

The LOOP Newsletter

The Law of One Prisoner Newsletter: a publication for incarcerated seekers to participate in a discussion of the Law of One

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Greetings Seekers:

It was my intention, when the idea of a Newsletter for prisoners was proposed to me by a seeker in prison, that this would be a space for dialogue among seekers trying to learn to live a life of Love in a prison setting. Many students of the Law of One feel alone in their seeking. This loneliness is amplified when cut off from the paths to which seekers outside of prison have access.

Because life in a prison is quite different from life outside of prison, I thought it was very important that those experiencing this life be forefront in teaching their lessons to others in the same situation. Therefore I present this newsletter as an open invitation to all voices otherwise quieted behind bars.

We are all where we are for a reason. Regardless of what put us where we are, we are here. Let us each take that opportunity to serve where we are because that is where we are most needed.

Welcome to the LOOP.

With Light and Love,
Lorena Lucille
Editor

Any subscriber may submit material to the LOOP Newsletter for publication. If you would like to comment on articles, answer open questions, or submit your own queries for consideration, please write to

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Please include how you would like your name to appear, or if you would like to remain anonymous.

Choosing a Path in Prison

by Bill Ackerman

In 1986, I began reading “The Law of One” book one (the Ra Material). I was so fascinated by its content I wrote to L/L Research asking for the continuing volumes.

Finally, the void I felt inside was being activated. I discovered that the “void” was intelligent energy that I did not understand. I was not balanced. Understanding the ‘Law of One’ has helped me to awaken and understand who I am and why I am here.

So here I was, in prison, with this new found discovery. Lots of questions but who to ask? I began corresponding with Carla at L/L Research, which helped immensely. She became my “Spiritual Counselor.” It was obvious to me that I was on the service to others path but I had a lot of work to do on myself, being a convicted murderer with anger issues.

The next twenty years was a journey I will never forget. Being an awakened wanderer, in an environment of negative polarity, creates catalyts of immense proportion.

Ra says we pre-program our incarnational lessons. It took me a long time to understand what lessons I needed to learn.

For five years I participated in a drug program both as a participant and a peer mentor. During this time I began to understand the entity known as “Bill.” With a lot of shedded tears, emotional blockages were released. Energy centers were being activated. Finally it was clear: The lessons I needed to learn were forgiveness and love.

I have been blessed with many opportunities of service since I made my choice. The one I enjoy the most is speaking to high school students who come into the prison during the school year. Before it is my turn to speak, I ask the Creator to use my vehicle to enlighten these children with love and light.

So as I begin my 31st year in prison, I continue as a beacon of light/love for the brothers of sorrow who reside with me. I chose to come here and do this work and lonely as it may seem at times, I am content knowing that the best is yet to come. Adonai. Vasu. Varagus.

Channeling Excerpt

February 6, 2005

All omitted portions are indicated with the word [edit].

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ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If

something does not resonate, please leave it behind, for neither we nor those of the Confederation would wish to be a stumbling block for any.

Sunday Meditation
February 6, 2005

Group question: The question today has to do with what it is to be a member of a group. We would like Q'uo to give us an indication of, is it something more physical, is it more metaphysical? Has it to do with commitment to ideals? Is it work effort offered, working for the general welfare of the group? What is it to be a member of a group? Especially a group in a spiritual community.

And also, as a second part of that, what is the most loving way to deal with any member of a group which is seen to fall short of the group ideals?

(Carla channeling)

We are known to you as the principle of Q'uo, and we greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is a great privilege to be called to your group to talk about groups and, as always, we would ask for a favor from you and that is that each of you guards your discriminatory abilities well. Listen to those things that we share with you asking yourself if these thoughts are helpful to you or not. If they do not seem helpful to you or to resonate, then we ask you please to leave them aside without a second thought, for we would not interfere with your process or be a stumbling block. Do not respect authority, but question it. Always put everything to the test before you allow it strength or power within your own mind. For you know that which is yours. It will resonate and re-echo within you as if it were something that you just remembered, even though you might not have heard the thought before. When thoughts are not resonant it is much better to leave them

behind. With that understood, it will allow us to speak freely and have no fear that we will be infringing upon your free will, and we thank you for this consideration.

You ask us what it is to be a part of a group and since we are a part of several groups, let us begin there. We, speaking to you as the principle of Q'uo, are a group made up of three social memory complexes. We have, as complexes, chosen to serve in a unified way by sharing thoughts with those who are actively seeking, who are actively questioning, and who have the ability to listen to channels such as this one. We also speak directly within entities' dreams and meditations, not with words but with a basic vibrational energy which is as a carrier wave for your own vibrational nexus so that it is as though we were strengthening your basic signal and making it easier for you to hear yourself and to be aware of the reality of yourself.

Thus, we have come together as social memory complexes to serve in this way; and we have come together as a principle to serve together in this way with regard to this one instrument who requests the highest and best contact that she may receive. It is our way of responding to that request to form a three-party principle so that together we may maximize the nuances available to this instrument from spiritual sources. To be a part of this particular group, then, has been a very conscious and deliberate choice on our part. It has been a choice of all three of us social memory complexes to come together to serve and it has been a choice of these three complexes to serve together in this one instance.

We have the advantage of knowing where our center is. We have the advantage of having an awareness of our—we give this instrument a word she can not translate into English; it is not leadership, it suggests centrality but focuses beyond any physical entity or person and is wrapped up in the concept of the Creator Itself. But to us, that concept is very real, obvious and natural within the illusion of the Earth plane.

A Creator-centered group cannot function as though that Creator were obvious, clear and full of meaning. Within your density, the systems of illusion are paramount. That which you call consensus reality is illusory. And to seek for a center, or a Creator that has meaning within that consensus reality is to seek that which is not existent at that level in that reality. Consequently, that which we find natural, comfortable and obvious is not something we can explain to you and say, “Here is the rule for a group. Here is how you know you belong together in a group.”

Within your consensus reality, however, within third density as you know it, the question of groups is central. This is due to the fact that within third density the progress of each individual is impossible without group interaction to some extent. An entity left entirely to himself cannot thrive. This is the way of third density. It was designed to be a density in which entities would learn more and more about who they were by interacting with other entities who were doing the same thing. It was an environment designed to deceive as much as to reveal, to confuse as much as to explicate. It was designed this way in order to advance the energies of growth, which are also the energies of confusion. And therefore, within third density the individuals who are seeking to advance spiritually, mentally, emotionally and physically have, more than anything else, their feelings and

instincts to guide them. Those instincts naturally lead them into groups.

The most obvious kind of group within third density is the family. In the family, the center is physical: the progenitor has sired children and those children have sired children and so forth. And there is a family tree from which one descends and of which one is a part. One cannot opt out of a family group. One’s mother and father and so forth remain who they are and, indeed, were specifically chosen by each of you before entry into the incarnation that you enjoy at this present time.

The energies of entities within third density are also instinctively and naturally that which we would call political. There is the desire to organize the structure and tenor of one’s existence for the perceived group and through time this has developed into the rise and fall of many different kinds of civilizations and cultures. Again, in such groups, the center is obvious. There is a perceived authority; that is, the leader of the state, the city, the nation, or whatever group is perceived to be the government, shall we say. Your people have created many different kinds of structures from which government depends. And at this time your experiences of political structures are for the most part happy in that, while there is often disagreement with the leaders of your structures within the Western civilizations or cultures, there is a perceived degree of freedom which is that which feels proper and appropriate. So that, while entities may feel disappointed or discomfited by specific leaders, there is that underlying trust in the processes that guard freedom and keep government from coming oppressive and a type of slavery.

Another obvious kind of group that you experience within your culture is the nuclear

family; that is, the family made up of two who decide to marry. In this group, the center is obvious also and it is physical. There is a kind of family corporation which has been set up and it is a partnership. In all of these groups, there is no need to plumb the mysteries of the human spirit [and] more particularly, of your own spirit and your own nature.

When one attempts to begin a group which has as its focus the Creator, one begins to create a group which is based and founded in mystery. There is no obvious center, physically speaking, to such a group. Within this instrument's experience, the religious aspect of spiritual seeking has been emphasized and she has appreciated the physical centrality of group worship along the lines of her distortion, which is the Christian worship. Within the church atmosphere or group, again, there is a physical center. There is a place where entities gather to worship. There is a perceived leader of the worship, that being the rector or priest, and there is liturgy into which entities may enter. The means of joining such a group are ritually set out, those being baptism and confirmation.

For the purposes of this particular entity's seeking, however, belonging to a physical, religious group did not at all satisfy this entity's desire to serve the Creator. And in conjunction with others of like mind, this entity long ago began to make agreements, first with the one known as Don, to form a partnership of seeking service and giving. Then, after many years of serving at this level, there was a further agreement made with a third entity, the one known as Jim, and this agreement reached between three entities was manifested into the physical by the three entities sitting down together and making a group agreement. The external shape of this agreement was a document in which entities simply held their lives in common, their

goods, their talent, and their time, offering all to the Creator: all for one and one for all.

When these three entities came together in this focus, the outward manifestations of grace which rained upon this group in abundance and plenty included channeled material which those within this group know as the Law of One information. And in general, throughout the years up until this threesome was expanded by many of those within this present circle, the peace, unity and harmony of this group and its focus were notable. As the time flew and the century turned, more abundance began to befall this group, more souls were called to this vicinity with that feeling that there was something here, some opportunity to serve, some possibility that was worth pursuing. And so, in idealistic hope, in the desire to serve, and in great positive harmony, entities began to come to create a spiritually-oriented family. Where before there had been a group of three and then two because of the loss through death of the one known as Don, there came to be six and seven and even eight within the household which had gathered in hopes to serve the infinite One.

Perhaps it may be seen, as you look at this developing pattern, that, at this point, this particular group that is L/L Research, or the family that has gathered around the ideas and ideals of L/L Research, has gone for quite some time without sitting down in counsel and agreeing upon a group focus, a group identity, and so forth.

Now, what is it to be a group? May we say that it is what you wish it to be. Do you wish your group to have a physical focus? Do you crave that state of agreed-upon contractual support? Or rather, do you crave a sense of independence in your seeking, in your service, and in your learning? For there can be confederations of like-minded entities

which do not have specific agreements within the physical plane.

Now let us look at what each of you brings to the circle of seeking in terms of group potential. Each of you has a certain energy, that with which you came into the world, that which is your unique and wonderful gift to give. There is no energy that is like yours. The way you relate to each of the others within this circle is unique. The colors of each of you blending, aurically, energetically, chakra by chakra, are marvelous and complex. You each bring your level of awareness, your gifts, your time, your energy, and your being. Most of all, you bring that essential beingness. You also bring unseen friends. Each of you has spiritual guidance and in some cases this guidance is extremely well developed. And it is as though your family history is with you, not in the sense of your physicality but in the sense of your stream of soul energy: where you have been, with whom you have worked in other lives, in other densities, on other projects. So you bring to a group your own energy and the energy of your guidance system. You also bring with you that which you hope, that which you dream, that which you intend.

When speaking of group energy it is good to see in the members not simply that body which fills the chair or sits upon the floor, but to realize that entity as an energy, a power, and an extended structure that walks back through time and space, connecting as it goes with other levels on the inner planes and on the outer planes as well. There is a very rich embranchment of energies that each of you brings. And as you sit in a circle as you are now, you may see yourself as the circle of stones at Stonehenge or a circle of trees in a magic circle and especially may we use the simile of the trees because in the trees there are those branches and those branches reach out so that you are not simply the trunk of a

tree here, you have unseen ramifications that blend within the unseen ramifications of others within your group.

When you choose to come together as the kind of outer group where there is a perceived center of authority, it is much easier to move forward in ways that everyone can understand than it is to do so when the group is as yours: stubbornly dedicated to a center that is unseen, hoping just as stubbornly to serve in ways that remain mysterious. This entity, for instance, has hopes of developing a sacred growth center in the country, a place where a community was designed to be set down to live. This entity, therefore, is attempting to sense into what it is to create a community. "What will be needed for that kind of community?" this instrument has asked many times. The sense that this instrument has had is that the main need is to keep the focus pure, to keep the love unconditional, and we could not argue with such simple intentions. But how difficult it is to keep all things loving and all things pure when one is dealing with entities within third density who are necessarily imperfect and unaware of many of the ramifications of the things that they do and say! This is where the question that the one known as V had becomes very important and that is, what is the best way within such a group to communicate? The luxury of full communication is not one that is offered to third-density entities. It is a luxury within third density for even two entities to be able to communicate fully. It is extremely rare for non-telepathic communication to be entirely successful.

What needs to be remembered is that unseen energy of the open heart. When one is dealing from the open heart there is a feeling that accompanies the words and it is that feeling which must carry the gaps made by

the imperfections of the beings involved and fill those gaps.

You also asked what is the appropriate way, when one entity in the group has failed to meet the criteria of the group, to deal lovingly with that entity. And, indeed, this is a question that is close enough to the surface of consciousness of this instrument that we find it impossible to move very close to discussion of this aspect of the question. For, indeed, as this entity was saying earlier, it has attempted to be impeccable in open-heartedness, in the loving quality of communication, and yet it realizes that it has failed to serve, in a pure and full way, the forces of love in this moment. For there have been hard feelings, disappointments and other emotions that tend to pull groups apart and to tear down the very work that the entity known as Carla was attempting to do.

When a question is this close to the consciousness of a channel, we feel it is inappropriate to attempt to move through that interference and so we will simply say that, to all of those within this circle of seeking and to any who attempt to serve the one infinite Creator, it is well to realize that each is dealing with imperfectly realized human beings who have, nevertheless, legitimate hopes, dreams and intentions. The group that comes out of such a circle of seeking needs to be that group which is the real, the essential heart of each of those within the group. When you have no dogma upon which to lean, when you have no perceived authority figure upon which to depend, when it is a true circle of seeking, and when the center of that circle is that unseen yet deeply felt truth of the Creator, when it is the One that calls all towards it, then each must become a priest, each must become an authority, each must choose for itself how and in what way it wishes to create a group. You have the opportunity to accept that which the one

known as Carla and the one known as Jim have created thus far and attempt to help that perceived, physical group which is Jim, Carla and L/L Research.

Yet, both the one known as Carla and the one known as Jim have stepped back from the position of centrality and perceived authority to request that a group be created with its unique focus created within the entire group.

There is no right or wrong way to create a group. Either the group of L/L Research, as it was before each of you came, or the group that L/L Research might become if all entered into the creation of a further flowering of this group, would be not only an acceptable group but a wonderful group. There is no downside to creating a group, as far as we know. There is only your sense of how you would wish to enter into the creation of the group. Is the group as it is that which is comfortable? Then let it be so and let authority stem from the ones known as Jim and Carla and their perceived desires. If there is a further focus that can be gathered, and we feel that there is that which has potential to grow that is more than simply the hopes of the ones known as Jim and Carla, then that too would be a wonderful and a more complex pattern. We cannot encourage you one way or the other. Indeed, we can only marvel at the energy that has pulled you this far, that has lifted you off and tossed you into the pattern in which you are now scrambling for all you are worth, attempting to perceive the pattern within the chaos, that pattern which is forming.

We cannot say to you that spirit has the answer for you. We cannot say to you that there is one right outcome. All the outcomes possible are equally right. It is in your hearts, in your hands, and in your speaking.

We feel the tremendous love each of you has for yourself, for each other, for the one infinite Creator, and for your planet. We sense the depth and the richness of your intention to serve and we gaze at the beauty of your being. And we know that you shall create light and life and new things. We are glad to be a tiny part of the energy that you have together.

We encourage you always to look to the unseen center, to look to the mystery that has called you here, and that calls you forward now. What is your group? What shall you do? It is in your hands. It is in your hearts.

At this time we would open the meeting to further queries. Is there another question at this time?

[edit]

V: [edit] We do have a separate question from our friend, B. He asks, "If a wanderer kills another during his third-density incarnation but also spiritually awakens to be of service to others and strives to love all from the heart, will he still be able to make the harvest?"

We are those of Q'uo, and are aware of your query, my brother. The energy of manslaughter is certainly an energy that carries with it that which this instrument knows to call karma. You may see such an action as placing one upon a wheel of sorts. The wheel carries with it the self, the other self, all of the feelings which were involved in creating this relationship between the two, and so forth. In the classic sense of karma and cause and effect, the action has as its consequence a loss of unity with other self and stopping that wheel of karma has to do with balancing the energies that were disturbed by this transaction.

In any action in which another's free will is abridged there is the necessity to seek the

forgiveness of the one whose free will was abridged. In a deeper sense, the transaction has also harmed the self and perhaps more than the other self, it is the self that has been harmed. Consequently, stopping the wheel of karma involves forgiving the self as well as asking the forgiveness of the other self.

It is not for us to promise paradise, for we do not hang upon a cross. We do not gaze upon other crosses and say, "This day, you shall be with me in Paradise." We can tell the one known as B that the forces of unconditional love would indeed speak from the cross of suffering and redemption and say, "Yes, you shall be with me in Paradise." And we can offer that hope and that truth to the one known as B. From the standpoint, however, of one who is upon the ground, gazing at that cross, there is the self and the life that is left to live and the realization that each and every day of that life there is a choice to live in self-forgiveness, in service, in faith, and in hope.

We would urge the one known as B to work on the depths of forgiving the self, for, indeed, it is, we would say, impossible to plumb the depths of human judgment. Release those forces of judgment and know that you have come into the present moment and in that present moment lives a new life, a new hope, and a new being that is you. In this present moment, choose and dedicate that moment to the service of the one infinite Creator, and we do not feel that there is a single force in this universe that could be denying to you the love and the light of the one infinite Creator.

Dwell Not in The Past with Its Many Sorrows

Francisco X. Solis

Dwell not in the past with its many sorrows,
Or view it as a stumbling block, but, instead
Let it serve you as a stepping stone for your
Every tomorrow.

Question for Thought

Does knowing the soul is eternal affect what it means for a person to have an heritage (ethnicity, cultural tradition, etc.)?