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# L/L RESEARCH

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## TUESDAY MEDITATION

AUGUST 6, 1974

*(Unknown channeling)*

I am Hatonn. I greet you, my friends, once more in the love and the light of our infinite Creator. It is a great privilege to be here *(inaudible)*. I am of the eternal being from the planet Hatonn *(inaudible)* physical body such as yours *(inaudible)* our thoughts *(inaudible)* our thoughts *(inaudible)*.

*(Carla channeling)*

I am now with this instrument. I am Hatonn. Again I greet you. I wish to speak through this instrument and while this instrument is speaking, my brother, the one known to you as [Laitos] will condition each of you who desires *(inaudible)*.

We are aware that within your thinking there are many shades of difference and that you are fascinated with the idea, with the various steps which you must take in order to proceed on the path. We are aware that you have a desire to understand the various categories of experience, the various densities that you have a desire for mainly that which you [now] *(inaudible)* begin to understand. We did not understand these things when we first came here. But we have become more sophisticated in the ways of your planet through the years that we have spent within this sector of time and space. We know your people better than we used to and we know of the desire of your people for their categories to be named.

This instrument is almost reluctant to speak this to you due to *(inaudible)*, for her thinking has been upon these very thoughts. We can assure her that this is not her fault but ours. These thoughts are *(inaudible)* but we are *(inaudible)*. My friends, we can only tell you that the very idea of density and category, the colors of the rainbow, each of the categorical functions which the human mind so values, is a trap and an illusion in the spiritual sense. We cannot put it any more gently and have you understand what we mean.

You must understand, my friends, that all categories are occupants of this illusion which you now enjoy, which you have enjoyed since your physical birth, which you will cease enjoying upon your physical death. There is absolutely no harm in understanding the categories with which you must cope in the illusion. However, to allow this to sink into that which you know as your spiritual path is to allow a crippling influence, a haunting and blinding influence to encroach upon your search for the source of light within you.

Our understanding, my friends, is that all things are one. Nothing could be simpler than this understanding. To ask for one of the patients, categories, followers of the rainbow, densities, or any other mist or characteristics is to attempt to impose illusion on reality. Reality is not a process. Reality does not change. That which is light simply is. It is neither active nor passive. It occupies no paradoxes.

The beginning and the ending are this unity. At the end of the physical lies all eternity. And yet eternity implies a process, an endless process. My friends, this is true for there are many other lessons to be learned, many other categories to be understood as you grow closer and closer to that which is your beginning and your end. But it is our understanding that there is a point at which eternity itself is no more and in the eyes of one who truly understands one simply becomes that which is. Becoming is done. The circle is complete. The unity is truly known.

It is possible to move closer and closer to this understanding through meditation. We are pleased with this group in that its group desire is aimed largely towards an understanding of the metaphysical. Therefore, we may give you information such as this. It is our desire that we are able to give for the *(inaudible)* information. For information such as this is of the higher type. For information on such things as density and other categorical questions are lesser in their importance to your spiritual journey.

I am going to attempt to transfer this contact to one of the other channelers. I am Hatonn.

*(Pause)*

*(Unknown channeling)*

I am with the instrument. I greet you, my friends, in the love and in the light of our infinite Creator. It is a privilege to be with you. *(Inaudible)* not only *(inaudible)* but also the thoughts of each of you here this evening. It is very interesting to those of us who are here to serve to find the thinking in groups such as this one, as a result of the efforts of our Confederation. We are here for this purpose. *(Inaudible)* illusion *(inaudible)*. My friends, you are *(inaudible)* the evolution of your kind.

It is very easy for you to successfully negotiate for this eternity. A turn from almost no *(inaudible)* that it generated by the people of your planet. To *(inaudible)*, my friends, when I say almost no *(inaudible)* I am referring to what you might consider to be a fantastic multitude of thoughts, thoughts generated by the society in which you exist *(inaudible)* business, social, scientific, historical. These, my friends, are all the same thoughts. These, my friends, represent *(inaudible)*. My friends, you consider to be the very special *(inaudible)*.

*(Inaudible)* the evolution of consciousness really does not matter *(inaudible)*. It is simply a return to the thinking of the Creator. A simple Thought, total love expressed by *(inaudible)*. This, my friends, is true *(inaudible)* and yet and where the people of your planet *(inaudible)* but it may only be done within the limits of *(inaudible)* by your *(inaudible)* process. It can only be done by the process of meditation. It is simple *(inaudible)* a meditation that erases the myriad of confused thoughts *(inaudible)* this society that *(inaudible)* allows them to be replaced *(inaudible)* the same thoughts of your Creator *(inaudible)* of total and absolute love, a Thought so complete, so total and so pure that it and it alone is able to create this entire *(inaudible)*. A Thought so powerful *(inaudible)* that it is generated *(inaudible)* in every other thing *(inaudible)*. My friends, this is what you are concerned with, making this *(inaudible)*. This is also *(inaudible)* for we are still *(inaudible)* we think is absolute *(inaudible)*.

It is a very simple task, very complex *(inaudible)* complex, my friends, for it is difficult *(inaudible)* to return to simplicity. For *(inaudible)* is the purest simplicity. And with this thought *(inaudible)* all things *(inaudible)* for it has *(inaudible)* even the complexities that you experience within society are acknowledged by this Thought as it expressed itself in an infinite *(inaudible)* and yet we directly find *(inaudible)* various experiences the reality and purity of the simplicity, the simplicity of *(inaudible)* pure and total love that is every thought of your being. All that is necessary is for you to return to this *(inaudible)* any experience *(inaudible)* the simplicity *(inaudible)*.

All that is necessary is the practice of daily meditation. The elimination of transitory, rebirth, transition, thinking *(inaudible)* thinking *(inaudible)* requires no special *(inaudible)*. All that is required is desire, all *(inaudible)* is desire. We are here to inspire *(inaudible)* the desire. *(Inaudible)*.

Adonai, my friends. *(Inaudible)*.

*(Tape ends.) ✽*