulates me and I see the stuff. But I had a mask on; and since it was cold, I was wearing a sweater. But I also had a big blanket over my head so no light could come in. And I'd began to notice that I could see - I'm not sure what I see. I don't know. But it always looks like light. But it looks like - So if I would see a flower, it would look like a flower. But it would not be very bright - not as bright as this; but definitely light. And it looks sort of like a flower; but if you can - It's more vivid. It's like the colors are brighter; but not - So I began to see things. And I could see the flowers; and I could see the trees.

And one morning, I remember thinking about this tree. The sun hadn't come up yet; and I was looking at the tree, you know, with a blanket over my head and my eyes blocked out. And I could tell that there was this golden area on the tree; like as if this tree was just really enjoying something; and it had this big, bright golden color on the trunk way up there. And then I would - of course I would take my mask off and my blanket off so I could see... 'What is this?' The sun was just coming up over the mountain; and it was shining on the branch of the tree. And the tree, I think, was enjoying the sunshine. And then I was trying to look at - There were quite a few trees. Right near the cabin, they had mold. But the rest of it was about knee-high stuff, natural vegetation. So there were wildflowers and things. And I'm looking at the trees! And then, you know - 'There's a tree. Ok, check, yup.' And I noticed - I saw a tree that wasn't there. So I can see this tree. But when I take the mask off, there's no tree. So I thought, "This is... I don't get this." So I walked over; and it was a tree, not very big, about this big around. And I walked over; and there had been a tree; but it had been cut off. There was a little stump about this big. Now I do not understand, then, if the life that was the tree left a bit of itself in that area; you know, that there was still something that could be sensed. So I do not know if I see these things, I don't know if I'm seeing the spiritual nature of them, or if I'm seeing the light that is really the essence of whatever it is. But it was me. One time I was looking at a flower and a butterfly went by. Oh my goodness! That was really neat.

But my favorite one, I think - There was a tree that had kind of fallen down; because it was right near the water. Oh, there was a little brook; about as wide as those flowers. A little brook ran through our area. And I would sit by the water because I liked the sound of water. And this tree had sort of fallen; so it was laying like this, and then curved up. I could sit on the tree over the water. So I've got this mask on and my head covered; and I'm looking at the water; and I can see the water. And I never ever gave it a thought that water could have life. But they - It was like little pixies of white stuff. And they were like - as if they were dancing, as they were tumbling, you know, over the stones. And it was just as though there was an enormous amount of joy there. So I think that, 'What can you say?' The stuff that you think has no life, I think does. Well, Ra says everything's alive. So, you know, it probably is. Well, I shouldn't say it probably is. I suppose we ought to believe him. It is! \*laughing\* But uhh, ok.

In the summertime, we take vacation; but in the - During the rest of the year, there's a Handel(?) choir in town; I've been playing with them for about ten years. And there's one technique where you take

bells; and you thump them on a foam pad, as a kind of a different sound. And we were learning that one time with a song; and one or two of the bell ringers was thumping them a little hard. And the director says, "You know, you don't have to thump the bell man so hard. You don't have to kill the bell; it's already dead." So I wasn't going to argue; but I got to thinking, 'Are they?' So that evening, I took two of the bells that I play; and I took them into an interior room; and turned out all the lights so it was totally dark. And they glow, too. It's not very bright, but they glow. And so I would say they must be alive; and their purpose is to make beautiful sounds. But here is a human made structure. And I think I – I could see myself. I could see my arms and legs. They're kind of white-ish. I don't see color in myself. Now if I look at a flower, it looks red or pink or green. But if I look at myself, I just see white. But I can't see anybody else. I've never – I've tried and tried; and I never can see – And I think I'm not supposed to. Maybe there's something about others – I'm maybe not supposed to interfere with who you are, or whatever.

Ahh, three minutes! Goodness sakes, ok. I'm going to have to skip a couple. So let me just tell 'ya. Two weeks, maybe three now, three weeks ago, I was in Albuquerque, New Mexico, in a lab. And I sat on a Jetson, which is a three-wheeled tricycle. And there was a fellow who had a new kind of transformer. Rather than two parts, it's three parts; and I had never seen a transformer wired that way before. I asked him if I could take pictures; and he said, "Go ahead." So I did. And I think I've got enough data that I could wire one of my own; but I'm not sure. But he had all these tools there, meters and so forth; and we were measuring. He wants to take this transformer and put it on a tricycle, and sell them in India. He says, "I can't sell these in the United States; but I think I could sell them in India. And he – Well, the transformer takes 100 watts to run; so you take part of the output and you run the transformer with 100 watts. But it produces 160 watts. So you've got 100 watts in, 160 watts out; and you use the extra 60 to charge the battery. So here's a rechargeable system that you never plug in. That's kind of neat. And I think, 'You know, why can't we make one the size of this tent and have a 100,000,000 watts in, and 160,000,000 out; and then we can power a small city?'

I want to tell you about a man that I know quite well; and I'm going to have to do this really quick; and the clock says I have two minutes. But I spent a week with him; and learned about some gasoline engines; and how to modify – some modifications before you get into the motor. This has been tried on cars, by the way, and it works on cars. It works on diesel trucks. They can't be sold in America now either; but you can get the plans to do research personally now, if you want to. But the parts that you add to it can be bought at the hardware store. It's nothing complicated. And it produces – inside a shaft, there's a little rod in there that rotates with a – producing a plasma ball at low temperature. Plasma is an electrified state of matter; and when that's in there, some really odd stuff happens. For one thing, you can run it on gasoline; but you can switch the gasoline to other liquids; and it will run just as well. Like, you can put in 70% water; and it will run on that. It really runs well on seawater. But there's no – In the exhaust, if you check the exhaust, it's – If you're running it on gasoline, the exhaust is oxygen and nitrogen, and a bit of helium. No carbon dioxide. No carbon monoxide. If you put a little radioactive sludge in there, the stuff that comes out is non-radioactive. So I see this as a way to kind of clean up things in our environment. He was told this by what I perceive to be some ETs, who visited him and said that he should teach this to others. And he said sometime later – I would like to tell you the rest of this story; but my time is all gone. Sometime later, he said, "These parts were in my shop; and there were only one way they could fit together. And he put them together and that's how he learned how to do this. So, thanks for your time! \*Applause\* I'm going to quit because it's beeping.

Well, I'm not sure I – Anyway it keeps blinking, but it's on zero. So in that example of the engine parts, they didn't tell him how to do it; but they did something to give him the information. So, thank you for the time.

**JIM M.**  
*Q&A with Jim McCarty*

**Jim:** Thought I might start off with just a little bit of background into how L/L Research got started and then we will commence with question and answers. In 1948 Don Elkins was a high school junior here in Louisville, KY. He was taking flying lessons from a fellow named Tom Mantell, Captain Tom Mantell of the Kentucky Air National Guard. He was involved in what was probably one of the first and most famous UFO cases ever experienced here in Kentucky.

As a background for Captain Mantell, he was a pilot in WWII flying a P-51. He had over 2100 hours of service. He had the Distinguished Flying Cross air medal awarded to him for his valiant flying over Normandy during the invasion. I tell you that to give you background into the credibility of him as a witness to what happens in the air and things that fly in the air.

On the afternoon of January 7, 1948, Captain Mantell and three wingmen were flying P-51's from Marietta, GA. to Stanaford Field here in Louisville, KY. At about that same time as they left Marietta, GA. reports began to come in from southern Ohio as to a UFO (Unidentified Flying Object) in the air. There were two airfields in southern Ohio that made the first reports and then it crossed over into Kentucky. Around Maysville, KY civilians started calling into the highway patrol to ask if they knew of anything that could be the cause of this. The sightings at that point said that it looked like an inverted ice cream cone with the point in the air and the circular back round part looking kind of reddish but was giving off a green hue of a mist of some sort.

At one point it came down fairly close to the ground according to the report from southern Ohio and then it rapidly accelerated. By figuring out how far it went back up to it's 10,000 ft. altitude and how quickly it got there, they figured it was traveling about 500 mph, which is fairly fast for 1948.

Eventually the craft continued going towards Fort Knox and the air traffic controller for Fort Knox and the base commander, Colonel Hicks, both observed it for about 35 minutes. So at this point they thought it would be a good idea if they could get a better eye on the craft, they radioed Capt. Mantell, who was on his way to Stanaford Field. If he could alter his route for an intercept and see if he could get a better look at the craft, so he did this and it didn't take too long for them at that point to radio back that they had visual contact.

His first report was that it was huge and it was metallic, and that it did look like an inverted ice cream cone. He said that it appeared to be about 300 feet in diameter, and he was going to try to close in on it to get a better look at it. As he did get closer he noted that there were, the quote that seems to have come over the transcription was, "My god there are human beings aboard that ship, there are human beings aboard that ship", he was very excited. He couldn't quite get over it, and all of a sudden as soon as he said that, it accelerated vertically at a very rapid rate.

So he attempted with the two wingmen, the third wingman had to break off and go back to Louisville because he was low on fuel. So he had two-wingmen left and they were all flying P-51's. One of them had oxygen, Capt, Mantell, did not. He decided to pursue the craft. They went to 22,000 ft. and his wingmen broke off because they didn't have oxygen. He didn't either but decided to keep going. At about 25,000 ft. he apparently passed out from hypoxia, where oxygen to his brain was insufficient. His plane augured in around the Kentucky-Tennessee border, of Franklin, KY, which ironically Capt. Mantell had been raised in Louisville, but was born in Franklin, KY. They have a monument there to him to this day. It augured in and he died at 3:18 PM, which was the time his watch stopped.

That particular sighting had two effects. Number one, it got the national press talking about a phenomenon which previous to that time had been discussed in a whimsical way kind of like this is the crazy loony-toon time. But now a military entity had been killed chasing a UFO. The second thing it did, it got Don Elkins

interested in UFO's. From that point on he began studying and continued through the fifties. After he got out of high school he went to the University of Louisville, got his degree and began doing regressive hypnosis. He did a couple hundred cases and decided reincarnation was definitely the way to go.

He met Carla Rueckert, who took time out for a four-year marriage to a fellow that she sang songs with. They recorded music together and had a great time. Then eventually came back to Louisville, KY after he asked her for a divorce, which she was very grateful to give.

He (Don Elkins) started a meditation group from the Speed Scientific School students that he was teaching at the time. At that time the Speed Scientific students were all male so there were thirteen students altogether, twelve from the school and then one of their girlfriends, which as Carla. Jim DeWitt was the fellow who was the twelfth student and also the future husband and songwriter singer, so with that background, questions of any kind about anything.

**Question:** I have a question about UFO's, as far as the state of VA goes, do you know regions where most UFO's are seen in the United States. Where most of the sightings are reported?

**Jim:** There seems to be what are called in the field of Ufology, flaps. Where there is a certain increase of activity all around. The Ohio River valley has been traditionally been

a place where there has been a great deal of sightings. The northwest United States, at one time or another, one part of the country or one part of the world has experienced UFO contact. It seems to be something that is very widespread in some countries such as Peru, where Gary is going to be going. In the high Andes they have observatories for observing UFO's. Ra talked about something called a random number generator that was a way in which extra-terrestrial entities, fourth density and above, could penetrate the quarantine of planet Earth, the quarantine because our freewill has been infringed upon previously and seriously. So there is this quarantine so it's not easy to get here.

There has to be a rift in the continuum you might say, if Capt. Kirk can be quoted. There are times when this happens, it appears random to us. Apparently from the source that has created this random number generator, it is not random.

**Question:** The ones that come through the quarantine that get through the quarantine without permission, so to speak I guess. Are they usually oriented one way or the other?

**Jim:** They would be oriented towards the negative if they would break quarantine. Actually quarantine doesn't seem to be able to be broken, Ra mentioned how it would be similar to attempting to walk into a brick wall. There's no confrontation, there's no battle, no staring down, you just can't do it.

**Question:** But aren't there areas where they can get in?

**Jim:** There are these little random generated rifts. They are breaks in the quarantine. Sometimes an entity of a higher vibration, high fifth density, that has say magical abilities, can make a path through another rift that can be followed by fourth density entities that couldn't make it by themselves, they kind of ride along on the coattails.

**Question:** There are a lot of those cases where there is somebody is asking for their help so they're not really interfering with anybody's freewill, some self-seeking entity that wants their help.

**Jim:** There are groups and individuals that seek that type of information, service to self. They may not be thinking they are STS. It's not always that clear. Because frequently a lot of positively oriented UFO channeling contacts begin very positively. Then because the one serving as channel doesn't know how to keep the channel positive by the techniques that Carla has discovered of challenging the entity every time you channel. Every time you channel you challenge the entity, every time. You don't assume you know who you've got on the line. You tune yourself up before hand; you try to get yourself to the highest level of vibration that you can hold in a stable manner.

You tune yourself just like the radio dial; you try to get just that finest vernier right on the mark. Then it's important what types of questions are asked in a group. If you ask questions that are of a transient nature, then you're wasting a valuable resource and the resource figures, no reason to stay around and I will not break their freewill by telling them how they're losing the contact.

Negative entities of are quite happy to step in of the same vibration, fifth-density, fourth-density, whatever and mimic for as long as necessary the message that was given. Then at some point begin turning the message, putting a little hook on it, and giving you reasons to move into the STS pasture. So a lot of positively oriented contacts have been compromised in that way and become what we've come to term mixed contacts. They have both positive and negative information.

**Question:** If this isn't appropriate you don't have to answer, it's just an odd curiosity. The bird and the different impressions or what the bird symbolized. In book five I think where you all were trying to decide where to live or move?

**Jim:** The hawk has always been important to Don and became important to all of us eventually. It all started with Andrea Puharich, the fellow who was so instrumental in bringing Uri Geller to the United States. Had a lot of inventions on how to help people here. He was a doctor. He had a contact himself with extra terrestrials, very unusual. He liked puzzles so they communicated to him in puzzles. He wore two watches, one watch would stop and he would know the time it stopped and the other watch would stop and it would give him some sort of a code that he would madly work at and determine something or other that was happening within the inner realms. Hawks were important to him and Uri because when they were in Israel riding around going from town to town so Uri could give his talks. Hawks would play a part and they always had for Uri, they'd always been a sign of support of positive aspects of whatever course you are thinking about, continue on that course, sort of a hint. Different people get hints in different ways, and this has sort of been passed down, we're sort of third and fourth generation using the hawk now.

There was a hawk in particular, the last one Don saw living outside of Cummings, GA. We were in the country there and at one time he was walking outside and he noticed a golden hawk in a tree. This was a time where he was going through a great deal of difficulty and the hawk gave him a great deal of comfort do he mentioned it to Ra.

We always looked at it as a sign of affirmation, whatever you're thinking, go ahead and do it. Which is ironic because that was one of the things he had trouble with entering his last days interpreting the last hawk we saw at Waterson Trail where we had the Ra contact.

**Question:** Jim would you tell us in a little more detail about your work in Colorado with consciousness expansion and what (unable to make out) worked for you?

**Jim:** It was something that worked for me; I've shared it over the years with all kinds of degrees of fervency. I kind of hesitate to talk about it now because I was such a rabid advocate in the beginning. It talks about how the human brain has more potential than we use. Everybody seems to know that we use 10% of our brain. Whatever the percentage is, it's small. From your ears to your eyes is a portion called the frontal lobes, nobody really seems to know what it's for.

The fellow here at the school had the theory that he seemed to have prove out over the years that it was for advanced intelligence communication. It would naturally circuit forward into the brain if you could remove the blockages that stand in it's way. The way we've been taught, socialize, culturized, the way we've become who we've been taught to become. That there is just a handful of things that really keep us from becoming what we're potentially able to become.

If you can theorize those out by using dream analysis, by using essaying, writing about what you get in your dreams, buy using neuro dramas; buy taking what you get in your dreams and your writings and recreate or actually a remembered experience maybe with a parent or a teacher or some authority figure that imprinted our in a very traumatic way.

Then use that and the basic idea is, I think using the Ra contact material that this is catalyst that has been presented to us for use in our lives and if you can get it taken care of in an instant it is gone in an instant. It is balanced. You can see the Creator everywhere. For most of us though it doesn't happen that quickly, so these tools are used to help circuit consciousness forward into the frontal lobes.

One of the things he did was contact what he called advanced intelligence. I think they were probably extra terrestrials as well. The information gathered was very interesting and very positively oriented.

So that was basically it, that's why I cam to Kentucky. His philosophy was "each one, teach one". Go get your own primal nature and do the same thing. His idea he said would only work in the primal nature environment because the city environment provides too much stimulus, it over stimulates the brain so it doesn't have the same natural healing abilities that it has in the primal nature environment. That's the short course.

**Question:** I'm curious, do STS entities experience karma the same as STO entities. The one example I have trouble wrapping my mind around was Genghis Khan. I recently read a little bit of history and he would tell his army, "That guy said something I didn't like, go murder everyone in the city", and that's a tremendous amount of karma, and he graduated to fourth-density. So do they experience karma the same as (unsure)?

**Jim:** That's a really good question, I really don't know. I would hypothesize they have to experience karma in some way or they wouldn't keep coming back, but they experience it in a different way. Perhaps if they're not successful in controlling people in putting them to death and gaining their power and energy from them, helping them to serve them. Then they would have to come back and do it better.

**Question:** One thing I had wondered if maybe when the advanced sixth-density negative entity gets to the point right before they have to unify if that was a place at which they would have to look back and balance in whatever way they see necessary those things that had been done in fourth-density in a negative way before they flipped to unity?

**Jim:** Who knows how that flip takes place, wouldn't that be interesting to be on the wall and see how that happens.

**Question:** I was thinking about that question one day and I don't know if this is the answer, but if you wind up on a world where everybody's like you and they are all that way, they're gonna take advantage of you too, and so maybe that's a kind of a balance because what you try to do to someone else, now they're doing to you I would think. Really if there is a fourth-density planet and they're all STS, I wouldn't think it would be fun to live there?

**Jim:** I wouldn't either. Ra does mention one point though that entities willingly become the slaves of those who have more power than they have so they can learn how to do what they do. So it may be that they undergo it for a while, hoping that it's an apprenticeship.

**Question:** A note on that one and then a question. One of the more interesting things (unclear) was reading what Ra said about when an entity sends out a signal that I want to learn about STS, those who choose to respond, it's a gamble for them because if the entity making the call is actually stronger, then they will enslave the one who answers the call.

**Jim:** Having an incarnation to live seems to be a plus, a real benefit. So they have to be careful that the unseen fourth-density and above who they contact, could be, this could be their boss in the future.

**Question:** Okay, my other question is similar to the one I was just thinking about. Does second-density life forms, for example I'll use vines, which are parasitic. Or like wasps who like lay eggs inside caterpillars that eat caterpillars from the inside out. Another example would be lions or panthers; do you think second-density life forms like that have a greater propensity for the negative path upon graduation to third-density?

**Jim:** I think Don asked something like that at one point. I don't really know, I don't think so because they also demonstrate other patterns of behavior. Groupings, working together for common goals and some of the lower life forms also mate for life. I think their experience of the energy, the upward spiraling line of light is different than ours.

They simply have to become more conscious to become more individualized. To make choices, I think, in order to get to third-density. They don't have to demonstrate STS or others; they simply have to become conscious of what it is they're doing. We've all had examples here of squirrels talking to each other. How they can develop consciousness and individuality, we've all got pets we are absolutely certain are smarter than we are.

**Question:** In Ra's, or the other writings is there reference to whether or not the second-density, let's take trees, are tree's aware of their Creator?

**Jim:** Apparently they're quite aware. The experience that Hickson (Charles Hickson) had, I forget his first name in Pascagoula, MS in 1973 was with trees. They were extra-terrestrial entities that floated above the

ground. They didn't have the branches on top, but they had the trunk and they had the expansion out into roots, but they floated. Ra mentioned that they had evolved from trees.

They were learning the same things we learn in meditation, they were learning in action, because their natural way of being was meditation. In order to move about and have experiences they had to tap into the memories of Hickson, who agreed beforehand apparently before the incarnation, to share his memories of war with them. So when he was taken aboard by these entities, they mined his memories for action of all kinds, especially war.

**Question:** Does Ra ever say anything about utilizing hypnotherapy as a tool to help people?

**Jim:** Not directly, no, there was a mention; Don wasn't readily...Ra was trying to make contact with others in the circle. Leonard at the time and with Don and mentioned that Don was not readily accessible to hypnotherapy and was not also able to receive this contact. Something like that, that's the only thing I can remember Ra saying about hypnotherapy.

**Question:** So just basically you're just not going to get it Don...haha.

**Question:** Where do you get your information from nowadays? Are you still up on UFO's or are you reading more on a different spiritual slant, or is it just like your meditations in the morning?

**Jim:** All of those things. Wherever we can get information, people share with us all kinds of things on the Internet. They write to us and thank us for the Ra material and say, "well have you read this book, its got information that is similar to what you are talking about" This information is just out in the open between lifetimes what goes on there, like Michael Newton, I definitely have to read that. We're just blessed with probably more information than we can process.

**Question:** What's been the most challenging thing and the most rewarding thing for you personally with your involvement with L/L Research?

**Jim:** Well I guess we'll probably get into this tomorrow, most important relationship. Inviting Carla into my room and having her there, I've been a loner all my life. I was an only child, I lived in the woods for six and a half years, I loved every minute alone. I always had my own room here; we always had our own rooms. Don had his own room, Carla had her own room, and I had my room.

But now its necessary for me to be with Carla and she to be with me so I can take care of her and I can see just exactly how this is working out perfectly. At first it was difficult, now the difficulty is about, "what do I do about this bandage that's rolling up on the wound here", and things like that. I can see how opening the heart is analogous to opening the room.

Every little thing in the room makes it more difficult to get around in the room and it is a trick, represents opening another portion of the heart. So that has been the most difficult and the most rewarding by far. So, that frees up my afternoon tomorrow (laughter).

**Question:** Do you know if the teachings of non-duality, what density they come from, is it sixth-density.

**Jim:** Gosh, I have no idea.

**Question:** I wasn't thinking you'd know that (laughter). Ra speaks repeatedly of the discipline of the personality. I don't always pronounce his name right, Gurdjieff. He advocates cultivating the witness, isn't that a conflict?

**Jim:** Meetings with Remarkable Men was one of my favorite books. I was so taken by Gurdjieff give the question again please?

**Question:** So when he speaks about cultivating the witness but Ra speaks about the importance of the discipline of the personality, seems to me that's a conflict.

**Jim:** Well, I don't know, it might be. I would look at that in the disciplining of the personality we're using the catalyst that we have been given, whether we gave it to ourselves or higher selves or wherever it came from. We're using it in a conscious fashion in order to learn the lessons that are presented there. We do it by looking at everything that affects us during the day. We have a certain technique of meditation at night where we balance imbalances of any kind, so that our response to any situation is unconditional love. That's the only response no matter what the situation. You always see the Creator experiencing itself.

That takes a little work; it takes a while to get there. The witness I think could be seen as the self that you are balancing, that is becoming whole and perfect and able to see the Creator in more places, situations in the mirror, able to see the Creator everywhere, so in a way I can see that as being the same thing. In another way maybe there is a conflict, but that's the nature, I believe, of the spiritual journey.

There are paradoxes everywhere along the road, sometimes it looks like there is a conflict, these two things can't work and eventually they work out. I mean we've all had they coincidences, the coincidence of events, everybody here's had them.

**Question:** I heard a quote once; if it's not a paradox it's not true (laughter).

**Jim:** Last question. Got time for one more question. Okay, well thanks a lot folks, appreciate it.

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If anybody wants to hear I asked Q'uo that exact question about karma from the negative density in 2008. Because Ra described karma as, they say the entity can become karmically involved by consciously acting in a conscious way that is un-loving towards another, which a negative entity does.

Ra also says that karma can be stopped by forgiveness, which a negative entity does not do. So I said, "What is karma to the negative entity" and Q'uo responded, "to answer that query we must put you into the negative mindset. To the negative mindset karma is delicious. The building up of it is delicious, there is joy

in creating more karma because this is the by product of control over others and manipulations of others. Consequently there is no attempt to alleviate karma in the STS path, but only to hone the edge of rage and anger until it is evermore penetrating and evermore effective.