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WHEN IS THE HARVEST? FEBRUARY 6, 2016

Group question: Q'uo, since this contact resumed after a four-year hiatus, we at L&L Research have received questions from readers abroad regarding the transition from third to fourth density that is purported to be occurring now. As you and the Confederation have made a recurring feature of this topic in your message, both in your narrow- and wide-band channelings, we presume that you want spiritual seekers on the ground to know about the density change.

Today, therefore, we have two simple questions for the main portion of this channeling:

- 1) Where in the process are we with respect to the transition from third to fourth density, or as you call it, harvest? And as an extension of that question, how does this harvest relate to or how do we relate to it in terms of our spiritual evolution?
- 2) As precisely as you are capable of speaking within the limits of this contact and the limits of free will, how will this transition into fourth density manifest in the collective space/time experience we call everyday life?

(Jim channeling)

I am Q'uo and greet each of you in the love and in the light of the One Infinite Creator. It is our great privilege this afternoon to greet each of you, for we have been called to your group by your seeking, each of you as an individual entity and together, as a group of entities, all seeking the light of the One Creator to shine upon the path upon which you walk, to bring more clarity to that path, while understanding as much as can be had in your density of experience, for there is so little that is

clearly known there, and yet love reigns supreme, and light leads the way, and unity is the foundation upon which you stand.

We will ask you, as we always do, to use your own discrimination for those words and concepts which we offer to you, taking those that have meaning, leaving those that do not. We do not wish to be a stumbling block for you; we wish to aid your journey, and if you would do this for us it would be a great help to us in sharing what we have to share with you, for we are not to be seen as the ultimate authorities. We, as you, seek the One with every fiber of our being and are happy to share what we have learned upon our journey with those such as yourselves.

This afternoon you asked about the harvest upon your planet earth, that great time when souls are able to be graduated from the third density, that density of conscious choice-making, into the density of love and understanding, as many have called it. Those here, of course, are interested in what might be termed "the positive harvest," that harvest described by serving others more than serving the self, for that is all that is necessary my friends, is that you serve others more than you serve yourself. With that simple choice made, much study and learning is possible, within the great reaches of the fourth density that is now surrounding and imbuing your planet and its population with the energies of all compassionate love. Those entities who are able to experience and express this love in their lives are those which are making themselves available for this harvest, and indeed the planet itself shall be

harvested into the fourth density, for it, as an entity, is progressing as well.

You ask what is the progress of the harvest for this planet and its population at this time, for many have been the predictions of this great event throughout the history of your planet. Indeed, the one known as Jesus the Christ said that there were those among his group that would see the harvest. The harvest is that which begins first in those minds and especially in those hearts that are prepared to welcome and enjoy the vibrations of love and understanding. Thus, there are many who have been able to harvest themselves into the fourth density positive over the last few thousand of your years, and they, at this time, are preparing to welcome their brothers and sisters of the greater population of planet earth that will be harvested at the, shall we say, striking of the hour, on the infinite clock of destiny.

Your harvest is that which has begun. Those entities now passing from your illusion, through the door that you call death, are walking the steps of light to see if they have the ability to walk and enjoy the brighter light that is a significant portion of the fourth density experience. As these entities move into this light, they move as far as is possible without the light becoming too glaring. When it is too glaring to continue, they step aside, and notice whether they have passed the boundary, shall we say, of the third density into the fourth density. And those who have become as the gathering choir that sings the glorious "Hallelujah" to the One Creator welcome others who also pass through the doors of death only to be reborn into the love and light of the One in another illusion, a grander illusion more densely packed with light, with love, with understanding, with cooperation, with community, with a joint effort towards further seeking of the One Creator.

Thus, in this sense your harvest has begun, but we realize that you mean, when shall it be complete? This, my friends, is that which is the question for all entities who observe now the little planet earth upon which you dwell, for there is much confusion within the populations of your planet at this time, and there is the free will of so many entities, cultures and nationalities, creeds, religions, sects and so forth, that see this great time, each through individual eyes, though all share the feeling, the desire, the

promise of the One Creator to welcome the children home to a grander home, a more loving home, where all are welcome eventually.

We are aware that you have information that suggests there is a great span of time in your measure that may be the potential experience of the last of the third density and the complete experience of the fourth density. This time measurement, reaching upwards to six and seven hundred of your years, is still a possibility, though there are factors of free will of the great masses of peoples upon your planet to consider.

There are, at this time, many entities and group such as this group that work to increase the harvest in a geometric fashion. You are aware of the concept of the doubling which those of Ra spoke of. When there is one who seeks, that is enough to be the cornerstone; when there are two that seek the One in a successful manner approaching harvestability, there is the doubling; and the third continues to double and so forth, until there is what you may call a "critical mass" reached for your planetary population.

This mass is that which approaches in time/space and its analog of space/time so that there are many who will find that they are able to partake in this harvest, if not in the current incarnation, then in the one succeeding, for it appears now that with the best efforts of all of those teachers and guides, students and helpers, with the birth of this planet that there shall not be more than two additional incarnations necessary for the completion of this harvest.

Realize my friends that the free will of your planet is most difficult to predict for there are forces moving from ancient of days that would work against such harvest, those entities of a darker variety which seek in their own manner to be harvested by controlling the light of this harvest. And yet they shall fail, for the legions of the service-to-self entities will have only a short day where they shall reign supreme and then their day shall be over, and the light shall shine, and the harvest shall be complete. And those who seek service to others shall find a new fourth density home upon this planet, for this planet shall be a fourth-density positive planet, even with all the seeming darkness, strife, wars, control and negativity that have plagued this planet for thousands of your years.

Thus you may see that though there are difficulties ahead, the difficulties shall be surmounted. All compassionate love shall find not only its day, but its cycle upon this planet, and this planet shall be as bright as a star in the heavens of a new creation.

At this time, we shall transfer this contact to the one known as Steve, to continue with the second portion of the query. We are those of Q'uo.

(Steve channeling)

I am Q'uo and am with this instrument. We would, at this time, speak to the question of the meaning of the harvest, by asking you to begin by taking a step back and to inquire into who it is and what it is that will be the subject of the harvest.

In one sense, the question of the who is very easy, for it shall be you. But who are you? If we use the term in its collective sense, it includes not only the individual mind/body/spirit complex, but also a great many other mind/body/spirit complexes who have come together in the unity of a one seeking, and who together comprise a kind of energy configuration which expresses what we might call a certain signature of being.

Now this signature is a product of the unique evolution of mind/body/spirit complexes in their union that takes place over the course of long periods of time and, in fact, upon this planet, we would say that it is a period which has begun far earlier than your third-density experience, and will continue far after the third-density portion of the experience has been completed. Thus, we might speak of a destiny of evolution which it is the function of each individual planet to carry forth that this destiny might become an adornment to the Creator, and an honestation to the creation.

Therefore, you can see how it is that it is not simply a case of each individual becoming harvestable—for those friends and associates of yours which you might hope will become harvested with you—but there is a certain responsibility which all share to the redemption, if you will, the salvation or perhaps a better word is simply the completion of an evolutionary cycle upon your sphere.

It is of great interest to all of those around your sphere who, have for a great many of your generations, looked on and encouraged those upon your sphere to continue their evolutionary striving.

The interest is in having a portion of the creation come into the fullness of its realization. And those who monitor and aid the progress of your incarnative cycles from a standpoint in the time/space portion of your space/time continuum, have encouraged this process to the very limit of their ability, recognizing at all times that evolution is indeed, as we have said, a function of free will.

Now it happens that upon your planet there will be some who do not make the harvest and, in fact, the total is likely to be substantial. We say this with some degree of sorrow because, in fact, it is the hope of all who begin an incarnational cycle that they will be able, at some point during the process, to reach a level of spiritual development which permits them to go to a further stage, and those who have had to repeat the third density, and in some cases to repeat it more than once, and find themselves looking at a very real prospect of repeating it yet again, can begin to feel a certain despair in recognizing that the final reach into the fourth density is still a little bit beyond their reach, a little bit more of a stretch than they can, at this time, accomplish.

Now it does happen that sometimes advancement can take place rather quickly, and the guides that ward the process are very much aware of this, and are in attunement with any prospect which gives hope that larger numbers may indeed achieve the harvest.

The reason that it is important to aid every last soul whose yearning merits hope that harvest may be nigh, is that every soul who has participated in this planetary experience is a portion of the destiny that this experience strives to achieve. [Each soul] carries with it a portion of the secret of creation itself, and has the promise of bringing to the Creator information which can be got in no other way.

This planet, my friends, is unique, and it is unique in ways that not every planet at the point of its movement from third to fourth density has been unique. In particular, it has featured a certain set of balances between the forces of positivity, as we might call them, and the forces of negativity. This is one of the reasons why your planet has been of great interest to both sides of the evolutionary process, the positive and the negative, and why what you might call a contest, or tug-of-war in the heavens, has unfolded for many of your eons in the past.

Those who have been through the trial by ordeal, as we might call it, where they have been required to sift through a significant portion of their experience that is seemingly tinted with the signature of negative energy in an attempt to turn and allow the negativity to feed into a system in which positivity arises as a result. Those who have been through this process, we say, will have to offer to the creation a particular kind of view, the particular strength of spiritual being, that those who have evolved in a more harmonious context can but little appreciate, but are learning more and more to understand the significance of.

And so it is that the creation itself is at present divided amongst those in the higher densities which are still seeking along a path of the negative and those which are still seeking along the path of the positive, and between these two there is a struggle, a contest, but at some point this contest will need to be resolved. It is our conviction, and the conviction of all those who have sought their seeking along the lines of positivity, of love, of compassion, that it is love and it is compassion which in the end will embrace even its opposite, and that the polarities will inevitably be recombined in a glorious union which will speak in the most eloquent and the most searching ways to the Creator of the nature of that Creator, which nature is continually being plumbed, which nature is continually being queried by the Creator itself.

Now, your planet stands at a crossroad. It is quite clear that the largest number of those who have come to the cusp of the harvest and who look to be able to cross over the threshold into fourth density experience will be of the positive vibration. Therefore we can say that this planet, in fact, will be a fourth-density positive planet. There will, however, be a certain number of entities which will be harvested from this planetary experience into the negative register of the creation, and these, not finding a home to their liking, so to speak, on this planet, will have the opportunity to pursue their further evolutionary development upon planetary spheres which have already as a group, polarized to the negative.

What is interesting about those souls, those complexes of mind, body, and spirit, who grow upon this plane, is that they will have had

experiences in relation to the negative focus of energy which is what we might call “up close and personal.” They will have had intimate experience in transmuting negative energies in some cases of a rather high order into a positive manifestation, and it is this experience which will give them a certain strength, a certain insight, a certain vibratory character which will be very gladly received by their brothers and sisters of other planets, of other densities, which will be then given the opportunity to explore dimensions of the creation that have previously not been available for close inspection, shall we say.

It is for this reason that it is a rather significant point to consider that your planet has a destiny and a continuity of development from the past which it has experienced in third density, to the present and to a future which most assuredly will be fourth density positive. Those souls who will be invited to come into your planetary experience from other sources—and will be so invited because there will be the availability of “slots,” shall we say, in your population which will not be able to be filled by the native third-density population, there being a lack of those harvested to fill these “slots”—these new souls will be given the honor and the duty to fill out a destiny which will involve a trajectory, or a momentum, and will involve cultural forms which have been in the process of being developed over a long period of your years.

Now to be sure, once fourth density is in full flower, the transition to new cultural forms will be rather dramatic, and it will be as the difference between night and day with regard to many of your institutions, many of your cultural traditions which will undergo such transition that they will be hardly recognizable. But we do call your attention to that word “hardly” or “almost,” for it is important that there is a reach back into your past, even as there will be a reach forward into your future, and that it will be this planet, it will be this population which gives the intimate, the secret focus to a pattern of development which will flow into your future. It will be earth energy which moves into earth fourth density and that energy will not be started anew in fourth density, rather it will be continued, even as it is the case that your third density continued from the second density experience of the higher animals upon your earth plane.

Now this continuity is something that does not simply happen by itself. It is the function and responsibility of those upon your planet that are currently incarnate to make every effort to engage in the most eloquent way possible with the cultural forms currently alive on your planet so that these forms may have a life moving into a fuller destiny, that they may have a future experience that brings them into a condition allowing fourth density to grow on a soil which has been prepared.

The principle reason that wanderers have been allowed to incarnate is undoubtedly to raise the number of those which might meaningfully aspire to be harvested. But of almost equal importance is this preservation, continuation and further flowering of the planetary consciousness, if we might call it that, which also constitutes a kind of unity, and which also expresses many of the difficulties and vexations that you, as individual mind/body/spirit complexes experience each in your own way.

When you gather together in groups such as this, you are doing more work than simply the work of your own destiny as an individual; you are doing work which aids in the planet and in its aspiration to a future which will be fourth density, will be positive, will be an ambiance of love in which the veil of consciousness will, little by little, fall away. And souls which have, for a considerable period of your time, found themselves groping in the dark, will now find themselves standing in the light.

It is to this light, it is to the bringing forth of the conditions from the soil which allow the light to begin to shine in nooks and crannies long lain in darkness that we commend you. We commend you, my brothers and sisters, to the effort to give birth to the earth that is not yet been but is very soon to come.

We are those of Q'uo and we leave you in the love and in the light of the One Infinite Creator and return from this instrument to the one known as Jim, to discover whether we may address ourselves to further queries. I am Q'uo. Adonai, my friends, adonai.

(Jim channeling)

I am Q'uo and am again with this instrument. It is our pleasure to offer ourselves at this time for any

further queries which those present may have for us. Is there another query at this time?

Gary: Q'uo, I have a query for you. It is regarding the discrete boundary between densities. Prior to asking the query I am going to make four references to The Law of One material where Ra describes the sort of boundary:

1) In 9.4 Ra is discussing how the intelligent energy cycles the densities, and they say: "This intelligent energy offers a type of clock. The cycles move as precisely as a clock strikes your hour, thusly the gateway from intelligent energy to intelligent infinity opens regardless of circumstance on the striking of the hour."

I read that as them saying regardless of what is happening on the ground on earth that door opens due to the striking of the clock.

2) In the second reference, 13.23 Ra says: "The fourth density is, as we have said, as regularized in its approach as the striking of a clock upon the hour."

3) In 40.11 they say: "The nature of quanta is such that the movement over the boundary is that of discrete placement of vibratory level"

4) And then finally in 63.24, the questioner is asking about the fourth density, and says: "Then as the fourth density sphere is activated, there is heat generated. I assume that this heat energy is generated in the third density sphere only. Is this correct?"

Ra says: "This is quite correct. The experiential distortions of each dimension are discrete."

So here are four different instances where they talk about this "discrete boundary."

My question is in two parts: 1) Is that discrete boundary ahead of us or behind us; and 2) if ahead of us, what happens on earth in our space/time environment when we reach that moment of a discrete boundary?

I am Q'uo and I am aware of your query, my brother. The time of the passing of the earth into the fourth density cycle of experience occurred in that time period that many were speaking of for a great period of your time before hand, that is, the year 2012. In this year the time/space beingness of your planet became completely of fourth density nature, however, the space/time portion of your planet has been somewhat, shall we say, confused and laggardly in the collection of entities and their ability to make what you would call, the graduation, to point the needle of the compass in a solid and discrete fashion.

Thus, our suggestion that it would take approximately two additional incarnational periods, that incarnational period each being somewhere between 70 and 80 of your years, before the space/time continua was able match that of the time/space graduation into fourth density. Thus, you will see that there is some period of, shall we say, cleaning up of the mess that has been made upon your planet by the cultures that cannot seem to find a way home. This is the group of entities that will, in all likelihood, find it necessary to repeat the third density space/time master cycle of 75,000 years upon another third density planet.

Is there a further query, my brother?

Gary: It sounds to me, Q'uo, as if you're saying that we crossed that boundary moment. According to what Ra said, the gateway to intelligent infinity opens at that moment, but you went on to say, however, that we're essentially slow to catch up, and/or our energies, our collective vibratory situation is not matching the opening that was made available at the boundary line.

So what would happen then—it's a puzzle to me because it seems that door opens regardless of what's happening on the ground in space/time. So what would happen if we, in space/time, did not, as you just said, clean up the mess at the opening?

I am Q'uo and am aware of your query, my brother. There are those entities who are available for the assisting of your planetary population in the movement across the boundary in the space/time vicinity of your third-density experience which is now been in movement, shall we say, for at least 70 of your years. The precision of the striking of the

clock upon the hour is somewhat difficult to describe to you in the ultimate sense of the time/space qualities of your illusion, for what seems to you to be a great portion of time, be it, 50, 60 or 100 of your years, is, in the larger perspective, but the eye blink of a moment. The striking of the clock upon the hour cannot be taken as literally as it is taken within your third-density illusion, for as you see, upon the microscopic level. The third density moves into fourth density upon a grander perspective, a level of experience in which time is expanded and space does not play such a great role.

Thus, there is the opportunity that shall be taken by all entities upon your planetary sphere to, as we mentioned, clean up the mess. There shall be those guides that will make themselves apparent to the third-density population in one fashion or another—perhaps as incarnated entities, perhaps as a movement within various portions of your third-density sphere within various cultures, religions, sects or nation states, so that there shall be efforts made too, as you now attempt to clean up the environment, to clean up the metaphysical environment as well.

In other words, there are great strides being made at all levels of your planetary experience. There are evidences of various kinds of fourth-density manifestations each day within your illusion. The indigo children, for example, are those entities who have incarnated within the third-density plane at this time who have been able to successfully graduate other third-density planets, and who have found it a great opportunity and privilege to be incarnated here at this time to aid in this transition and to become what we shall call "systems busters," as we have heard them described, that are able to make new arrangements to deal with the various problems that are seen upon your planet to be retarding the process of the movement into fourth density in the space/time portion of your planetary experience. These entities shall find their ways into various places of what you would call "social, political, economic power" to be able to have their influence and effect after the great dragon of negativity has met its match and its tail will thrash no longer.

Is there another query, my brother?

Gary: That clarified things for me, thank you so much, Q'uo. I do have one final brief query. At the moment that the discrete boundary is crossed in our space/time experience, and the opportunity for harvesting is no more upon the planet, and third-density life is no longer available, (at least for a short time upon this planet), at that moment, what happens to those entities still incarnate within third density.

I am Q'uo, and am aware of your query, my brother.

In our former response we were attempting to suggest that these entities shall have been able to make the movement through the, shall we say, process of graduation, and shall determine for themselves the need to repeat the third density cycle upon another third density planet.

We have energy enough left for one or two short queries.

F: As a follow-up to the explanation of the time lag where fourth density has entered, we've entered fourth density in time/space, but there's the time lag of space/time catching up. Will those of us living in this time period—are we able to see the manifestation of the light and the energy of fourth density in ways, not only just in social changes and other changes, but like in earth changes and things like that?

I am Q'uo and am aware of your query, my sister. This is correct. There are many changes occurring upon your planetary surface at this time which are obvious to the beholders of the experience—those changes of the tectonic plates, the planetary surface releasing heat, the abilities of entities within various portions of your planet to perceive the movement of energies and to use these energies for the benefit of those about them and for the planet itself. These are a portion of that which shall be experienced and is, indeed, being experienced at this time, for within your third density there is a great deal of the movement of entities, of energies, of ideas and concepts so that it seems like this is a world in turmoil.

And from an outer point of view it may indeed seem such, but we would suggest that upon the metaphysical level of the inner planes of your planet, this type of turmoil is seen as that which is the

bubbling of the yeasty fruitful mixture of various entities and ideas so that from this cauldron of experience will be brought forth that which you would see as light, that which you would see as a direction for energies to be experienced, a direction for the intelligent energy of the Creator to move in discrete patterns, in patterns of organization, in patterns of inspiration, in patterns of ability to excite the imagination of entities to look beyond that which is now present in their conscious minds to bring forth that which is within the subconscious mind, to have a birth of a new kind within each entity; for you will see that there are many upon your plane now who seek spiritually in a sense which has not been experienced in times past. There are many who are seeking diligently and passionately for an experience of the One Infinite Creator.

When these entities are able to bring forth this intelligent energy and intelligent infinity into manifestation within the third density, you will see more of what you would call the miracles, the changes of consciousness, the transformations of people, of places, of events; there shall be that which is momentous within your earth spheres. This time is here now; this time shall continue—there is much happening that is not reported for it is not that which bleeds, thus it does not lead.

You will find within your illusion, much of inspiration if you but seek for it within your meditative state. We would encourage, as always, that all entities engage in the meditative period as often as is possible, for there is nothing more helpful or hopeful in your incarnations—and for this planetary surface and future as it transforms into fourth density—than the connection in the metaphysical state and the meditative state to that One Creator which resides within all things. That is the core of the belief of all entities who seek now to aid this planetary entity in its transformation and its population in the same. Is there another query, my sister?

F: No, I'm so grateful, thank you.

I am Q'uo and we thank you my sister. Is there a final query at this time?

(Long pause)

I am Q'uo. As we perceive the silence we shall assume that the queries are exhausted for the night.

We would thank you my friends, once again, for calling for our assistance this day. When you do so, you pay us a great honor, for it is the way we serve those about us to answer the calls of sorrow from our brothers and sisters upon this planet. We know that you all wish with all of your hearts, souls, minds, and being, to be a part of the great change that is occurring upon this planet, and we assure you that you are, indeed, part of that change. This is a change which is becoming available to the eye of the beholder yet it is already available to the heart and to the soul, to the spirit of that which exists in the metaphysical levels. It is becoming that which is physical.

We encourage you in your meditations to send light and love to the planet itself, and to all who are in need of such, for it is the call of sorrow that brings us here—the call of that which is in distress, for it is

much likened unto a part of our own being that calls for assistance. We answer that call as we would take care of a stubbed toe, a sprained wrist, a blackened eye, for all of these are signs of a battle well fought, a battle that is indeed within each heart and mind, and can be shared with those about each, for you are one with all about you, are you not? The One Creator exists in each and is making itself manifest in each in some fashion. The eye of the beholder is within the mind of the meditator. When your eye is single, your light shall be filling your body, and shall be that which leads you to the One Creator.

Again, we thank you for inviting our presence this day. We are those known to you as Q'uo. We leave each of you in the love and the light of the One Creator in which we found you and hope to find you again, my friends. Adonai vasu boragus.

THE FUNCTION OF THE HIGHER SELF

JANUARY 8, 2011

Jim: We are wondering about the relationship we have with our higher self—how the higher self is formed; how it communicates with us; how it decides what information or assistance to give and what not to give. Just in general, what is the dynamic relationship and how does it function between ourselves here in third density and our higher selves at mid-sixth density?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in whose service we come to you this evening. It is a great honor to be called to your circle of seeking and we are very happy to speak with you concerning the higher self. That concept is at the core of those entities of help to you during incarnation that are unseen but, nevertheless, very real.

However, as always, we would ask that each of you that listens to or reads these words use your discrimination and your powers of discernment to decide that which is helpful to you and that which is not interesting. Let those words of ours which do

not rouse your interest slide by without a second thought. Focus on those concepts you feel may be helpful. If you will take the responsibility of using that discrimination we shall relax and not be concerned with the possibility of infringing upon your free will or interrupting the rhythm of your spiritual walk. We thank you for this consideration.

We would note also, before we begin that because of requests within the circle, the speaker this evening is Hatonn rather than Latwii. Nevertheless, we call ourselves the principle of Q'uo because all of us, Hatonn, Latwii, and those of Ra, collaborate in responses to these questions.

You ask concerning the higher self—what precisely the higher self is and how it relates to you through your incarnation. We would begin by describing to you this higher self in a way that may make some sense to you in terms of your linear mind and your intellect.

If you stay strictly within space/time in the world of manifestation, you can only go as far as the end of third density. In order to progress further, you move into fourth density; into the precincts of time/space;

into the environment of energy from electricity or electrical energy as opposed to the energies of chemicals and the distillation process that goes on in your physical body at all times as you distill the helpful ingredients within foods for the use of your physical vehicle and eliminate the dross or the extra.

However, if you consider that in third density you still retain the energy body that will carry you into fourth density, and that has carried you through your incarnation, then you can go further with your intellectual considerations. So please imagine yourself in your indigo-ray body, moving into incarnation in third density, aligning with the physical vehicle and connecting to it by means of the silver cord, so called. Then imagine that same body, at the end of the physical incarnation, releasing its hold upon the physical body that is no longer viable and moving into the process of graduation, first in the indigo-ray body, then in the violet-ray body. And once the steps of light have been walked and you have graduated into fourth density, [imagine] moving back into the indigo-ray body and then into physical incarnation of the electric type rather than the chemical type.

You do this throughout the long reaches of fourth density and fifth density. Finally, you graduate to sixth density, having learned the ways of love and the ways of wisdom. In sixth density, still in your electrical body, you refine and refine the lessons of love and wisdom, combining them again and again until you find the secret to acting with compassionate wisdom or wise love.

Ultimately, you reach a point somewhere in the midst of sixth density when you discover that all that you have ever desired has been satisfied except for the hunger and thirst for the Creator. And so you turn from the world of desire. You no longer think of what you will do next. You only think of the Creator. And that draws you ever closer to the seventh density, the Density of Foreverness.

At the point at which you find that you have achieved all your goals in the outer physical world, have performed all the services you hoped to perform and have integrated all of the learnings that you hoped to gather, you turn back to the past, so-called only in space/time, and you give to yourself a gift. You give to yourself a thoughtform in which is stored every lesson that you have learned, every gift

that you have expressed, every dream and hope that has fired your journey. You give the highest and best self of which you are capable within third density, within fourth, within fifth, and within sixth, to yourself. That thoughtform, called the higher self, can also be called the “magical personality.”

We would, at this time, transfer this contact to the one known as S. We are those of Q’uo.

(S channeling)

I am Q’uo, and we are with this instrument. A magical personality represents a form of self or image of self or potential of self, if you will, that has to it a completeness that is lacking in those stages or forms of selfhood that one finds being explored in the earlier phases of development. Now this would seem to be on its face a contradiction, because to be a self, after all, would suggest that one is always precisely the self that one is. And understood in this way, it would seem implausible that there could be a portion of the self that is missing to itself. And yet this is precisely what we would suggest to you is the preponderant experience of being a self.

Within your third-density experience you find that you undergo several phases of being the self as you grow and develop within the life experience. You are first an infant, then a child, then an adolescent, a young adult, a mature individual, an aging individual, and finally one who perches upon the very precipice of larger life. And in each of these phases of your life-experience you can find different meanings associated with the concept of self that you associate with yourself. You find different ways of being the self that you are. As we have suggested, these ways will often involve a particular focus of desire. And desire does play a very large role in situating the way of seeking and the way of service that each self finds appropriate to itself.

You could say that the desiring mechanism is a filtering process which gives a particular intensity to the practice of focusing on certain aspects or facets of one’s experience that one feels would profit from further exploration.

The process of undergoing a life of desire, however, is not a static one. Desire has a way of reformulating itself as it undergoes the experiences of fulfillment or disappointment, of challenges, of further aspiration

and further possibilities for further desiring which form on one's horizons.

As one reflects upon the self that lies at the root of these desires then, it becomes clear that the self, itself, is something perpetually in the process of being created and transformed. To be sure, there is a continuity in the process; that is to say, the desires that one has had, the questions that one has posed, remain with one for a period and it is from questions currently asked that questions to be asked will evolve. It is therefore, not without meaning to say of oneself that one is a self, but it is not a meaning which is set in stone.

What is important is that there be a sense of responsibility, if we may use this word, that one learns to exercise in the movement through the various phases of exploring the potentials of being the self so that, for example, an action that is performed today receives tomorrow the respect of the unanswerable.

What we mean by this is that one acknowledges a past that belongs to oneself even at a time when the circumstances have substantially changed. It is possible, however, to become so foreshortened in the sense of who one is, that one's boundaries harden. The factors involved in this experience are well enough recognized to you: they are fear, anxiety, a reactivity to the pain that can emerge in one's life experience, so that one draws inward and begins to think of oneself in a more and more limited way.

There are very few who escape this effect completely and as a result of processes such as these one begins to think of oneself as an isolated unit of being separated from all others. In this circumstance, one can hardly think of a higher order of self that could serve as a resource to one, not from without, but from within. So the first principle that we would have you recognize when dealing with a problem of selfhood is that it knows no outer or inner limit. Only if you recognize this principle can the notion of a higher self make any sense.

At this point, we would transfer the contact to the one known as M.

(M channeling)

We are Q'uo. We will start by saying a few words addressing the initial question on what information the higher self chooses to give the self and why it

does so or, said another way, what information does the higher self withhold from the self and why. As this instrument is perceiving it, technically speaking, the higher self does not limit, so to speak, what information is available to the self in theory. It is, in a sense, what we choose to look at, the higher self and the self in third density being two points on a circle, so to speak. [They] are aspects of the same [self], so we can, in theory, tap into anything our higher self has to offer to us.

However, we can, in the same way, look at what we choose, [and we may choose] not to look at our higher self at certain times. It is a matter of facing the self, which most individuals find harder than facing other selves or other higher beings of higher dimensions.

However, facing the self is the most natural point of contact or way of contact. In truth, you can contact your higher self whenever you want and wherever you are by desiring to do so. However, this, as any skill in the quest or path to adepthood takes practice and process, patience, commitment, focus, and the foundational intent or service.

We now pass this contact to the one known as L.
We are Q'uo.

(L channeling)

We are Q'uo, and are with this instrument now. We would like to expound further upon the topic of interacting with one's higher self. We would encourage you to consider, when consulting the higher self, that it is not necessary to take the position of a supplicant or neophyte begging for wisdom from a source you cannot comprehend or is superior to you, but to consider your relationship with your higher self as a partnership. In all ways you work together.

[In] the realm of sixth density, concepts of time and space grow close to meaningless. As your higher self observes your growth, that portion of you is learning from the you that is learning. [It is] a portion of yourself that you are calling upon. In all ways you are infinite and ever growing. Your higher self is not there to be your God or any type of elevated superior that you must go through any certain ritual to contact but is there as your friend—as your best friend.

THE FUNCTION OF THE HIGHER SELF

Your higher self is the most complete, highest and best expression of that vibration that is you. The you that you are now and the experience that you are gaining right now is a part of the experience that that higher self retains. The higher self may combine your experience with all the other wisdom that [it] has gathered on its journey and then present it back to you in an augmented fashion that will help you with the very issue with which you are dealing right now because it was that very issue that helped you provide the wisdom that your higher self now gives back to you.

Your higher self is virtually anything you can perceive it to be. Your higher self is the limits of your imagination, for it is everything that you ever thought and cared about and done, therefore, if you need it, it will be provided. If you desire your higher self to communicate with you by making the stars dance, if you can conceive it, it can happen. A certain person who sees a coin laying on the ground as they walk by [may] think nothing of it, while another may be able to interpret it as a sign of something, that one puzzle piece in their life that was missing, because they ask that their environment provide them with information. There is no one way in which communication is established. It does not have to be through prayer or ritual or any attempt at communication with words. Your higher self can communicate with you through any means to which you are open.

There is also your specific guidance system, the artifacts your higher self has created for you and sent back, known to many as the male and the female guides and the third guide that is a union of the two, often seen as androgynous. These were created to be a more tangible example to you. It will help you in more direct ways.

You and your higher self are on this road together. There is no separation and, being your best friend, your higher self will always respect your wishes, even ones you may not know you have; agreements you made before your incarnation; realizations of your unconscious; the desires you have that you do not realize or express. The higher self realizes these and they will not in any way infringe upon your free will or step on the toes of your learning. For they were once in your shoes and know just how important it is that you learn at your own pace, which is why at

times you may not get the particular answer for which you were looking. It is not that the higher self does not listen or does not care; it only has one eye open to the big picture of what your soul is planning both for the incarnation and [for] the unconscious desires of your heart.

We would now pass this channel to the one known as Jim:

(Jim channeling)

I am Q'uo, and we greet each again in love and light through this instrument. We have been speaking to you this evening on the concept of the higher self and your relationship to it; the types of information that are transmitted both from you to the higher self and the higher self to you. The higher self itself is connected to what you may see as another facet of yourself in this circle of beingness. That is to say, the higher self has its higher self as well. This totality of beingness is a resource upon which the higher self may call in the, shall we say, framing of the possibilities of experience for the mind/body/spirit complex that each of you is within your third-density illusion.

Thus, there is a great wealth of information and experience that is available to each entity, such as each of you is. When you are within your daily experience, going about your routines and accomplishing various tasks, you are, for the most part, motivated and empowered by your own desires, experiences, and relationships. When there is a difficulty within any experience, you begin to ask within yourself as to the solution of such difficulties. If your own experience is unable to provide you with the satisfactory answers, it is, as you say, a natural function of the questing mind, body and spirit complex which you are to call for assistance, whether this call is conscious or subconscious, because at this time the other aspects of your being such as your higher self are able to give information or inspiration, a direction, a clue, shall we say, that will help you on your journey without infringing upon your own free will. For the call that has been offered has been heard and shall be responded to.

At this time we will transfer this contact to the one known as Carla. We are those of Q'uo.

(Carla channeling)

We are those of Q'uo, and are again with this instrument, greeting you through this instrument in love and in light. My friends, there are two basic ways that you, as a self, can work with the higher self, which is that aspect of you that could be called the highest and best, or the accumulation of all that has been learned. One way, is as part of a closed system, the other way is as part of an open system.

Those who work with the closed system are working under the assumption that the individual self is a closed system. However, the higher self resides within the open heart. It is closer to you than your own breathing or your own heartbeat. Now, because the higher self resting in the heart is under its beneficent influence, the preponderant inspiration from contact with the higher self shall have to do with love because choosing love over fear, choosing service to others over service to self, choosing radiance over self-defense, is that which polarizes an entity positively and enables that entity to be ready for graduation.

There is no need in terms of graduation to work with the self as an open system. In working with the higher self in a closed-system way, then, perhaps the best way to encourage words to come from that conversation you are having in the silence between desire and its response is to write down your questions and, to the best of your ability, write down that thought which comes to you on the heels of posing that question to the higher self. The entity who created the book, *Conversations with God*¹, was using this technique and it is available to all who wish to use this resource.

Now, if you wish to access the higher self as part of an open system, you are basically working with the infinite supply of love/light energy that you are receiving from the earth, through the feet and upwards through the body and through the energy body as well, exiting out the top of the physical head as well as the seventh chakra. You are using the higher chakras; that is, the chakras above the heart, the blue-ray chakra of communication, the indigo-ray chakra of radiance of being, and the violet-ray chakra which is that which holds the gateway to intelligent infinity.

Due to the placement of desire when in the energy body, you ask your question of the gateway of intelligent infinity, thereby causing a response to flow down from the Creator into your body, meeting the upward-spiraling love/light energy that is always yours at the chakra-point of keenest desire. Some refer to this as the movement of kundalini. If your energies are devoted entirely to seeking the Creator, it is likely that the inspiration and information from above will move through the gateway, through the upper chakras, bouncing down to that central chakra of the heart ray and then bouncing back up to indigo ray, where it will reside and where you may converse in the language of concepts.

(Side one of tape ends.)

It is to be noted that there are advantages to working with the higher self in an open system, where you perceive yourself to be part of all that there is and free to contact all those parts of the self that are included in the higher self. Working with an open system, there is no heavy influence of love, wisdom or power. The system wherein you as a personality and a self are not truly separate from the rest of Creation is a powerful model. It opens the self-definition, as you think about yourself, to the realm of endless potential.

This is not to say that you can become substantially different from yourself. The combined energies of your soulstream through many, many incarnations have produced within you a characteristic vibration. What you are interested in doing, whether in a closed system or an open system, is decreasing the difference between your vibration or frequency and the vibration or frequency of the one infinite Creator, pure unconditional love, the Logos, that one great original Thought that created the universe.

Working with an open system, you are able to retrieve more specific information from the various aspects and experiences of yourself in various incarnations. So there is more flexibility and variety in the information and inspiration you may garner working with the concept of the self as an open system.

Nevertheless, it is always to be noted that in third density, the main thrust of each seeker's work shall need to be that work which improves polarity and

¹ Neale Donald Walsch, *Conversations with God; an Uncommon Dialogue*: New York, Putnam, 1996.

deepens and intensifies the choice of service to others so that the steps of light can be walked at the physical death in the spirit body and the new environment of fourth density or higher can be attained.

Looking strictly at the goal of graduation from this, your last incarnation on third-density Planet Earth, it is perfectly acceptable to choose the closed system as the simpler system within which to work. And we would recommend this for any who are not drawn to the idea or the dream of the magical personality and living life as a priest.

If you are drawn to create within your life a magical persona and if you are drawn to working with that persona, then you are a good candidate for working with the open-system concept of self and doing the inner work necessary not only to keep the lower chakras open and the heart open, but also to keep the upper chakras flexible and responsive to your desire.

Working with the open system, it is possible to pull in not only all the many aspects of the higher self, your basic guidance system, but also many other entities that are drawn to you particularly, because of your frequency of vibration, the quality of your devotion and the honesty and intensity of your hope of serving. These are the tools with which you may sally forth to seek the truth. You are most emphatically not alone.

We would, at this time, ask if there is a follow-up to this query or any related query. We are those of Q'uo.

M: I was wondering about the relationship between an individual self's higher self and the individual's sixth-dimensional social memory complex that he or she will be a part of. (*Inaudible*).

We are those of Q'uo. We thank the one known as M. We believe that we grasp her query. The relationship of the self and the higher self to the social memory complex of which the higher self is a part within mid sixth density is that of an overshadowing energy that can be accessed by the desire of the self within incarnation. This can be accessed because the social memory complex of the sixth-density entity is part and parcel of the depths of the sixth-density entity's self-definition. [It] is not simply that a member of a social memory complex

defines itself as part of that complex, it is rather that all of those entities who have worked together in collaboration for one common purpose over time become closer than friends, or lovers, or mates. They become one in thought, one in hope, one in intention.

So there is the energy of all of that sixth-density social memory complex, which rests like an aura around the higher self. It is not that the social memory complex as a whole has more pointed advice to give you or more helpful resources to offer than the higher self by itself, it is that accepting the higher self's social memory complex as part of the higher self, one is able to access the overwhelming power of the combined seeking of all those involved in the social memory complex. And it is often helpful simply to focus the self within that third-density, momentary desire. There is a clarifying energy to the social memory complex itself that is over and above the individual energy of that higher self that you may call your "highest and best self."

May we answer you further, my sister? We are those of Q'uo.

M: No. Thank you very much.

We thank you, my sister. We are those of Q'uo, and would ask if there is a final query at this time.

F: We were talking earlier about our energy systems and the physical sensations that we feel in our energy systems. If you could address any spiritual principles that would help us understand, I'd appreciate it.

We are those of Q'uo, and we are aware of the query of the one known as F. My sister, there are many sensations which are connected with each chakra. You may see some of them as physical, some of them as spiritual and some of them as mental or emotional. The physical sensations connected with each chakra are those bodily sensations that are in the area in the physical body represented by the chakra, so difficulties such as this instrument currently has with the very bottom of her spine are connected with first ray or the red-ray chakra.

Lower-belly issues such as the gastrointestinal tract are connected with the orange ray chakra.

Those symptoms that cluster about the stomach and various problems connected with the stomach such

as acid reflux and ulcers are connected with the yellow ray chakra.

All things connected with the heart and vascular systems are connected to the green-ray chakra.

Throat problems are connected with the blue ray chakra.

Problems in the face, the forehead and the ears are connected to the indigo-ray chakra.

There are no issues connected with the violet-ray chakra as it is simply a closing readout of the system as it leaves the body.

Emotionally speaking, it is necessary to trace the trigger that caused the energy body to contract and determine from that cause what chakra is involved in the emotional work that has closed that chakra.

In spiritual pain, which is rare, but which does exist, it is also necessary to go through a somewhat arduous and time-consuming process of determining that seed cause which first closed a lower chakra because of spiritual pain, for it is only when that spiritual pain is discovered and exposed to the light, that it can begin to heal.

We are those of Q'uo, and would ask if we may answer you any further, my sister?

F: I guess I was also wanting to know about the positive, pleasant sensations during meditation or throughout the day that feel like energy flowing in a positive manner.

We are those of Q'uo. We believe that we are aware of your query, my sister. Very simply, when there are positive aspects that are associated with the energetic flow from the lower chakras, through the upper chakras and back to the Creator, the positive expression will tend to come from the green-ray chakra, the heart chakra, that powerful engine not only of the physical body but of the energy body as well, for this is, my friends, a universe of love.

We find that this instrument and this group begin to tire and so we would take our leave of the channeling circle and all those that have participated in this session of working. It has been a positive joy to work with each and every channel and we thank each for coming and sharing your gift.

We thank all who have come for their beauty and their courage and for the will to set aside time to seek the truth. We are known to you as the principle of Q'uo. We leave you in the love and in the light of the one infinite Creator. Adonai, my friends. Adonai.

NOTES TO OUR READERS

Dear seekers,

We made an early welcome to fall once again this year with our yearly Homecoming Gathering. We were blessed with 32 fine folks from around the country plus from Sweden and Australia. We enjoyed 16 excellent and fascinating presentations from the spiritual importance of microbial life to a Wanderer's hypnotically recalled memories of his home planet. The love was everywhere apparent, and the oneness was felt by everyone present. This surely must be something similar to what fourth density will be like. We concluded on Sunday afternoon with a channeling by Steve and Jim, and we were truly sorry to see everyone leave after it was over.

Tilting at Windmills, the book which came from the interview that Gary did with Jim and Carla two years ago, had just arrived two days before Homecoming, so we were able to distribute the first batch of this tremendous effort at archiving everything that you can ever imagine could possibly be connected to L/L Research. Gary and Austin learned how to publish a book in the process of doing just that with this one. It is now available from our online store, and, in keeping with one of L/L Research's core traditions, will soon be available as a free PDF from our archive website.

This newsletter contains the last channeling from Carla L. Rueckert that had not previously been published. Besides channeling the Ra Contact she also channeled fifteen hundred sessions, primarily with Q'uo, but also with Hatonn, Latwii, Laitos, Oxal, Monka, Yada-di-shiite, L/Leema, and Nona, who never spoke but only sang intoned vowels. Carla freely shared her love and light through all of her work with L/L Research for 47 years, and she will be in our hearts forever more. ✨