



The LOOP Newsletter

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

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In Unity With The Complete Infinity

by Francisco Solis

Each individual self can be likened to a unit, a cell in the mind of the complete infinity which must ultimately become awakened to all the living truth....We all are one with the whole. -F. Solis

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Logo artwork by F. Solis

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Welcome to the LOOP Newsletter! I would like first to start-off by giving a tremendous thank you(!) to my dear, close friend, Lorena. She cared enough to reach out and make it happen, and for this I am very much grateful! Hopefully you, the true seeker of the inner-self, that very essence in which allows us all to feel complete Love and Light, as well as freedom of mind, body, spirit, will embrace this LOOP Newsletter as your own, being that our main goal is to try to establish a solid foundation on which we all can build.

Contribute. Each individual's progress lies in that individual.

The complete infinity's plan for all individuals may seem to you very difficult as you endure life's traumas; but the overall scheme is wise, and each step is planned so that evolutionary progress is successful. Do not fear change as it comes. Keep your hearts and your minds open and ready for exciting new adventures. I fully acknowledge and completely understand that trying to live in a state of Love & Light can be misunderstood, especially within these concrete walls & steeled windows and the twisted way of thinking we have to put up with.

But, regardless, the truth of the matter is that if we, the seekers, do not at least try to learn a method of conditioning ourselves, then are we are better off where we find ourselves? I say this because it starts now, today. We have to come to that reasoning within ourselves to want to desire a change. To tap in and search for that inner source that will help us deal with all types of circumstances and situations—in here as well as out there in society. Human nature has been diagnosed and treated by many psychiatrists, there have even been a lot of systems and institutions set up for this purpose. But with the many attempts, advice, and numerous drugs, no real, natural help or assistance has been successful because the only real help we can successfully obtain is already within us—freely given.

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 The LOOP Newsletter, C/O L/L Research, PO Box 5195, Louisville KY 40225-0195

The very essence of the one true creator, who created all things, is waiting to be awakened. Yes, I already know, that these same words have been echoed to you in many different forms before! But yet here we find ourselves, huh?. Hopefully this LOOP Newsletter will bridge the gap to that in which you continue to seek. We first all have to come to desire and want this guidance. Through this LOOP Newsletter, we are given a rare opportunity to communicate/fellowship freely with one another, assisting each other's growth. We all are aware that there isn't a definitive right or wrong or that we have it all figured out. No, it is all about coming together in unity with the complete infinity. It's about respecting and honoring one another's insights, enlightenments, and perceptions and appreciate that we all are outcast on this same "path" of true illumination.

True illumination can be compared to a jewel as a ray of light hits it. It comes to life, radiating its many spectrums of beauty (perceptions). It can only be received by those who truly appreciate the value.

Everything in life comes with its conditions and many experiences. We as seekers should be aware that we have the full unlimited potential to overcome any obstacles and use our own imagination to create a better world for all to live in.

Hopefully there are those who really and truly are of a sincere heart as a door has been opened. Before I close this

publication, I would once again give a shout out to my good friend, Lorena. She has made it possible for me to even be here today writing to you all these few lines. I really am very grateful, I truly do appreciate and respect her for her courage and loyalty. I also want to thank you all as well for your time and attention!!

With Love and Light,
Your fellow Seeker—
Frank.

Letter from Willy

This was a Christmas letter addressed to Carla and Jim reprinted with permission

"I AM" still here at aspen. I was denied an early release in September. I will try again September 2008. If "I AM" denied again, I will be released around August 2009. I keep the faith. To tell you the truth, this time has been the greatest blessing. People pay money to do what I have done. I forever remain humble in the presence of God, and the many ASCENDED MASTER'S who have touched my heart, one by one. I could not find the words in our language to express the love I have felt.

We spend so much of our lives unaware of the truth. Our minds are full of concepts and conditionings. Through the self inquiry of who AM I one should come to the conclusion "I AM"

who "I AM"! We spend our lives coloring or misqualifying God's energy which we receive pure and perfect. There are many truths and universal cosmic Laws we should understand.

The law "I AM my brother's keeper" is based on the principle that all evolutions upon this planetary home have their origin in God. Their very life is his. Their bodies are composed of his energy spirals condensed in matter. Their desire to live is God's desire, for He is Life. Their desire to love, to pursue truth, to master life's energy, and to excel—all originate as the desire of God to manifest more of himself as love, as truth, as creative potential.

When I first started having these profound experiences, I wanted to save everyone. I wanted all to see, and feel what love our Creator has for his children. The Law is simple. In order to be free you must prove the law. "Be ye perfect as your father in Heaven is perfect," as the master Jesus says.

God's Law is perfect. Not only must we balance our karma, but we must transmute all misqualified energy by the power of the spoken word. One must learn to recognize the darkness (illusion) before one can reach to the light. The greatest disease on earth today is the unkind thoughts

and feelings people send toward one another. One of the simplest lessons I have understood, yet people don't get it, is we create our own world moment by moment according to what we think and feel. Our skulls' (The Crystal Skull) are our true projectors of consciousness. Spirit projects consciousness and we literally see and experience according to what we think and feel. Yet it seems so hard for humanity to get it. They create so much discord with the unkind thoughts and feelings they hold toward one another.

I want you both to know I have not forgotten where and with the Law of One. As I started my spiritual Journey seeking truth. Feb 11, 2008 I will be 40 years old. Wow! I spent my 30s in prison. Or may I say seeking truth! Sounds better!

Love-Love-Love

"I AM" who "I Am"

Willy

P.S. I remain ever so humble and in service to the one infinite creator! ☺

Letter excerpt from Bill Ackerman

It is so good to be able to write you and communicate about what is really going on. Sometimes I feel like a kid who knows this big secret and I promised not to tell anyone but keeping my mouth shut was driving me crazy. This problem in here is that you just can't talk about time/space to anyone—they will think you are losing your mind. Then you will be stereotyped.

Channeling Transcripts

October 3, 1982 (Excerpt)

It is the case with most entities entering your illusion that parallel, if we may call them, programs of incarnation are seen as possibilities. If one choice is not taken, then another presents itself so that those lessons to be learned are available.

It is quite difficult to describe to entities within your illusion the freedom and fluidity with which these choices are made and pursued. Within your illusion it is generally the case that a plan is made and undertaken and then, if an alteration is made, the changes in the outcome are easily attributable. However, before the incarnation, the range and freedom of choice is such that level upon level of agreement is made, therefore allowing for changes to occur. For though there is the ability to see into what is called your future, this ability also sees that nothing can be known for sure, that there shall be changes, that therefore, there needs to be plans for the changes. If one event occurs, then this allows another, but may disallow yet another, and so forth in an endless progression of cause and effect. Therefore, there cannot truly be said to be mistakes within any incarnation

May 29, 1993

Group question: The question this evening has to do with the definition and explanation of the concepts of guru, teacher and guide, the teacher and guide as are used in the terms of inner plane or spiritual and angelic presences that look out for us or have guardianship over us in some fashion. What is the difference in definition in guru, teacher and guide?

(Carla channeling)

I am Oxal. Greetings in the love and in the light of the one infinite Creator. It is our privilege to be with you this evening, and we greet gladly each in love, in light, in harmony and in seeking. We especially greet the one known as S and thank this instrument for allowing us to work once again in that grand collaboration on behalf of the infinite intelligence which bears inadequate names such as love. To attempt to harmonize together in the service of the infinite One is not only, we feel, of service to those upon your sphere who call for this kind of information but also to us, for we are here to serve

yet cannot break the laws of free will and are able to speak through instruments such as this one and the one known as S.

We do not say that we only can speak through instruments but rather that we prefer the most careful and fastidious observance of the law of confusion and do not choose alternative ways which in your past we have tried and have found wanting because of breaches in free will. Therefore, each instrument bears our thanks for allowing this collaboration and harmonization of the treasures of time and memory and service.

When the student approaches the quest for truth he finds himself upon that which your song discussed, the long journey, the journey without foreseeable end, the quest for truth without final or certain results, for in that spiritual walk the truth recedes infinitely before the progress of consciousness.

We are not authorities, we simply have walked, as you would say, longer along the path of spiritual evolution. Our opinions and our thoughts are precisely that. Therefore, we ask each to take from our discussion those thoughts found personally helpful and to leave without a backward glance all other thoughts, for we would not be a stumbling block before any.

We thank each for grasping the centrality of personal discrimination with regards to spiritually orientated information, and each, of course, requests helpers in the search for the truth. The student has a certain kind of character or personality and to each student the way is unique. Therefore, to some one kind of second voice may offer the best communication and dialogue; to others another different style or different level, so that each kind of spiritual counselor, teacher and guide has its appropriate place and function.

In this discussion please bear in mind that we do not offer judgment as to which path is appropriate, but recommend rather the individual's increasing knowledge of itself, its personality biases, and therefore its preferred kind of teacher, counselor or guide.

We would at this time transfer this contact to the one known as S. We leave this instrument in love and light, we are those of Oxal.

(Steve Tyman channeling)
I am Oxal. Most humbly we speak to you in the love and in the light of the one infinite Creator. We have been some time away from this contact with this instrument who even now is about the process of adjusting its energies to ours once again.

We feel it important for this group to understand the process which this instrument has just undergone and which we would like to express our gratitude to this instrument for its fastidiousness and attending to. This is the process of challenging the contact. No less than three times were we challenged by this instrument in the name of what it holds highest. Most humbly and gratefully were we able to meet this challenge, for indeed the seeker who reaches into the darkness within third density for information which may avail in a spiritual way must be most scrupulous that the information that is obtained is used for the very highest purposes and in the very clearest way that the student of spiritual evolution is able to manage.

We ourselves have been long upon this very same path and as we lean back a little in the saddle, as this instrument would care to put it, to reach a helping hand to those who request it we are most acutely aware that no two requests are alike and that each student is ultimately its own master.

Oh, the little that we have to offer to you who in some sense upon

this evening are our students in comparison to what each has within, for each is the bearer of a light and a love which is that of the infinite Creator. Each has worlds wrapped in worlds wrapped in worlds without end within. This glorious divinity is accessible to all and to each, so the poor pittance of information which we may have to offer is only by way of pointing haltingly towards the one light that is the life of all.

We have been asked to address the question of the nature of the student/teacher relationship. Indeed, this is a question which can hardly be avoided for the teacher/student relationship is all about you. This instrument regards as teachers the one known as Carla and the one known as Jim. In this respect we would hasten to point out this instrument to a great extent expresses its own personal biases.

Now, these biases have great use for this instrument. They are in fact quite precious to the seeking which this instrument undertakes. Nevertheless, the biases work in part to obscure the natural relationship to other selves which to this instrument are equally teachers.

Brother, mother, father, friend, colleague, wife, husband, child—all of these and many more relationships involve the teaching function. Each and every experience [of] self to self is an experience of

holding up the sacred mirror which can be shared in the precious experience of mutuality, which is in some way uniquely possible within the third-density working. Each self offers to one a reflection of the one self that one is.

So even if it should be the case that the social and experiential nexus in which one relates to another self suggests a certain asymmetry in the relation, such that one is in the role of teacher while the other is in the role of student, even so it needs to be understood by both parties that in the very measure that one is teacher to another, one is also pupil.

We realize that this is a very difficult concept to work with in a functional way within a density which is very conscious of social standing. It is nevertheless a central point and must not be neglected. The types of teaching function do vary considerably, however, and when it comes to the question of the type and the nature of the teaching which is offered it is necessary to take into account differences in the approach to the teacher/student relationship, differences which may for a time indeed involve the appearance of asymmetry.

Thus, for example, should one wish to acquire the skill of working with the machine you call the computer, one would search out another who had already

acquired such skill and was willing to pass on this information.

Now, to the extent that one wishes to learn the information which the skilled computer operator has to offer, one opens oneself to the teacher of the computer, and avails oneself of the wisdom which is forthcoming. Now, this is a rather easily circumscribed function even within your social complex for it is generally clear to most that there is a relatively easily circumscribed area of expertise in which the teacher of the computer works. One does not, for instance, feel compelled to use the same teacher that teaches computers for spiritual counsel or perhaps for counsel upon the athletic field. These are different areas and in this regard, a difference in the relationship teacher to pupil may well be appropriate and given the appropriate circumstances may well emerge.

Thus, the first point that we would make upon the issue of the differentiated teacher/student relations is that they are not absolute relations for the most part, but involve regions of development. The same thing can be said if the nature of spiritual work.

That is to say that there are areas of spiritual development which each may be working on differentially at a given time and depending upon the nature of the spiritual development being worked upon, it may or may not be appropriate to put oneself in an apprentice relationship to another who serves as teacher.

We come then to that more highly potentiated teacher/student relationship you have called the relationship to the guru. We have found as a result of our work with your peoples that this guru relationship is one which prevails within a particular cultural interpretation which is not primarily your own, that being the oriental tradition.

This is not to say that some similar functions are not to be found within your own more immediate traditions. There is, however, a point of principle it is appropriate to address when considering the nature of the function of the guru.

A guru is first of all a fellow human being and a fellow seeker. The guru secondly can well be regarded as a teacher in a special sense, that is, a teacher that has a particular kind of spiritual understanding which the student would acquire, but, thirdly, the guru offers itself as a teacher in an unique way when it takes charge, if we may put it in this way, of the

spiritual development of the student.

We have found to our own experience that the question of free will is at issue when the guru too willingly takes charge of the spiritual development of the seeker. There are many different kinds of gurus and many different levels of development among gurus. Some, indeed, appreciate the value, even at the cost of a seemingly slower or more confused spiritual path, of allowing the student to find its own way. The guru all too often finds it easier to operate within a framework of belief, a framework of practice, and even a framework of faith which seems to work well enough for it, but does not necessarily translate into effective working for the student.

In fact, no matter how well matched may be student and guru there comes a time in the life of every student when the guru must detach itself and allow the student to find its own way. The guru does this without judgment, without expectation, but only in a genuine and heartfelt desire to seek and to assist in the manner which is most befitting the nature of the relationship that has uniquely evolved between that particular student and that particular guru.

Thus far we have spoken primarily to those kinds of teaching which take place within third density with

both the teacher and the student being incarnate mind/body/spirit complexes functioning within third density. There are other modalities of teaching as all those within this circle must be aware. Such a modality is that which we share with you this evening, and such a modality is that which other instruments channeling other sources likewise share with you upon the occasion of the assemblage of other circles of seeking.

In order to speak more clearly to the nature of the distinction that exists amongst many of these forms of service in which the discarnate teachers engage, it is useful to note so that we may be clear about the distinction between the inner planes and the so-called outer planes of your experiential nexus.

Those planes which we designate inner are planes which are part of the third density of the current incarnational cycle now completing its revolution within the Earth planetary sphere. The inner planes are planes which are occupied by many, many, many other mind/body/spirit complexes, not presently incarnate. Many of these mind/body/spirit

complexes have chosen as a mode of service to assist in those small ways it is possible to assist those who are currently working in incarnation within the third density.

How might this service be availed you ask? It is as simple as listening for the chirping of a beloved bird upon a new spring day. One's inner guidance is always available to one for each here is an infinitely precious part of the one infinite creation, and each has a veritable host of loving, ministering spirits deeply caring about one's own personal destiny. Such spirits occupy themselves offering love, offering what gentle nudges and suggestions as may be given in silence. And let it be said that these spiritual ministers to the struggling self are infinitely patient, for well they are aware how seldom it is possible to hear the beloved chirp of a single bird in the great cacophony of sounds that fill up your density. So rare is it for any to heed. And yet the ministrations continue unabated and undiscouraged.

Yes, there are a great many who speak through into your density via the channel from the inner planes. Some are greatly wise. Some are less so. There is great love and comfort to be availed for one who allows the inner guides to have their say, to have their sway.

Now we come to an area which is perhaps

somewhat more difficult to grasp. We ask as you consider this material that you bear in mind the nature of the task at hand, not just for you individually, but for all who have begun the great quest of being an individual consciousness. All seek, and the goal of all seeking is the one Creator.

It happens that within the course of the development of the creations that there have evolved patterns for this seeking to find expression. These patterns we may express by means of the concept of densities. Seeking is not complete when one has achieved such focus, such balance as permits the completion of tasting it to the fullest and of beginning to understand the need for a sense of direction and focus within this experience of all embracing love.

Even when this task which is by no means easy is achieved, there still lies before the evolving spirit still other densities.

In the fifth density wisdom is developed. We ourselves are a social memory complex which has come together from many different sources representing many and various experiential nexuses in convergence with one another at the point that we are ready to transit to the density which is the sixth. For us, those who have worked long within the wisdom density, the task, as

strange as it might seem to you is to be less wise and to rediscover the sources of compassion we originally encountered so long ago. Our task is to blend this compassion with the many wisdoms we have acquired. We feel more and more the call of this task and as we are called into this task we seek the opportunity to serve.

For us your calling is a great and wonderful opportunity and thus it appears to us that you who call from within the dark faith of third density seeking have so much you may teach us by your dedication that we who offer ourselves in service as teachers to you find that you appear to us as teachers.

So we find that the question of the proper relation between student and teacher is a very complicated one indeed. There is no formula for right teaching. There is no formula for the proper [way] for right teaching. There is no formula for the proper way to go about being a student.

We would prefer to say that the teacher/student relationship is ephemeral and is essentially an event that is of the order of an opportunity. It is an

opportunity or mutual sharing in a way that does not bias in advance the outcome of that sharing. Only teaching which is given without expectation and openly is teaching which partakes of this unique and seemingly paradoxical effect whereby the student is simultaneously teacher to the teacher.

We speak to you by the grace of the Council that sits in protective concern, keeping an ever watchful eye upon the doings within this planetary influence. We have been given permission to attempt to achieve within this planetary influence at this time that unique balance of teaching and learning which shall simultaneously permit the growth, the evolution, of those mind/body/spirits incarnate within third density Earth and of ourselves. We ourselves are equally at risk in the offering of this service as you are in performing the service, for us, of requesting it.

This is our understanding of the nature of the balances at work within the teacher/student relation. It is a most complex and compelling relation, this teacher/student relation. We ask that you consider well and consider deeply when broaching the subject of entering into such a relation with any other, for it is a sacred bond of mutual seeking which is thereby established, is it not?

We feel that we have said enough upon this inexhaustible topic to make a beginning. For us this will suffice for the nonce. May we, however, offer ourselves in response to any queries which those present may yet have upon their minds? We are those of Oxal.

Questioner: I will pose a question for those of Oxal, and the question concerns a seeker who wishes to avail himself or herself more in the listening to the guidance from within that is sometimes called angelic presences or the inner guides or personal guides. Would you comment on ways to increase one's sensitivity, if you just desire for this communication to come through to the conscious mind and not fall, if I can call it that way, [into] common pitfalls or distractions that also lie along the way of this type of seeking. Is that query clear enough for comment?

I am Oxal. We are again with this instrument. My brother, your query is amply clear and we will comment to the best of our ability. It seems to us to be appropriate to point out at this juncture that the most important single task facing any seeker is the task of knowing the self, for if the self is a babble of voices struggling to be heard it is not likely that any clear sense of direction shall come from attending to

one particular voice within the babble.

Observe, if you will, the experience of taking a stroll upon a pleasant sunny day. One is surrounded by plants in full bloom, the soft leaves of the sheltering trees rustling gently overhead, the thousand different sounds, many of them too small to be singled out, in the plant life all around; the light slanting softly through the rustling leaves forming patterns upon the ground that change like the shifting colors of the kaleidoscope.

Surrounded by all this beauty the walker nevertheless takes in so very little of it, for the walker is beset by an internal dialogue, thoughts which seemingly possess the mind, going where they will besetting the attention with a continuing bombardment of concepts, associations, desires. How then does one learn to see the shimmering light? How then does one learn to hear the rustling leaves? How then does one learn to watch for or listen to the thousand subtle sights and sounds that are part of the minute kingdom all around?

One must listen past the internal dialogue. It does not help to propose

another dialogue running counter to the first in the hopes of achieving victory over the first and thereby gaining access to the sights and sounds. One needs only to let go. One does not even need to let go, one needs only to listen, to watch.

A similar experience happens in relation to one's inner guides, the angelic presences and the higher sources of inspiration. They are constantly available. There may even be a word inserted edgewise into one's internal dialogue. Listening back to these voices may be likened to that reaching back after the vanishing dream upon the awaking and the reintroduction

into the round of daily affairs. The more one tries often the less one succeeds in reaching back for that dream that has eluded one. The more one merely allows the dream to once again have its sway the easier it becomes to explore what has transpired within the dream.

This, we realize, speaks somewhat indirectly to your query, but we desire to observe the law of free will in responding to such a query and therefore must needs limit our response to the general principle of allowing oneself to open to one's very rich inner resources of which the

voices of guides and angelic presences are some.

[edit]

We find that we have spoken rather long, it being for us a pleasure once again to be reunited with this instrument which so gladly serves. At this time we leave you growing in the love and light of the one infinite Creator. I am Oxal.

Adonai, my friends.

Adonai.

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

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

Yes! What humanity has not understood for 2000 years is that they are multidimensional beings. Two thirds of who you truly are is already ascended. It is the image our Creator created us all in and saw that it was good. His image! Spirit! When spirit descended into matter the lower self was created. We fell into a sleep and we are all still sleeping, believing we are this personality which we call our selves: the egotistic self. Thinking we were born a certain color and race and having a heritage (ethnicity, cultural tradition, etc) is the Illusion. As Q'uo said Pg 4 [LOOP volume 1, issue 1] "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." —I AM Willy!

Yes I think it does mean a lot for the eternal soul to have a heritage ethnicity or cultural tradition. I think it gives a person identity, somewhat of a sense of belonging. I think it serves to enrich a person's life with different experiences. I think some pride in ethnicity, in heritage is good, as long as it is healthy. Pride can sometimes be toxic if misdirected. I think since the soul is eternal one should learn to be tolerant of different cultural traditions. Some may seem not to be your taste on the surface. But it may have been your heritage in a past incarnation, where you fully embraced it. Just a thought. —Mike Stringer

Please feel welcome to add your thoughts to this discussion. Love and Light, Lorena, editor