

The Law of One: Document information recorded in 1982 and published in 1984

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Information transmitted by an advanced group of energy beings known as the Ra collective. They have sent helpful information to humanity through mediums on a number of occasions throughout history. This latest transmission is yet another attempt to fix issues of misinterpretation and the recurring problem of elitists hiding this information from the people. A small group dedicated over a year to channeling and recording the information regarding the Law of One. This text attempts to present the information in an easy-to-assimilate format. The original five-volume document of Ra's communications – recorded and compiled by James Allen McCarty, Don Elkins, and Carla Rueckert -- goes into much greater detail.

Octave – There are seven densities per octave.

Density – Refers to spiritual density. Humans are currently in the 3rd density.

Densities exist concurrently. Physically, we perceive 1st, 2nd, and 3rd density objects and entities. Part of what defines 3rd density is a sense of self-awareness and an acute capacity to choose between helping others or only helping oneself.

Vibratory sound complex = speech.

Intelligent infinity = the higher level from which comes creative and healing energy. The greater reality.

Logoi (plural of Logos). Technically, it means "divine reason". However, Ra uses it to refer to entities. The ultimate logos would be the One or All.

The logoi 'below' it would be represented in our reality by the suns in the galaxies. Living beings like animals, humans, aliens, etc... would be sub-sub-logoi.

Fifth density = what a lot of people erroneously call fifth dimension. Dimension and Density are not the same. There are 7 densities per octave. And it appears that each octave is a different – higher-vibration – universe (not to be confused with parallel universes).

Ra - inhabits Venus at the 5th and 6th densities. Venus' 3rd density is unsuitable for biological life.

Council - manages this solar system. Located in Saturn's rings at higher-density reality.

Note: Each density overlaps. They are out of phase and vibrations separate them into distinct realities. One overlapping reality is generally unaware of the other.

Distortion = life form or way of thinking in this reality.

May also refer to a person's chosen path (e.g. Healer).

I interpret this as a distortion of actual reality to create us and our (flawed or distorted) perception of reality. This appears to us as our 'paths' in life, our preferences, our 'wants' and 'desires'. As anyone who's kept a diary since their youth knows, these thoughts and perceptions are fluid and every-changing. Hence why, when someone reads old diary entries, it's a bit embarrassing to see how naive we were in our youth.

Distortion is essentially anything that we perceive as something in and of itself and give a name to. From what I can tell, a non-distorted view would see everything as one with no distinction between one thing and another.

Sacramental = a blessed object or thing.

Blessed - cherished, appreciated, thought highly of, deified.

(in this context, it likely means raised in vibratory level).

Law of One: There is no polarity, no right or wrong, no disharmony. There is only identity. All is one. And One is infinite love and light. All is a complete and perfect whole. A healer uses this realization to actually re-configure a person's (etheric) body to match a more perfected (healthy) form.

(Note: The above is not an excuse to do bad things simply because they don't make a distinction between right and wrong).

Ra mentions that high-level thinking does indeed burn a lot of calories. Hence food and rest are important in order to stay strong.

Healing:

It isn't the healer who does the healing. The healer simply acts as a conduit for the healing energy to pass through. I.e. a channeler.

Part I:

Step 1: Silence (I'm guessing that Soto Zen meditation would be ideal).

Note: The body is constructed (and repaired) by the mind. The opposite is likely true. Hence cancer or 'consumption' being known historically as often occurring as a result of too much worry or too many negative feelings.

Step 2:

Think about a polar concept (like patience, for example). Then think of its opposite (impatience). Acknowledge both of them and try to balance' them. Then move on to another polar set of terms and do the same. Work your way through as many as you can. Keep repeating this procedure.

Step 3:

Do the same, but imagine other people, instead of yourself. In doing so, you will recognize all of these aspects in both yourself and in others.

Step 4:

The goal is to balance it out in your perception of yourself and in others and realize that you and they have all of this in common and that you're all One.

Step 5:

Get a sense of the geometric relationship between your mind, the minds of others (as individuals), the mass-mind (everyone around you), and the infinite mind (spanning all realities).

Do the same as above -- this time -- for your body.

Examine how your emotions and your biases affect your body.

Accept your feelings. If you have mental biases, you'll also have physical biases.

Try to get the body to also be balanced. Once you get a sense of what a balanced body is, you can apply that 'image' to those you do healing work on (if you so choose).

I'm guessing this ties into a notable guide's comment about letting negativity and any possible grievances or grudges go. Don't fixate. Just relax.

LSD and DMT creates random openings to intelligent infinity.

There is no nothingness.

To disintegrate is to just end up as part of unity. Your spirit lives on.

Entities on Earth are from all over the place. Not just one background or previous civilization in the cosmos. A real melting pot.

Goal: To learn lessons in order to raise vibratory rate and go back to the all or One (however long that takes).

Some were from the destroyed planet Maldek (AKA. Marduk) 500,000 years ago. They were incarnated on and inside Earth's crust. Maldek also known as Phaeton or Marduk.

The rest came from various realities of 2nd and 3rd density. Again, they were incarnated here.

Harvesting is when an entity graduates to the next density.

Ra says that those who are doing the harvesting are 'nurturing' beings that are closer to the law of One than we presently are. Advanced entities/aliens) step in and actually transport the souls of many of the inhabitants to another world that supports life.

Earth is in or is about to be shifted to 4th density.

They say that Earth will cease to be useful for 3rd density and lower usage. That suggests that Earth at those densities will be either discarded or will no longer support life. So when the time comes, choose to move on to a higher level (if offered).

Ra's civilization is part of a Confederation of 53 races spanning 500 planets. This is just one confederation. All members are above the 3rd density. 7 different alien races are of our density and on or in the skies of Earth in any given year. They're supposed to ask permission to 'break quarantine'.

Looks like the higher beings are listening to our prayers. They sense a lot of sorrow here and they want to help. They say that 632 million beings have asked them for help (with the Ra collective receiving 352,000 of those requests -- as of 1982). Not sure what year the recording of these numbers began.

Quarantine on Earth will only be lifted when there's a great enough consensus on Earth that the law of One is the way to go. If approved by the Council, the quarantine will be lifted.

9 council members

24 guardians that work for them

Service to others automatically results in service to self. I think by this they mean that if you serve others, you're doing both them and yourself good.

Service to self results in the exact same amount of power gain as service to others. However, it has the disadvantage of further separation from the One and also results in eventual energy depletion (some of the energy they gain is lost over time). These issues do not affect those who serve others. So although the bad seem to get faster results, the good have the long-term advantage.

Aliens from Orion are generally not good. They're part of an Empire and their goal is to weed out the 'chaff' and enslave the remainder of those on Earth. They add them to their empire's numbers. All this, despite the fact that most of them are 4th and 5th density. So there are still problem entities, even at higher densities.

The Ra collective and the Law of One don't pick sides. So we can't expect much direct help from them to stop the bad guys. In other words, the followers of the Law of One will help anyone who asks -- regardless of what side they're on. In that way, just think of the Law of One as an energy source. Like electricity, it can illuminate or electrocute,

They maintain that all entities learn, regardless of what choices they make. And the choices are played out in the space/time continuum (the 3D world in which we exist in physical form). They flat-out call this space/time universe an illusion. They describe it as a process of placing the primal distortions of the Law of One into Operation to create the illusory reality (simulation) that we live in. Sounds like entities at a very high level actually started the simulation on purpose in order for other entities to learn lessons. Later in the text it suggests that the parameters for our part of the simulation were set by our sun (Sol). The details on this seem a bit unclear. Later in the text -- Ra mentions that entities at the level of those who inhabited Marduk trapped entities from Marduk inside the simulation (and gave rise to the birth, death, rebirth cycle that we're presently trapped in).

We would be considered sub-sub-logoi. Couple that with the quarantine and it certainly sounds like we're in a rehabilitation facility (albeit a very big one).

From what I can gather,

- There's a simulation
- The sun (in our case, Sol) sets the parameters for the structure and physics of our part of the simulation (as well as setting the rules as to what's required in order to graduate to higher densities in either service to others or service to self).
- There are different ways to enter and exit the simulation. Those of Marduk were able to enter and exit the simulation at will. We, on the other hand, do not have that option.

So it sounds like various levels of entities have contributed to the simulation and the way that we interact with it. That brings to question whether these various levels have consulted with one-another as to how the simulation should be run. For example, the elimination of the ability to enter and leave the simulation at will has a profound impact on the 'fairness' of the simulation.

Aside: Has our sub-logos (Sun) considered this change and factored in measures to keep the simulation from being too harsh? As mentioned later in the text, increased harshness (or catalyst) results in a faster evolution. However, if time doesn't actually exist at the level of these higher beings, what's the rush?

Sirius = Entities from this system are much like us. They're more advanced, yet still of 3rd density. They ask permission (usually before incarnation) before abducting anyone. Pretty sure this is where the good grays are from.

Orion = conquest

Confederation = Good. They wait for requests for help and assist as best they can. The Council is part of this. Council of Saturn is our solar system's council.

Many higher entities appear to us as light (unless they make an effort to show themselves in some kind of physical form).

Earth:

75,000 years ago, the first batch of people were taken by the council from Mars (their DNA), genetically modified a bit, grown in labs, and deposited on Earth. Mars was no longer habitable.

The people of Mars like to fight. They warred and destroyed their atmosphere (likely nukes). Mars didn't get to complete its cycle, so they were transplanted here in order to complete it. Note: Some sources claim it was a cobalt bomb that ruined Mars.

Goal: To learn the Law of Love (one of the laws of the Law of One). Clearly, they (and we) are 'challenged' in this respect.

Prior to 75,000 years ago, plants and simple animals were here on Earth (at 2nd density). Any that gain consciousness of self qualify for a shift to 3rd density. Apparently all humanoid entities here now are 3rd density (except a few 2nd density throw-backs like any remaining giants from Maldek). They are located in cave networks and other hollow inter-crust areas. Those exceptions are actually 3rd-density consciousnesses in 2nd-density bodies. Sounds like the ones from Marduk were placed in 2nd Density bodies here to keep them from abusing technology again (2nd density bodies apparently don't have enough dexterity to make and effectively use fine high-tech components). Many pet animals that have been around humans are technically 3rd density -- but without the opposable thumbs. Their minds have developed enough to be at a cognitive level of human children and should be regarded as such.

There's a helper race standing by with ships in case we need to evacuate (like if there's a nuclear war). These beings are apparently located in uninhabited forests. They're large and look almost ape-like.

According to the following page, Maldek was a planet between Mars and Jupiter. It was blown up in a massive nuclear war and now comprises the asteroid belt. The explosion shifted Mars' orbit out a bit (enough to reduce its surface temperature to what it is now and dissipate much of its atmosphere and surface water). Ra says that people from Maldek were also transplanted to Earth. If those of Mars were the first batch to arrive on Earth due to a war, then Mars already had a nuclear war and poisoned themselves -- even before being knocked into a different orbit.

- 1) People of Mars devastated in nuclear (or similar large-scale) war. Then, 75,000 years ago, humanoid DNA was transplanted from Mars to Earth.
- 2) Maldek was destroyed (apparently by ships from Sirius in retaliation for something those of Maldek did to one of their worlds). Sirians regretted it and want to make up for it.
- 3) 500,000 years ago, Sirians transplanted DNA of people of Maldek to Earth (*the 50,000 appears to be another error. Again, Ra says to watch for these errors*). They didn't incarnate as humans at that time. Later, human DNA from Mars was transplanted to Earth 75,000 years ago. So it appears to be a move from Maldek to Mars and from Mars to Earth.

Malkdek – Originally, they were not bound to the birth/death/rebirth cycle. Instead, they could drop into a body in this 3D world as needed, in order to learn lessons. They could then ascend when they learned their lesson.

Another race was angry at those of Maldek and they trapped them in the simulation that the Maldekians had created for themselves. That was the start of the cycle of reincarnation that we're in now (apparently). No longer the option to simply exit the simulation through ascension (some sources claim that we simply forgot how)..

The following quote supports the idea that those from Maldek were not the first to inhabit Earth:

"Approximately 18,600,000 years ago we inhabited another planet called Maldek within this solar system. Mankind destroyed this planet in a tremendous misuse of atomic energy. All that remains is the asteroid belt.... Needing somewhere to reincarnate, we were accepted by the Mother Earth, then inhabited by an advanced race known in occult literature as Adamic Man. Eventually we emerged into the civilization of Lemuria which

we also foolishly destroyed with atomic power." Again, other sources support the idea of multiple humanoid civilizations from other planets settling on Earth.

Maldek to Earth transplant listed as 500,000 years ago. Additionally, Ra describes the transfer as their spirits incarnating into ape bodies on Earth. That would represent a temporary step backwards (apparently by choice). They later reincarnated as humans.

Being in the 3rd density allows for faster spiritual growth than being in one of the ethereal realms. However, the catch is that you have to be conscious of the Law of One and the path. Those who are 'blindly' stumbling around in this world are learning at a much slower pace. I.e. Progress is fastest when you're here and know what you're learning.

Steps to accelerate your being toward the One/All:

1) Try to understand those around you and how that allows people to love each other.

Try to be conscious of love from moment to moment (within the moment).

2) See the Creator in all living creatures and people. Keep in mind that "We're all in this together."

3) Look in the mirror and remind yourself that you and the Creator are one in the same.

4) Look around and see the Creator in all things, whether animate or inanimate.

Best to do this when meditating (or through prayer). Even a contemplative mind-set works quite well.

Lemuria (aka MU) and Atlantis:

Mu:

- Primitive, yet spiritually advanced.
- 53,000 years ago.
- Swept under the ocean due to tectonic activity (see above quote regarding the mis-use of atomic power).
- Many natives came from here.

Atlantis:

- 31,000 years ago.
- Technological peak was 15,000 years ago.
- Created new life forms (genetic manipulation)
- Increasingly involved in more and more negative activities.
- 11,000 years ago = first major Atlantean war.
- 10,821 years before 1982 = second Atlantean war in which most of Atlantis sank.
- The more positive (good) Atlanteans moved to Tibet, Peru, and parts of Turkey.

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Teach/Learn - means "we teach you and we learn from you." So even entities at the 6th and 7th densities are still constantly learning.

Love/Light = Love (source) emitting creative Light.

Light/Love = Light that has been imprinted with love. This can create manifestations in our 'reality'.

One = All = Intelligent Infinity = The Creator = God. These are synonymous terms.

Density and Octave:

There are 7 densities (most of us on Earth are presently at density 3)

Within each of those there are 7 sub-densities.

Within each of those there are 7 sub-sub-densities. To infinity....

The terms density and octave are sometimes used interchangeably. This can be confusing since Octave also refers to a collection of Densities. In other words, when we get through all 7 densities, we move to the next octave (in which there are 7 more densities).

The more spiritual density increases, the more one gravitates toward the All. Sort of like a spiritual gravity well.

Enlightenment - an opening to intelligent infinity.

Leisure time offers people the chance to spend more time seeking the Law of One.

(Which might explain why society tries to keep people stressed and busy).

Those aliens that are self-serving will tell different stories, depending on whether the

person they're talking to serves others or themselves.

To self-serving people, they will tell them truthfully why they're here (to serve themselves) and how that person can do the same.

To those who focus on service-to-others, the service-to-self people will give a story of impending doom on Earth (likely to demoralize people and create fear).

Fourth density entities are not visible to third density entities (unless the fourth density entities want to be seen and also concentrate on it).

Orion uses men in black (MIB) to do their bidding. MIB are not robots; they're physical thought-forms that can materialize and dematerialize at will.

Those who consciously act in an unloving manner to others will almost certainly become wrapped up in karma. Those who are incarnated to help us out don't have karma when born. But they might forget their mission and end up accumulating it.

Creation:

1) Infinity

2) Infinity becomes aware (intelligent)

Freedom of will requires all possibilities. Hence possibility of an infinite number of 'dimensions' or alternate realities/timelines.

3) Light (creatively generates holographic universe)

4) Energies from the All become more sophisticated and then become co-creators.

5) Energies use this light to form matter (and the things in that universe)

I.e. Intelligent light energy is 'distorted' to create the illusion of matter and our universe.

Suggests that galaxies were created, then populated with what's in them from largest to smallest. Spiraling energy (hence spiraling galaxies, solar systems, and rotating planets). States that light is also in a spiral pattern. The spiral is upwards. Hence energies naturally move toward higher vibrational levels.

Densities:

1st density - Consciousness (e.g. mineral, water, fire, and wind 'life').

2nd density - Growth (life forms that can move of their own power). A mind/body complex. This includes plants (albeit, their movement is very slow).

3rd density - Self-awareness (conscious of oneself). A mind/body/spirit complex. This includes entities of a high enough level of dexterity that they can use complex tools.

As of the writing of the Law of One document (1983), the Earth is spiritually 3rd-density (mind/body/spirit), but is physically 4th-density in the space/time continuum.

Also of note is the statement: "The harvest is now." i.e. already began in 1982. Ra states that there aren't many to harvest and that most will have to go back and repeat the 3rd density cycle. Again, a cycle is 25,000 years.

Ra says that we bestow pets with self-awareness. I.e. 2nd density critters are helped to become 'more' by spending time with us.

The Ra collective and other entities that are trying to help are attempting to heal the sorrow that they detect here on Earth (in this reality). Ra is 6th density, and they are readying themselves for a harvest from 6th to 7th.

According to Ra, no one spoke through Edgar Cayce. Instead, his higher self referenced the Akashic records.

The greatest service is the offering of oneself to the One/All.

The rapid aging of people on Earth is the result of an imbalance in the 'web' around the planet that receives energy from the higher levels. Imbalance caused by the bad thought forms that humans have been generating. I.e. We need to start thinking more positively.

Getting rid of blockages:

- 1) Be aware of and accept good energy feeding to Earth from higher levels.
- 2) Be aware of and accept good energy feeding to you from higher levels.
Accept yourself.
- 3) Accept good energy to your ego. A good ego is not obsessed with power or manipulation of others.

Those who have bad egos (and wish for power and dominance) will have difficulty seeking the Law of One.

Tip: The heart power center is the best way to move closer to the infinite intelligence while you're here in the 3rd density. Focus on universal love and compassion in order to unblock the heart center.

Other things that help are to:

- understand yourself and your spirit.
- know that you are worthy of the All.
- Be aware that the All/One (in all its power) resides in every infinitesimal part of yourself.

The main thing is to radiate the realization of oneness of self and the Creator.

1st distortion = Free will

2nd distortion = Love (AKA the Creative principle)

3rd distortion = Light

These three distortions are used in combination to create everything around us.

The free-will conundrum:

You've been wondering how free will could possibly be honored when bad people are allowed to take advantage of good people. The answer is that this does violate the free will of the good people to some extent. Hence the quarantine. In order to balance things and make it harder for those from Orion to dominate the people of Earth, the Council has quarantined Earth. This helps keep a lot of the bad entities away from here. It doesn't stop them all though, since that would infringe on the free will of the baddies. It's kind of a compromise that's balanced as best the Council can arrange for. The windows of opportunity that allow aliens to come to Earth en-masse from time to time are part of the balancing. So in certain years, there might be numerous alien visits and then very few for decades.

Confirmed that the Orions are members of the Empire.

They shy away from doing a full-on landing because it would violate the Law of One and get them into trouble.

Both the good and the bad graduate to the higher densities, but are sent to different worlds. The entities that are self-serving are sent to worlds that are oriented in that way. And those who are more interested in helping others will be sent to worlds that are oriented in that manner. Either way, they will be moving toward the One. Those who are REALLY bad and violate free will are stuck or fall back and are greatly delayed from reaching the One. Hence any of those from Orion who ultimately do want to get to the One (despite their naughtiness) are careful not to overdo it.

10 commandments (a mix of good things and power-based items) were apparently created by the Orion group.

They do things in order to establish an elite. "Thou shalt not" is apparently not something someone close to the Law of One would say.

There are approximately 18 million planets in our galaxy that are inhabited by 3rd density beings.

A person doesn't have to be aware of or truly understand the Law of One in order to be harvested and move on to the next density level. True understanding can't happen in the 3rd density anyway. That's for higher levels. But working toward it is always a good thing. So to consciously admit that you don't totally understand the Law of One is fine (and even essential to qualifying to go to the 4th). Understanding is for the 5th density and is the level at which one can accept the duty of serving the Law of One, if they choose to.

Those of 4th density (positive), typically:

- don't speak unless they first choose their words.
- have a good sense of inner harmony
- don't go around causing disharmony in others.
- are aware of the thoughts of others.
- 4th density is a plane of compassion.
- They have an understanding of the sorrows of the 3rd density and have compassion for those in it.
- strive toward wisdom and light.
- differences are often mediated through group consensus.

Strongly daydreaming of something creates the possibility of it actually happening in another density, especially if it's a situation that's closely tied to the self. The more you

focus on that fantasy, the more likely it will manifest in the 3rd density of which the thinker resides.

The Orion group uses hostile daydreams to strengthen bad thought-forms.

Wanderers - those who could ascend to the 4th or 5th but choose to incarnate here and help out. Problem is, the higher level they are, the harder it is for them to recognize when they're being duped by a negative person. They're high-priority targets of the Orion group. If a baddie corrupts a Wanderer sufficiently, that Wanderer would get stuck in the karmic loop and have to re-do the 3rd octave cycle with the rest of the entities.

Confederation = The Confederation of Planets in the Service of the Infinite Creator.

Jesus was a 4th density volunteer (who had the option to graduate to the 5th) who wanted to help us. He was a Wanderer (positive visitor) of Confederation origins.

People can still graduate through the levels/densities/octaves regardless of whether or not they subscribe to a religion or have any knowledge of the Law of One.

One of the ways to overcome karma is through forgiveness. That includes both forgiving yourself and each of us forgiving others.

By 'return', Jesus meant that he would channel information through channelers and that other positive entities of his vibration would visit us and attempt to help us as well.

Earth is planned to go into 4th octave positive (as opposed to negative) since there are more people here oriented toward service to others than there are those of service to self.

Radiating love and visualizing that is very important.

Astral planes contain a mix of entities of various levels. From those who are of lower-vibration to those of higher levels and even enlightened beings who wish to teach and learn. The Devachanic planes are the higher astral planes (on which 'god-like' beings roam).

The phrase, "Do not do unto others as they would not have you do unto them" is very very accurate. I.e. Each person's needs are different and it's important not to infringe on the free will of others.

Compassion is important.

Empathizing with others is important.

Focus on:

- awareness of intelligent energy expressed in nature and in the self
- the sharing of intelligent energy with others when it seems appropriate
- harmonious relationships
- forgiveness of others and yourself.

Keep in mind that dealing with others provides much faster learning and growth than being totally solitary.

Sounds like Yahweh is a group that was part of the Confederation. States that Yahweh worked with cloning technology and did genetic engineering on those who were transplanted from Mars to Earth 75,000 years ago. The genetic changes were intended to make it easier for humans to understand the Law of One.

Then, 3,600 years ago, the Anak (giant humanoids) were engineered by Yahweh in an attempt to thwart those negative forces from Orion. But the plan backfired.

The Orion group convinced the giants that they were superior to regular humans in order to create an elite. p. 191

Intelligent energy of 2nd density animals, some plants (e.g. trees), and some places can graduate to individuated spirits through giving attention and love to them. So if people care enough about a certain animal, tree, or location, all three of those can become a more individual and 'aware' entity. This 'individuation' of spirit is a raised level of awareness of self. Some 2nd density entities graduated to the 3rd by way of telepathic communication to them by members of the Confederation.

The self-awareness level of 3rd density is that of abstract thought; rational and intuitive thinking. Abstract thought includes thoughts that go beyond simple survival.

A pet dog, bunny, cat, bird, etc... who sufficiently soaked up your caring energy will likely reincarnate as a human.

It's never too late for a bad person to become a good person.

Just as electricity only exists and has 'action' due to the existence of the two poles, consciousness only has experiences if there are the two poles of good and bad.

Hence Service to Others and Service to Self must both exist for consciousness to have work or experiences.

The 'charge' comes from each entity pulling in energy from higher levels through their various free-will choices.

75,000 years ago, the 3rd-density human lifespan was around 900 years.

The Earth's frequency changed over time, shortening the human life span.

By the time the first 25,000-year section or cycle of the 75,000 total was complete, the human lifespan averaged 700 years.

The change in frequency toward a shorter life span is due to the inharmonious relational vibration between people. I.e. the more we're jerks to one-another as a whole, the shorter our lifespans become. A major contributor is the trend toward separateness from others.

900 is an optimum lifespan since the 3rd octave contains the most lessons to be learned of any of the densities. It's compared to the childhood of spirituality. Like how a baby eats and eats.

The short lifespan is causing learning issues since people don't have enough time to learn properly and many of them end up in perpetual spiritual childhood.

Easter Island heads were constructed by thought. Made by a 4th density member of the Orion group. Idea was to create a sense of awe at what must have made them in order to promote service to self thinking in people. They were mind-sculpted 60,000 years ago.

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2nd to 3rd density:

They don't become inspirited going from 2nd to 3rd density since second density beings already have spirits.

It's just that they become self-aware (realization of self and abstract thought).

The text suggests that 3rd density entities look humanoid.

Some went from 2nd to 3rd with help from other entities. Others made the transition on their own -- based on years of life experience.

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They make us forget so that the mechanism of free will can work better.

3rd octave entities -- needs:

Set 1: The need for companionship, laughter, beauty, and knowledge of the universe.

Set 2: trade, love, and the need to elevate beyond animalistic behaviors.

The first batch of incarnations after entering 3rd density are in quick succession.

Later, there's more time in the bardo (life between lives) healing the soul before sending them on to their next incarnation. More of the energy centers are activated and they're exposed to more situations that have them deal with love lessons.

Eventually, what's referred to as the green ray center activates and the person gets to choose when to reincarnate and even gets to select his/her parents. As of 1982, approximately 54% of those humans incarnated got to choose their parents.

Again, if you call for help -- they are listening.

The unconscious is fully aware of all of this.

The conscious is not (and hence is confused).

If you ask for help, ask for it from a good source (e.g. the light or one who is for service to others). The reason why is that 'help' is also offered from the negative or self-serving forces.

The concept of money was deliberately introduced in order to create more opportunities for people to either take advantage of one-another or to help one-another. Provides a choice.

No entity will be exposed to more than they can bear.

If wisdom and love are not accepted by an entity, they are often 'recalled' early.

The confederation sometimes sends a light being to talk to us about the oneness and infinity of all creation, as well as the beauties of love.

It's better for a priest to simply dedicate oneself to learning and not bothering with the unnecessary restrictions of celibacy, obedience, and dedication to poverty. That and priests should not be elevated above other people. They should be in with the masses and egalitarian. The Council already had to 'level' the strata that was forming in Atlantis

where priests were being given too much clout and were keeping secrets. Same issue in Ancient Egypt.

Atlanteans started using crystals for other things than healing. That's when the problems began. I.e. the technology was appropriated by the government of that time.

The Ra group openly admits that it is a rather naive branch of the Confederation (and that others in the Confederation are naive too). Those of us living these lives have a better understanding of how deceitful some people can be.

The Council assisted Atlantis and Egypt around the same time (with Egypt being a bit later, although both civilizations existed at the same time). The Council representatives then departed 18,000 years ago. Their craft appeared bell-shaped.

They then returned for a while in humanoid form (just materialized out of thin air). However they soon departed because humans were misinterpreting pretty much everything they said.

8,500 years ago, they showed up again.

6,000 years ago they built the large pyramid at Giza (intention was as a healing center). Again, this structure was sculpted via thought using local materials (and could have been done in one piece with thought-form material -- had they wanted to send the message of 'builders from the stars'). Those who claimed to be of royal blood (power-mongers) eventually took control and started mis-using the technology they'd been given.

The text seems to suggest that a lack of thought toward the Law of One creates a situation in which a person can create a greater possibility of disease. One way is excessive greed which leads to slavery (in order to cut costs) and poor health care, low-quality food, malnourishment, over-work, etc.... It sounds like simple detachment from the One also results in more disease of the body.

Pyramids in South America were also intended for healing and were initially used for that. Later, their use was perverted into places of human and animal sacrifice. Yet another reason why the Ra group is offering information to try to steer humans back in the right direction (toward light and love).

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Atlantean catastrophe brought on by war 10,840 years ago.
This included nukes.

Last part of the land mass sunk 9,600 years ago.

In Greece, Thales, Heraclitus, and Pericles received some information from the Council.

Council = positive

Empire = negative

When there's too much differential between the two, events become extreme and threaten to destroy worlds like Earth.

There has been and still is an on-going war between good and evil. Originally, the Council tried sending enough love to those of the Empire to surround them and change the polarity of some of their members. However, the tactic of love and acceptance eventually broke down because, to accept what the negative forces had to offer (i.e. enslavement), was weakening the forces of good. That and by tipping the scale heavily in favor of good, there was the danger of the bad suddenly making great gains in order to get back to equilibrium. That sudden change could have caused serious harm to Earth and everyone on it. So now they've reached a type of stalemate in which neither side allows things to veer too far from equilibrium. It appears to be a 'game' of polarity. A number of 4th density entities partake in the battle as they're the highest density to still view battle as a useful strategy. Densities 5 and up won't get involved in that sort of thing. 3rd density could too, but they're too weak (spiritually).

Even 5th density and above on the negative side doesn't get involved. However, in their case, it's because they individually keep to themselves and don't associate with anyone.

Thomas Jefferson allowed himself to be occupied by a positive 4th density entity from time to time.

Einstein received some of his information from Confederation sources. It was NOT intended to be used for weaponry.

Nicola Tesla was an actual Wanderer (someone who could have gone up to 4th density but volunteered to incarnate as 3rd density, in order to help us out. His information contributed to the Philadelphia Experiment.

Higher/more dense energy fields can control the lower-density energy fields.

According to the Ra group, the sheer energy of a nuke being exploded on people rips the 'entity' from their being. In other words, when they die, they lose any sense of who they were. Hence the Confederation stepped in and have been caring for those souls in order to re-integrate them and get them back to normal. Otherwise, it sounds like they would have been scattered as pure energy without any continuity to who they were before.

Apparently nukes even damage the planet's energy field.

Healing happens through a process of acceptance, forgiveness, and -- if possible -- restitution. This includes for the planet itself. E.g.) Feelings of love toward the planetary sphere.

Apparently the bulk of the UFO visitations are from negative (e.g. Orion) entities.

The abductions which involve frightening examinations and experiments are apparently by Orion forces and are usually orchestrated to make one feel like a lab rat. It's designed to frighten them and put the fear of a higher-tech race into them. Orion entities also like to target the weaker-minded in order to indoctrinate them with more of their philosophy (including doom and gloom scenarios to elevate fear and dread).

Negative UFO (Orion/Empire) contact usually = fear, doom.

Positive UFO (Confederation) contact = hope, friendly, purposeful service to others.

Each entity only blooms, withers, and dies superficially. In a deeper sense, there is no end to being-ness.

-- end of vol. 1 --

Vol II:

Intelligent Infinity = Unity or All.

Two aspects: Potential and Kinetic.

Potential creates Kinetic through the use of a catalyst.

Catalyst is sort of explained on p. 12

The Potential aspect of the All is Intelligent Infinity.

Tapping this potential results in work happening. That work is referred to as Intelligent Energy.

This work or energy differs depending on whether a person uses their free will for service to others or service to self.

Distortions are manifestations (almost like overlays or avatars). They're not needed. But they're used at our level (and many of the above and below octaves) to allow for entities to experience things. Even the entities themselves are referred to as distortions by the Ra group. These distortions allow for polarity. An example of a distortion that isn't an entity is free will.

In fact, the All has no polarity. It just is.

The polarities exist through the use of distortions. And it's those distortions that result in what we call reality, good, evil, and the mix of those to create every kind of situation. And those situations are potential and kinetic. I.e. Things could (potentially) happen and what happens (kinetic) is dictated by the decisions we make.

- All is vibration.
- The first product of vibration is the photon (particle of light)
- Unity is pure love (and thus the source of love)
- The strength of Unity or All is infinite which appear as finite things in our reality.
- The photon is then augmented by the vibration of Unity to make the other particles and objects that we encounter in our reality/density/illusion/octave.
- The light can be condensed into forms (matter and all chemical elements) through rotations of vibration at quantized units of intervals of angular velocity.

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The catalyst is part of free will (specifically, the challenges presented to us). How we deal with said challenges indicates how well we're evolving spiritually.

Free will allows for the rising up the octave 'ranks' so to speak. As you rise up the densities/octaves, you become a greater intelligent consciousness.

Consciousness uses its polarities to create potentials which allows for the creation of objects (matter) which allows for experiences, which then helps to shape consciousness and the polarity of consciousness.

There are 8 densities (technically 7, as the '8th' is the start of a new cycle).

It appears that there are 8 after that. Ra collective isn't sure (because now that's getting more advanced than they are to a degree that it's as mysterious to them as the stuff in this document is to us) but they speculate that there are actually infinite densities and octaves.

It also appears that consciousness periodically coalesces and then begins again (likely cyclical but progressing -- like an upward spiral).

So

- You have the All or One.
- Then it forms consciousness outside of space/time.
- That consciousness then uses light to generate matter and the space-time continuum.
- These objects (stars, planets, etc...) start out in the first density. In that density, things are in a timeless state and by the end of the density have become part of the space-time continuum.

The individuated consciousness in step 2 can create a lot of stuff. In the case of our part of space, a single individuated consciousness created our entire galaxy of 250 billion suns. An individuated consciousness is sometimes referred to as a Logos and is rooted in love.

- Next, the Logos subdivides into more 'smaller' individuated consciousnesses. These 'smaller' consciousnesses vary in start point. Some start at the start for the space-time continuum and others start a bit farther up the chain. As well, some graduate faster than others, since some learn more efficiently than others. Hence there's always a mix of intelligent consciousness in the galaxy and the universe.

After free will becomes available, "Beings begin to create the universes." After that, consciousness can start experiencing things.

It appears that one's Will is what helps determine the rate of learning. The will is described as an upward-spiraling line of light.

The various 'smaller' (sub-Logos) consciousnesses go on to create more things to experience. Looks like this includes us creating things that we and others can then experience. I imagine this includes art, music, architecture, film, etc.... It is noted that it must fit within the guidelines/ways of the Logos.

"the sub-Logos may find various means of differentiating experiences without removing or adding to these ways."

A sub-Logos that is bigger than us humans is Sol (our sun).

- 1) 'Our' Logos creates the Milky Way
 - 2) The Sun (Sol, a sub-Logos) manipulates material within our solar system, within the restrictions of the conditions set by the Logos.
 - 3) An example of a sub-sub-Logos is you (or another human, a dolphin, a tree, etc...).
- I.e. us.

The Earth is a sub-sub-Logos only because there's a symbiotic relationship between it and the entities that exist on it. This symbiosis is linked together through an electromagnetic field. If there is harmony between the planet's field and the fields of the entities on it, then that planet can be considered a sub-sub-Logos.

Before you can have a space-time continuum, you need a functioning plan of:

- vibratory rates
- densities
- potentials

The plan is formed through the thought complexes of Love. Specifically, Love creates the vibration in space-time which creates the photon (light).

Once the plan is 'running', physical manifestations appear (once you have light, you can then have matter).

Then follows awareness or consciousness.

This results in living beings.

The application of Love by a sub-Logos or sub-sub-Logos rotates vibrations. These rotating vibrations can be thought of as having discrete units of velocity. The units of velocity allow for the creation of chemical elements. The chemical elements allow for creation of 'things' in our illusory reality.

"quantized incremental rotations of the vibrations show up as a material of these densities"

Gravity:

- A spiral line of light progresses toward the Creator.
- The pressing outward force toward the Creator is Gravity.
- Mass is one of the key physical aspect of objects that determines the amount of gravity. However, it sounds like there's a metaphysical component to gravity as well.

E.g.) A black hole is the physical manifestation of a whole bunch of entities being very successful at spiritually seeking the Creator/source. This results in the end of creation and the beginning of new creation.

Crystals:

Can be used for:

- Healing
- Energy production
- Development of life forms

This information was shared with humans in the ancient past and each time it was abused (used for the development of weapons). Hence the Ra collective and Council won't disclose this 'how to' information.

5th octave entities can make use of crystals effectively as a matter or course.

Body, Mind, and Spirit:

Body - refers to the physical body.

Mind - the state of the mind is a combination of the inputs from the body and the spirit.
- contains feelings, emotions, and intellect. Mainly at a conscious level. However, as you move "down the tree of mind we see the intuition"

Intuition - the mind when in contact with the spirit.

Spirit - a conduit through which personal, planetary, and universal inputs may be funneled to-from "the gateway of intelligent infinity" (the All/One/God). This works best when the body and mind are balanced.

Body, Mind, and Spirit are symbiotic and need each other in order allow you to experience things.

When a person dies, they still have a body of some sort.

At/after death:

- the mind is free of the space-time continuum illusion.
- emotions, biases, and wisdoms are no longer obscured and are easy to self-observe.
- the spirit channel is much more open since it no longer is subject to the 'forgetting' component of third density existence. It intensifies the upward spiraling toward the Creator.

Hence when they talk about mind, they're talking about the part with emotions. So that's technically the soul. The spirit for them is more of a conduit that connects one with the creator in a more informed way. So anything with mind can potentially have feelings and should be respected thusly.

Life-cycle of entities (evolution)

First density - a star, moon, etc.... Something without movement. They refer to it as a mind/body complex, but state that they recognize that it's part of the all, so a spiritual component is implied on some level. Not officially a cognitive spirit though.

Second density - growth and turning toward the light. The beginning of an awakening of what we call the spirit.

Third density - The entity now has free will and is aware of the possibility of service to others or service to self within that context. At this point, the mind/body/spirit complex is activated.

Asexual reproduction of second density entities replaced with sexual reproduction in third density in order to create more opportunities to choose between service to self and service to others.

What's the point to it all?

The point is for the Creator to be able to subdivide itself in order to have experiences.

Sex:

The approach of sex between two attracted humans is like a circuit that is gradually approaching being closed.

Female (-) pole and male (+) pole. Energy flows from Male to Female. Hence male is drained and female is energized. Intercourse is like when the circuit is fully closed. Each is able to offer that which they both have in over-abundance. Hence an energy transfer in both 'directions'.

Works best when balanced and neither side tries to dominate. However, there are opportunities for each side to try to dominate the other or a side to allow itself to be dominated too much.

Rising above simple procreation is the opportunity to give love with no expectation of getting it in return.

It is possible to use sexual energy transfer to achieve 'magic' and experiences of intelligent infinity. Can be used for the attainment of knowledge, healing, (and for other not-so-good purposes -- which conjures up images of secret societies and their use of sexual rituals).

The creation of offspring is admirable in that it allows more entities the opportunity to gain experience and also allows the parent entities to do service to the Creator through nurturing.

Those who are advanced enough to choose their parents and plan their life while in the interlife (bardo) are also able to choose whether or not to be born with the ability to have children.

Each person has a degree of maleness and femaleness to them. This ratio decides the amount of attraction between them and other people. It works like a magnet. And even though interaction can be avoided through directed willpower, the attraction is still there, regardless.

If an entity had over 65% of their past lives as female and then incarnated as male, he would very likely be born as a homosexual. Conversely, if an entity had over 65% of their past lives as male and then incarnated as female, she would very likely also be born a homosexual.

Those who greatly desire power can be sexually aroused through any act of exerting power over another. This includes murder. If it gets to that level, their desire can become unquenchable (and could lead to serial killer activity). This is technically the result of an energy blockage and also accounts for people like rapists/serial rapists. Those who enjoy war, greed, and extreme violence are more likely to develop blockages and sexual behavior like this.

Racial memory - all that has been experienced by a group of entities of a type. E.g.) Humans on Earth.

Marriage - One way to interact, but not necessary.

As a person evolves, sexual conduct starts to include the choice to give rather than receive.

If they become comfortable with being gracious regarding their sexual conduct, then the next level is also open to them automatically. That next level allows the other person (as long as they're at least at the two previous levels) to openly express itself to the person at the level above. The two can share energy, even though they're at different levels. The next level up from there is the realization of the Creator as self and the ability to offer Creator energy to another. This requires total acceptance of self.

Those who struggle are those at the more distorted or confused levels. This manifests as people who want to possess others, wish to be another's possession, or fear being possessed by another. They will eventually move beyond this, but it may take lifetimes.

Before birth, a person sets guidelines for their life regarding the lessons they'd like to learn.

If you miss one opportunity, another will come up until you complete that lesson.

It does not mean that things are predestined. It just means that the rough guidelines are there.

If an entity goes off the rails into undesired territory, more guidelines can be generated to help steer them back on course (a process of balancing things out).

Just because a person is very advanced and positive-orientated doesn't mean they won't have programmed a challenge for themselves that tests them to their limits. E.g. a very good person tested to the point of death. Can they refrain from going berserk in the face of a terrible situation? (Ghandi comes to mind with his acceptance of quiet death instead of becoming a leader of violent rebellion).

Jesus (actual name Jehoshuah) did the right thing in accordance with 4th density (compassion), telling his friends to put down their swords and let the Romans take him for execution. He did this in order to protect his friends.

Auras:

4th density:

Positive entity = green, blue, indigo together -- bright and distinct.

Negative entity = red, orange, yellow together -- muddied.

5th density:

Extremely white

6th density:

Bright white with a tinge of gold (gold is perceived as a living light).

The merging with the Creator at the end of seventh density is perceived differently, depending on the entity's perception of the Creator/intelligent infinity. E.g.) Limitless joy for those dedicated to service to others. When they reach intelligent infinity, they feel a sense of unspeakable profoundness. And they have the option to leave that incarnation whenever they like and go to the Creator. Their desire to stay in the incarnation a bit longer is from the enjoyment they get from helping others.

Karma - Inertia. Actions set in motion will continue until the brakes are applied. The brakes are known as forgiveness. Understanding, acceptance, and forgiveness neutralize karma. A big part of learning is to forgive oneself and to never make the mistake of the bad action that they made again.

Pain - presents the opportunity for learning patience, tolerance, and the ability to use a light touch. Sometimes the death of a loved one will create bitterness. This is not what's intended (is the opposite of what's intended). Understandable though. Hence other things will come up in life to help a person move more toward patience and tolerance.

Birth defects - planned by that entity as a limitation for their incarnation.

A 4th density positive person would help the world without the restrictions of borders and would view universal love given freely to all as more important than identity by country or by group.

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Higher self = Oversoul = Overmind = mind/body/spirit complex (technically, the higher self/oversoul) is 'above' the mind/body/spirit complex since it can encompass multiple mind/body/spirit complexes.

Social memory complex - An example would be the planet Earth and all of its inhabitants and their oversouls combined. Note that the social memory complex has an oversoul that it can ask for assistance too. An oversoul is greater than the sum of its parts.

Wanderer - someone who volunteers to go back and be reincarnated into 3rd density (here) and thus forget who they are in order to help others. Very rarely are there wanderers of a negative type (those negative wanderers that do exist go back in order to spread the message of selfishness).

Chakra = energy center

Sadly, trauma is one of the fastest catalysts for spiritual progression.

There is a dimension without time in which your higher self knows you completely.

The hierarchy is as follows:

Creator -> Social memory complex -> mind/body/spirit complex totality ->
mind/body/spirit complex (higher self) -> mind/body/spirit (you)

The higher self has knowledge of the sum experiences that you've had through all lifetimes. It assists you throughout your life (and can be tapped into through intuition,

meditation, and the unconscious). The higher self uses probabilities to assist and 'direct' you to events that are most likely to happen that will be of use to you in your process of learning.

The mind/body/spirit complex (your higher self) 'levels up' or becomes 'aware' at its level when it reaches the 7th density (the so-called 8th density is actually a merging with the Creator).

From our standpoint as humans, our higher selves operate from the future.

The higher self is like a road map that describes all possibilities all the way up to experiences to the end of the 6th density. It can program lessons and set certain limitations. However, it leaves the rest to you so as not to infringe on your free choice.

6th density and up is positive only. 5th density negative entities have a hard time doing the transition from 5th to 6th. That's essentially the price they pay for choosing the negative path. Ultimately though, they have to jump to the good side in order to progress.

Support is available from more 'beings' than just the Oversoul. There are others who can offer help.

Of the Wanderers here, 9% know or are becoming aware of what they are. 50% of that 9% know that they're not actually part of this 3rd density 'reality'. 30% of that 9% suspect something. For the most part, it is these people who the Law of One information makes sense to. That means that about 1 in 15 or 1 in 20 people in the world will look at this information and think, "Hmmm.... This makes sense to me." The rest will probably regard this as nonsense.

The mind/body/spirit complex totality is you at 7th density. It generates the higher self in order to assist you since the 7th density version of you is moving on to join the creator.

The 7th density 'you' has begun its path along a sort of spiritual gravity well to the infinite creator or source and merges when it becomes '8th' density (actually 8th would be the start of the first density of the next Octave).

Inspiration - a combination of a strong willingness to know something and listening to your intuition.

Someone with a bright white aura is fully potentiated and balanced. I'm guessing that this is pretty rare. Usually in this 3rd density, you'd see colors.

Muddier and less defined with a lot of yellow and orange = negative.

Clearer, more defined, with more green, blue, and violet = positive.

Scintillating clear white is positive (it's the combination of a full set of well-defined and balanced colors).

A balanced individual researches all kinds of things (good and bad). So turning a blind eye to negative things isn't the solution. Again, it can simply be the study of the topic (no need to actually do that particular action).

Meditation is a way to study things through quiet thought. Meditation helps balance out activities.

Social memory complexes are almost always 4th density. A 3rd density social memory complex exists: it belongs to a planet in the Sirius system. A social memory complex can only be positive.

Fourth density negative is a place of extreme struggle for dominance among entities.

As you go up the densities, spiritual mass increases. The higher the strength of the potentiated vibrational field, the higher the mass. Hence why the octaves are also referred to as densities. This energy is sometimes called 'metaphysical electricity'. A metaphysical 'gravity' pulls us toward the creator. Just as mass increases as you approach the speed of light, so too does the creator increase in spiritual mass until it becomes one again by compacting into itself.

If M_i is spiritual mass then the following is true:

$$M_i = (m_0 C^2) / (1 - v^2/c^2)^{1/2}$$

Suns radiate light out and help organize matter in this reality.

Black holes absorb light and merge energy back with the Creator again. Once matter enters the black hole, it soon 'falls' outside of the realm of time.

It appears that after the energy goes into the black hole, it comes out as another sun, but at a higher octave. At this point, another set of experiences can begin.

You don't have to activate all of your chakras to go to the next density. You just need to activate them to the minimum required level and balance them out relative to one-another.

The transition from 2nd density to 3rd density was 1400 years.

It's estimated to take about 500 years for us to move into 4th density (as of 1982). If things work out remarkably well then it could be in as little as 100 years.

The vibration of the photon is increasing in frequency and we're near the end of 3rd density. Thoughts are now becoming things. An example is sustained thoughts of anger

and bitterness causing cells to go out of control (cancer). This notable increase in frequency started in around 1940.

It is indeed possible to heal yourself of cancer. First step is identifying what you're chronically upset about and then letting go of that fixation or emotion.

Healing from cancer = Forgive others, forgive yourself, and hold others and yourself in high regard.

Those who really care about themselves generally eat better. So that helps too.

The increased vibratory rate also accounts for the increase in people with ESP and telekinesis, as well as those who are having trouble facing the self for the first time. Some who can't deal with this end up in mental homes. It's a sign that the relatively high frequency of the time is ahead of where the person is, mentally and spiritually.

When it comes to life forms, "The functioning of consciousness is the item of interest rather than the chemical makeup of a physical vehicle." In other words, don't judge an entity by its body and don't get too hung up on the exact mechanisms of physical evolution.

3rd density is the first of the densities to allow for activation of all of the chakras.

4th, 5th, and 6th density allow for refinement of the higher energy centers.

7th density is the transition to foreverness and leaving this space-time continuum.

First five stages of an entity's spiritual evolution:

- 1) Foundation
- 2) movement toward
- 3) self-awareness
- 4) compassion and all-forgiving love
- 5) radiating of self, regardless of treatment from others

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Catalyst = difficulty.

A balanced individual still feels emotions. They just remain unswayed in either the direction of positive or negative. Regardless, it's still a state of compassion and love. It's not a feeling of indifference. It's just that they're not blinded by

feelings of separation. Instead they are imbued with love. A balanced person wouldn't view any situation as emotionally-charged. Whereas an unbalanced person who is trying to control their emotions would look at heated situations as emotionally-charged, repressing emotions, and ending up dimming their energy centers.

They are able to see the reasons behind an aggressor's actions toward them (the complex web of events that led that person to act toward them as they do). Hence they don't take it personally. For example, if a person was mean to you and you were aware of how terrible they had been treated from childhood and how 'damaged' they were then you'd be more likely to feel sorry for them (and a sense of love toward them), despite their belligerent behavior toward you. A very balanced individual would maintain this holistic perception even in the face of physical pain or death. "no situation has an emotional charge but is simply a situation like any other in which the entity may or may not observe the opportunity to be of service."

If a positive entity gets angry, they just accept it for what it is, experience it, transmute it into basic energy and use it as energy. Then they let go of any negative component and let it fritter away. Hence the person or thing they're angry at becomes an object of acceptance and understanding. All of this is accomplished using the energy that was the anger. This is super efficient and (I'm guessing) can actually result in a net gain of energy. By accepting the person that they were angry at, the positive entity avoids getting illnesses like cancer for instance.

A negative entity will use anger to try to control or manipulate others.

The process of 'getting there' should be gradual and involves knowing yourself and observing your reactions to various situations.

- Take extra time to focus your attention on the improvement(s) that you want.
- Have faith that the outcome you want is possible.

E.g.) a method for focusing is to meditate on a shape or color that is of inspiration to you. If you have good spatial relation skills, you can feel free to visualize machinery or designs that you like.

Cattle mutilations are carried out by entities from Orion.

They only need the blood but they cut out the organs that we'd find most disturbing, based on our group fears. Those group fears create thought forms. Thought forms exist on the astral plane.

Thankfully, in 4th density, the most pain anyone ever feels is not enough that it would even warrant treatment by our 3rd density standards (the kind of physical pain encountered in 4th density is weariness). However, 4th density entities still experience spiritual and mental pain.

Life spans in 4th density are much longer (approximately 90,000 years with a total cycle of 30 million years).

They have bodies and do eat. However, their bodies are chemically different than ours.

5th density generates food through thought. A type of nectar.

There is no 'positive' or 'negative' at the 6th density and beyond.

Earth is moving into 4th density. Hence 4th density beings will inhabit the Earth.

When entities form a social memory complex, each entity is able to tap into the experience of any of the entities in that group.

The various bodies (etheric, astral, physical, etc...)

- 1) Chemical body (not the physical body that we know)
- 2) The body prior to the spirit/mind entering it (e.g. first months in the womb)
- 3) Physical body as we know it.
- 4) Ectoplasmic body. Also called the Astral body (not the same as the etheric body)
- 5) The light body. Also known as the devachanic body.
- 6) The etheric body. Also known as the gateway body. It can be any shape it wants to be.
- 7) The complete or Buddha body. Contains a sense of wholeness and is very close to unity.

All 3rd density entities have all of these bodies. However, only some of them are activated in this 'reality'. The most obvious body that's activated here is #3 (the physical body).

After death, the first body to activate is the etheric body. Usually, the next body to be activated after death is the astral body.

An earth-bound spirit happens when a dead person focuses their will so strongly on staying on earth that their mind/body/spirit complex is caught or trapped here. They'll leave this plane once they release their fixation on staying here and shift their focus of will to going beyond. This typically happens in cases of sudden death or extreme concern for a person or thing that still resides on Earth.

Sometimes (rarely) a ghost-like form will remain behind that has no mind. Those happen when someone who is still alive very strongly desires the dying person to stay with them.

Usually though, when someone dies, they activate the etheric body. While in that body, they look back over their most recent life.

One of the main goals of Orion E.T. visitations is to create a sense of fear.

A spiritually advanced human who dies from our world usually demonstrates the following:

- Compassion and all-forgiving love
- Freely-shared honest communication. Honesty.
- Freely-shared intelligent energy.

(those who grasp all the above are more likely to be 'harvestable' into 4th density positive.

Some people are auto-reincarnated. In fact, they are assisted in reincarnation by a group that works for the Guardians. We call this group 'angels' of a type that are local to Earth.

Other people who have 'been around the block' many times will often plan their own reincarnation. These people have some awareness of how spiritual evolution works. They 'schedule' the life experiences and meetings with entities that are most likely to happen in the next life. Some of those who plan their own life end up scheduling too much difficulty (or catalyst) in one lifetime, and it's so intense that they actually don't progress as much as they intended. E.g. They plan such a hard life for themselves that they become bitter and demoralized. It's compared to a university student signing up for more classes than s/he could possibly complete in the time they were given.

Entities are 'stacked' based on how much light and love they contain. Those with more love rise higher (like layers of lighter and lighter liquids in a glass).

In either case, before reincarnating, they are made to forget.

Both the intuitive mind and the rational mind are useful. Balancing these two is good.

"all material is constructed by means of the dynamic tension of the magnetic field."

The Earth and magnetic fields:

North pole = positive pole

South pole = negative pole

South pole brings in universal energy from the cosmos.

Energy from the North pole moves toward the South pole in a spiraling pattern.

As the planet polarizes more, the the locus will ascend closer and closer to the North pole (moving through the core of the planet).

The locus in this case is the meeting place of cosmic vibratory understanding and an inner vibratory understanding. Another term for this locus is Kundalini.

Trying to raise kundalini without knowing the metaphysical principles of magnetism invites imbalance.

Entities tend to move through the following stages of how they view experiences:

in terms of

- survival
- personal identity
- social relations
- universal love
- free honest communication
- linking their experiences with universal energies
- identifying the sacred or hallowed nature of each experience (i.e. how each experience connects one to the Creator).

"the Creator lies within... the crown is already upon the head and the entity is potentially a god. This energy is brought into being by the humble and trusting acceptance of this energy through meditation and contemplation of the self and of the Creator."

p. 117

Two types of meditation (both valid and each for different reasons):

- 1) Simply clearing your mind and getting rid of the daily clutter so that you can more easily listen to the All/Creator.
- 2) Visualizing something. This is typically for either reducing discomfort or for trying to raise the vibration of the planet. Inspiring things are often good to visualize.

A sensation between the eyes when meditating is experiencing indigo ray level energy. Indigo correlates to the etheric or astral body and is the energy associated with healing, teaching, and working for the Creator. Indigo ray is activated through acceptance of self and identifying with the Creator (and recognizing the Creator in you). In short, the indigo ray can be summarized as "awareness of the Creator."

Incarnations and forgetting:

In-between lives (bardo) is compared to a poker player who knows all the hands and sees no challenge in the game because it's now child's play.

Incarnation is compared to a proper poker game in which you don't know the other player's cards, and there is an element of risk. This makes the 'game' interesting.

"the longest poker game you can imagine, a lifetime. The cards are love, dislike, limitation, unhappiness, pleasure, etc. They are dealt and re-dealt and re-dealt continuously. You may, during this incarnation begin — and we stress begin — to know your own cards. You may begin to find the love within you. You may begin to balance your pleasure, your limitations, etc.

However, your only indication of other-selves' cards is to look into the eyes. You cannot remember your hand, their hands, perhaps even the rules of this game. This game can only be won by those who lose their cards in the melting influence of love, can only be won by those who lay their pleasures, their limitations, their all upon the table face up and say inwardly: "All, all of you players, each other-self, whatever your hand, I love you." This is the game: to know, to accept, to forgive, to balance, and to open the self in

love. This cannot be done without the forgetting, for it would carry no weight in the life of the mind/body/spirit being-ness totality."

Volume III:

Going back to the sensation at the third eye when meditating. This is an indigo energy. It allows for communication with the Creator/All/One. This sensation also happens when energy is being transmitted to you to help tune it (to help match the harmonics of your other energy centers and balance them) and for unblocking this energy center. If those two are taken care of then this third eye energy centre can act as a gateway to communication with the All/Intelligent Infinity.

Who watches over the harvest:

- 1) Angels - inner plane entities that are attracted to those who seek inner guidance. Also included is the person's higher self.
- 2) Representatives of the Confederation. These help those who are seeking the light to still find their way, even if they are confused or unable to contact their higher selves.
- 3) The Guardians. Higher-density/octave entities that channel light and love to each of us.

Three main types of space travel:

- 1) Long-duration travel with crew in hypothermic 'sleep' chambers. Those from Sirius use this method.
- 2) Using the speed of light as a 'slingshot' to avoid time-dilation effects.
- 3) Instant travel from point to point by viewing the universe as one being. I.e. materializing craft anywhere by thought alone. Some aliens don't require craft at all.

Those from Orion use methods 2 and 3.

The bell-shaped craft also use instantaneous point to point transport through space. They use ships because it gives them something for their minds to focus on.

The only thing that helps someone in leaving their body at the time death is for those who are grieving to praise the process of the deceased person's departure. In other words, saying your goodbyes and letting that person go.

The Indigo (etheric/astral) body is a microcosm of Logos. It corresponds to intelligent energy.

5th density entities - some use spaceships for travel, others don't require them.

6th density entities - don't use or require spaceships at all (although about 25% of the negative 6th density entities are still stuck using the light-slingshot method).

There's no need to go overboard with self-control.

Instead, the following are better to focus on:

- acceptance of self
- forgiveness of self
- directed will

Directing your will toward service to others is a good thing.

Keep in mind that "we are all one." i.e. "We're all in this together."

"Unity, love, light, and joy; this is the heart of evolution of the spirit."

How the light slingshot works:

- Put energy into a craft to approach the speed of light (more energy will be needed as you get closer to light speed).
- Time dilation will occur.
- To use the stored energy to move the ship from space-time into time-space and back to space-time, move at the angle of a tesseract (analogous to -- but not the same as -- 90 degrees to the direction of travel). This takes the energy out of time-space allowing a re-entry into space-time at the end of the energy burst.

p. 17

Apparently, only wanderers (those who voluntarily incarnate here to help) are visited by aliens.

Balancing your energy centers is like perfecting a chord: getting it to sound clearly and properly. The intensity of the chord (energy centers) isn't the main thing. The tune and tone are. And to get good tone and proper tuning, you need proper energy balance. If you get these balanced, the "hand of the Creator" will play your chord.

An entity that views its hardships as reasons to feel more and more anger and hate is in danger of moving in the direction of selfishness. That can lead to a person who hates everyone but themselves and seeks to dominate and enslave others.

A person who instead looks at each challenge in life as an opportunity to learn and grow mentally and spiritually is on the path to enhancing the universe by channeling light and love. A key to this is the desire to help others without expecting anything in return.

The purpose of incarnating is the evolution of mind, body, and spirit.

Life challenges accelerate this evolution.

The origin of all energy is the action of free will upon love.

Love is also the ultimate defense against psychic attack.

When one negative person enslaves another negative person, the enslaver gains negative polarity. And they want as much negative polarity as they can get. Other methods of domination include rape, terror, and psychological manipulation. They do this to polarize themselves more and rise in the ranks of the negative. They even gain negative polarity by spreading their message about how to be more selfish. Those who buy into this negative person's rhetoric themselves become enslaved to a degree. And since negative types are often back-stabbers, the student has the potential to turn the tables and become the master. This trick usually fails -- but it has been known to happen.

Great pyramid of Giza:

The point on a face of a pyramid that is one-sixth of the way up is the one described in, "You will find the intersection of the triangles, which is at the first level on each of the four sides, forms a diamond in a plane which is horizontal." is the Queen's chamber. Look at the pyramid in plan view and put a dot on each wall. Then connect the dots. That gives you a diamond shape. Look at the pyramid from the side. The location 1/6th of the way up is where the Queen's chamber is. "Queen's chamber" and "King's chamber" are not the actual names of these rooms.

Queen's chamber - initiation area. This is where the patient's prana energy is intensified.

King's chamber - healing work is done here.

Lower (underground) chamber - resonance chamber.

Small chambers and shafts above the King's chamber - regulate temperature and barometric pressure.

The 76-degree 18 minute apex angle of the pyramid is important for healing work.

A crystal is also required (along with a healer skilled enough to use it). The procedure is not safe unless it's done by someone properly trained and of the right spiritual level, since the patient is taken to state of being temporarily dead and then brought back to life again. A bit like when a person's heart stops and then has to be re-started. At the point of 'resurrection' the person has the chance to select an energy center (chakra) configuration that is less blocked than the one they had).

Some other types of pyramids are designed for learning instead of healing.

And the pyramid designs that the Aztecs had were NOT intended for human (or any kind of) sacrifice.

Note: Pyramid shapes are not necessary for healing.

Looks like, if a person allows themselves to get rundown and tired, that not-so-nice entities will take the opportunity to launch psychic attacks against them. On p. 39, the Orion group saw an opening and psychically attacked the medium.

Pyramids and crystals:

Energy through a pyramid spirals upwards from base to top/apex.

The energy that reaches the King's chamber position heals.

The energy that reaches the apex is for building purposes (spoon-benders use this concentrated energy).

The energy that goes past the apex is for energizing.

Lead and tin are bad materials to use for these. Wood, glass, and plastic are okay though. As for the shape -- only the proportions matter (the sum of the four sides of the base = 1.16 of the height of the pyramid). More effective if one corner of the pyramid is in line with magnetic North.

Don't mess around with crystal healing of chakras unless you really know what you're doing. Just guessing at what to do can make your condition worse. Also don't put a pyramid shape under your bed for more than half an hour if you're lying on the bed. Too much of that is bad for you. This also includes cone shapes.

Pyramid and cone shapes focus energy in at the base and up to the apex, regardless of orientation. So if you turn it upside down, energy will still go in the base and converge at the apex. Hence turning it upside down reverses the effect and isn't really useful unless you're floating upside-down in zero gravity. The energy that's being focused is omnipresent and not Earth energy. The idea is that you're either in the pyramid or you're above the apex. It doesn't matter if the pyramid is solid or wireframe.

Best not to fool around with this sort of thing.

The ability to bend a spoon or do some other fancy 'trick' is not an indicator of someone's spiritual sophistication.

Seeking the Creator is not done simply through meditation; it's done moment by moment through each experience.

Dangling a weight of symmetrical form above a person's energy center:

- if it rotates, the energy center is unblocked (rotation direction varies based on the person).

Don't use a powerful crystal unless you're an adept healer since good quality crystals can actually alter an energy center. The purpose of the above exercise is to simply locate and check the status of the energy centers.

You can test this by holding the weight over your own hand. Then over the patient's hand.

An additional note regarding suspending a pendant above a chakra:

A weak back and forth motion indicates a partial blockage.

A strong back and forth motion indicates an over-stimulated chakra (likely a temporary overcompensation as an attempt to balance a difficulty in body or mind). Regardless, both are unbalanced and not very good conditions.

p.54

When they say "Upward spiraling light" they don't mean "up". They mean 'toward the Creator/Source'.

So even if you rotate the pyramid, the energy still goes in through the base and toward the apex.

The three spirals of prana energy are actually all the same spiral, just divided into segments.

Spiral 1 goes from base to Queen's chamber. <-- Initiation

Spiral 2 is the continuation that goes from Queen's chamber through King's chamber to apex. <-- Healing.

Spiral 3 is from apex and up above pyramid. <-- Building/energizing.

Note: Human chakras don't funnel energy like a pyramid or cone does.

Energizing:

- Can give a person energy. Could also accidentally shock them. Too much of this (duration or intensity) is dangerous.

Mummification - was a muddled and somewhat warped concept. Ended up being fairly negative in practice, despite a general positive intent.

The lower resonating chamber is used for when adepts want to mentally face or confront themselves. Apparently it can be quite dangerous.

This lower chamber of the pyramid is intended to simulate death, make one deal with the loss of their 3rd density base desires, and gain the drive to be of service to others.

It is actually a type of sensory-deprivation chamber made of special materials that enhance the experience. It reminds me of the Tibetan monks who seal themselves away in solitary for one or two years and 'hit a mental wall' that seems impossible to overcome. Then they get past that and gain a degree of enlightenment.

There's a location above and below the Queen's chamber (one-quarter the distance from wall to chamber) that helps slow or even reverse aging.

"Ra: This position is what you may call a prana vacuum.

Questioner: Why would this reverse aging?

Ra: Aging is a function of the effects of various electro-magnetic fields upon the electromagnetic fields of the mind/body/spirit complex. In this position there is no input or disturbance of the fields, nor is any activity within the electro-magnetic field complex of the mind/body/spirit complex allowed full sway. The vacuum sucks any such disturbance away."

The Ra collective was assisted by pyramids back when they were 3rd density (by a civilization that has since gone on to join the Creator).

Bermuda Triangle:

There's a large pyramid under the water. That energy is firing upwards and interfering with electronics as well as space-time. Intended for trans-dimensional communication and instantaneous travel. Those of higher densities/octaves do not require a pyramid to communicate or travel. It's compared to training wheels on a bike.

Cancer (the self-induced type):

"If an entity is not in harmony with its circumstances it feels a burning within. The temperature of the physical vehicle does not yet rise, only the heat of the temper or the tears, as we may describe this disharmony. However, if an entity persists for a long period of your space/time in feeling this emotive heat and disharmony, the entire body complex will begin to resonate to this disharmony, and the disharmony will then show up as the cancer or other degenerative distortions from what you call health."

Earth structure:

The Earth has a molten core with a honeycomb structure surrounding it. The openings in this honeycomb pattern can be quite large (giving rise to the myths of a hollow Earth). Entities can live in these hollow areas and have in the past.

Currently, third density people don't live there. However inner plane and ones from other densities do (and they can manifest in our reality if they choose to). Furthermore, there are alien bases in these hollow areas (as well as areas that have been purposely hollowed out). Finally, there are a number of abandoned underground cities.

There's also some equipment and some ships located in underground chambers. The Confederation equipment includes auto-information units that can be heard by people that are resonating at the correct frequency. They exist in order to answer basic questions people might have – freeing up members of the Confederation to answer more complex questions for more advanced seekers. It's like a repeating news feed so that the announcer doesn't have to broadcast the message over and over again.

The more balanced you become, the less you'll feel a need for sexual contact with others. Additionally, you won't be affected by loneliness as much.

A person's unwillingness to surrender to the loss of control over life can manifest as numbness in the arms and hands.

You can learn as much as you can third density, but you'll never know enough to understand it all. The third density is not one of understanding (although learning is good). The key is "acceptance that which is at the moment and the finding of love within that moment"

The main purpose of the frontal lobe is for joy and love in a creative sense. This lobe will come into play more in fourth density.

An example of psychic defense, if a medium is being attacked:

- Walk a circle around the medium
- breathe out forcibly, approximately 2.5 feet above the medium's head from the medium's left side to the medium's right side.
- then circle them once more

Referred to as a protective circle and breath of righteousness.

Apparently, mediums in trance state are quite susceptible to psychic attacks.

It can affect them physically. On p. 74 an Orion entity tried to cause kidney failure, in an attempt to kill the medium (an attempt to stop this information from getting out). The Ra group instructed the three people in the room assisting the medium to do the above. Then the Ra group repaired the damage.

The top of the Orion pecking order is 5th density. Negative doesn't exist in 6th density. They'd have to flip polarity to positive in order to progress past 5th density.

p. 77

The strongest protection from psychic attack is love. Just send love and light right back at them, and feel free to ask for help from good higher entities.

Along with this is sheer willpower and remaining calm. Those who launch spiritual attacks benefit from victims that become hysterical. They try to prey on people who are tired or worn down. So be sure to keep your vitality up, don't panic; use your willpower combined with positive feelings to defend yourself.

Another thing that cuts down on the effectiveness of their attacks is to acknowledge them for what they are, appreciate the fact that they just taught you something (like how to defend yourself even better), and recognize that they're also part of creation.

Kind of like having respect for your opponent in martial arts and appreciating the chance to get better at the art of self-defense.

Usually, it's negative 4th density minions of negative 5th density entities that conduct the attacks. However, the medium who is transmitting this information is being attacked

by a 5th density entity. This entity is reluctant (likely because they fear being depolarized by the positive entity that it's attacking and maybe afraid of the 6th density entities who are helping her). The Ra collective stated that as of late, she's been doing fine on her own. That suggests that even a 3rd density entity can repel the attacks of a 5th density entity.

Negative entities don't just try to attack in order to damage someone physically. They also try to put ideas into people's heads that make them think they're really great and deserving of so much more. It's like they try to inject a sense of strong self-entitlement. They're temptations to try to make people more selfish and less caring about others. Another tactic they use is to try to make you doubt yourself (usually when you're doing something good).

The medium turned down their offer of super-materialistic selfishness, so the 5th density entity became desperate and attempted to shut her kidneys down using a type of magical attack. The Ra collective neutralized the attack and restored her kidney health.

Your experience is valuable only if it is a reflection of who you are. So even though the attacker is also part of the Creator and serving the Creator in his own way, handing over the person being attacked would not be being true to yourself. Hence the right choice is to defend the person being attacked and bid the attacker 'good day.'

Those who use magic are able to penetrate the shield that the guardians set up around Earth. That shield was designed for ships. Hence the ability of entities from Orion to launch spiritual attacks against us. They can even fool people into stepping out into traffic by planting a mental suggestion that there is no traffic (i.e. hypnosis from a distance). If you're disciplined in the ways of light and love, you won't be open to suggestion.

Balance - As more powerful positive entities appear on Earth, equivalent access through the shield for the same rank of negative entities must be allowed.

Every time someone treats you badly, that's another opportunity to choose the side of good. Kind of like making \$50.00 every time someone's not nice to you, except that the wealth is in the form of advancement, knowledge, and a better sense of oneself and others. I.e. Each slight against you accelerates your evolution.

Willpower can actually replace vital energy (to some extent). Typically, replenishing reserves of vital energy using will should be used as a last resort.

Vital energy is a combination energy of mind, body, and spirit. As such, the best way to improve it is to nourish the mind, the body, and the spirit.

You can help the mind and spirit through meditation, relaxation, and things like walks in nature. The appreciation of other people/entities, beauty, and creative pursuits all help to boost vital energy.

The body can be helped through sleep/rest, good nutrition, and healthy exercise. A sense of enthusiasm really helps.

p. 81 seems to say that, for some time, the Earth as we know it will cease to be inhabited in order to give fourth density entities time to shield themselves from third density entities.

Looks like 3rd density entities who don't move into 4th density will be transplanted to another planet. Note that the transplantation process involves death and reincarnation.

Then the 4th density positive entities will remain on Earth (but on a higher plane than what we perceive now).

The 4th density negative entities will go to a different planet/plane.

Note that for a 3rd density entity to graduate to 4th density, they must die first. They are then reincarnated into 4th density.

So no matter how you cut it, we have to die in order to move on.

It's possible for a Wanderer to remember some of their past life details through disciplined meditation. Takes quite a bit of effort to do this. At the most, it's usually just remembering who they are and why they're here. The rest remains obscured so that they can't start living as 'gods' among us (since that would detract from their ability to serve as one of us).

Any entity who penetrates intelligent energy's gateway can use shaping powers (like bending metal with their 'mind').

Intelligent energy comes from intelligent infinity. And the gateway to intelligent infinity is love.

The Ra group are light beings.

They are no longer polarized into positive and negative and they are currently working on balancing compassion and wisdom.

The increase in paranormal events is a result of more and more people changing vibration toward 4th density. This apparently also accounts for some of the warming around the globe (keep in mind that this was written 20 years prior to the 'global warming' media blitz).

The love of freedom is part of the positive.

Fascism and control-based regimes are negative.

Conventional wars actually accelerate seeking, since people become more contemplative and tend to look within themselves and to the Creator for answers during these times. Nuclear war, on the other hand, doesn't help anyone and can actually scramble a person's identity -- even beyond death.

When it comes to telling us what the future will be, they compare it to eating breakfast:

i.e. There's a very good chance you're going to have breakfast. What exactly you choose to eat for breakfast is up to you and variable -- right down to the type of cereal you choose (if you're a fan of cereal). The predictions are just possibilities; this includes prophesy. Even the Akashic records contain possibilities and not certainties. According to the Ra group, Edgar Cayce received his information from the Akashic records.

Wanderers are here to lighten the planetary vibration and help others where they can. They help to alleviate the tension and anxiety. Quite a few wanderers got caught up in this reality and were side-tracked. However, many have started to listen to their intuition and get back on track.

Wanderers need not try to predict the future or try to stop certain outcomes. They can contribute, regardless of the situation. And even when they do nothing, they still act as a light-collector and beacon (transmitter).

Wanderers have three functions:

- 1) Be good to others.
- 2) Share some talent that they've brought with them from a past incarnation (e.g. music or art).
- 3) Simply exist here and automatically act as a conduit for positive energy to arrive here and then radiate out.

Peace, love, and light are always available -- even in the darkest times. Seek or request it if needed.

The planetary entity is effectively one entity comprised of billions of entities (us). At higher densities, this same principle applies to solar systems and galaxies. It appears that, as a collection of entities, we are the 'parents' of Earth as it will be when it is 'born' as a 3rd? density entity. It will be 3rd density and we will be 4th density. That and it will carry the 'personality' of our collective outlook on things. So we'd best give it a positive role model.

Healing energy comes in through the feet, up through the chakras, and out of your right hand. First though, a person has to balance their energy centers. Otherwise, they won't be very effective at healing others. They also get healing practice by balancing or healing themselves first.

The healer does not infringe upon free will, because at a higher level the one being healed either accepts or rejects the healing energy/new configuration. In other words, the healer is just a channel for the energy to flow through and the patient can either tap that channel for energy or not.

The key to recovery and staying free of an ailment:

If you want to get rid of an ailment for good, you need to lose interest in it. To be disinterested in that thing. E.g. A cyst. If you don't want that cyst and have no interest in it, then it will stay gone after it is removed. But if you attach a bunch of emotional baggage to it or hang on to the emotional baggage that allowed it to form in the first place, it will likely form again.

Switch your interest to the new, healthy, configuration.

Healing is the creation of a new (healthy) configuration. This configuration is first applied to the astral/etheric body. Then if you accept it, it's transferred to the physical body. You have to want it. That's expressed through willpower.

"balance being achieved, the love being offered, light being sent, and the service of the service-to-self oriented entity gratefully acknowledged while being rejected as not being useful in your journey at this time."

Mini pyramid:

Under pillow. No more than 30 minutes a day.
Small enough to not be felt through the pillow. Wood, plastic, or glass will work fine.

It doesn't heal, but it does help alleviate weariness.

Many people who are extremely well-groomed and bristling with great health are service-to-self people. So, although they are attractive, beware. You might just be dealing with a very selfish person. It's important not to over-generalize or assume this though, since there are many exceptions.

In 5th density, light is as visible a tool – much like writing with a pen or pencil.

Going into trance state is dangerous and should be reserved only for those with very good psychic defense skills. A person in trance is not able to properly defend themselves against psychic attack. If a negative entity manages to separate a person's spirit from their body while they're in trance, that captured person will end up reincarnating at the same density, but in the negative. They will then have a long journey back to positive. It would be a long and unpleasant haul. They end up being forced to follow the path of selfishness until their negative polarity is high enough that they can flip polarity and become good again.

Keep in mind that the negative entity **MUST** let you use your free will. So you'd have to decide to follow them. A positive entity sees love in all things. And a negative entity is clever and will try to deceive a positive person. So don't be deceived.

When spirit leaves the body at the time of death, there is so much protection from guides, angels, and deceased friends and family that you don't have to worry about this.

While incarnated, if you're going to help others in 3rd or 4th density, do it while in the body. It's when you will your spirit out of your body in order to be of service to others that you're at risk of being tricked into following a negative entity to their domain.

One thing that helps is to hold the medium's hand while they channel. This keeps them from going into a trance state deep enough to put them at risk. You have to be holding their hand before the process starts. You don't want to touch a medium while they're already in trance.

People who commit suicide end up back in 3rd density again. Essentially having to live another life at the same level in order to learn the lesson that they didn't learn the first time around.

Look up The Order of Golden Dawn if you want information regarding the (good/white) magical arts.

Each of us has a higher self in 6th density. It's essentially our future self. It is there to offer us help when needed and always respects our free will.

All times are actually simultaneous. Prior to 6th density, it only appears as though events happen in sequence.

p. 139

Space/Time = our space/reality.

Time/Space = the after-death or bardo space (exists 'outside' of time).

Outer work = things to do with survival.

Inner work = things to do with the personality and being.

Time/Space:

- Time and space are no longer equal.
- AKA the metaphysical planes
- From our perception, there is much more time available here.
- After you die, the higher self places you within a part of time/space in order to help you to learn and heal (to better process the material from the recent incarnation).
- Other entities may join in to help you.
- Part of this process is forgiving yourself (including for any times you missed a 'guidepost' during your most recent life).
- If you're still new at this, the higher self will plan the next life.
- If you've been 'around the block' a number of time, you may be the one to plan your next life.
- Corrections to unbalanced actions can only be made in space/time (incarnation reality).
Corrections can't be made in time/space (only observations).

This process happens on approximately 10% of the planets in the Milky Way galaxy (i.e. 10% of our galaxy's planets are inhabited).

32% of stars have planets.

3% of stars have inhabitable planets

All paths lead to the Source eventually.

Those of negative polarity don't care about free will of others. They'll only honor free will of others in situations in which they must.

Magic - the ability to create changes in consciousness, at will.

Negative magic uses sex for domination and control.

Positive magic (white magic) uses sex for connection and reaching a higher place (getting closer to the source).

Law of Confusion has to do with Free Will

Banishing ritual - the circle and breath ritual. If done daily, this actually is cumulative.

If a medium tries to communicate with a positive higher entity and are greeted by an entity who tells their astral form to "Come with them to see the one they're trying to contact", make sure they don't follow them. It's likely a trick. An actual positive entity wouldn't ask you to leave your body to go to them if you're a medium. Instead, they'd just speak through you.

This is hopefully a correct interpretation of what I'm reading on p. 152.

The reason why a medium is in danger of being tricked into following a negative entity to their negative universe is that the Ra collective uses the Yellow-ray (or body) physical complex to communicate. This requires that the medium's spirit stand to the side and Ra take over. Now any sensations that the medium's body feels are felt by Ra instead of the medium. And since the medium's spirit is out of body and not guarded by anyone, a negative entity can try to trick the person's spirit into following them. If they agree, they'll end up detaching from their body and their body will die. The medium's spirit now is stuck with the choice of either existing in total limbo (blackness/nothingness) or incarnating in the negative world that the service-to-self entities inhabit. To my knowledge, the medium is stuck in that reality until they reach a negative polarity high enough for them to be flipped back to good. That could take many lifetimes. Since the medium was good, they'd probably end up as a slave for quite a few lives.

If you find that you can move a lot of light, still try to be efficient and precise with it. It's important not to become over-confident and start thinking of yourself as a big shot.

Working with a lot of light or calling on and communicating with powerful positive entities tends to attract the attention of negative entities who want to shut that communication down. Negative entities won't hesitate to attack.

Positive entities, on the other hand, only make contact when called and can only transmit love.

The amount of energy you can draw is in direct proportion to the strength of your willingness to serve the Creator.

A healer who takes credit for the act of healing is violating free will.

A healer who says that s/he is simply a conduit for the healing power is not violating free will. Nor is a healer who states the person who was healed was healed by their faith.

If a healer tries to heal someone and that person accepts the healing energy and they are still ill, it could be preincarnative illness. The one looking to be healed could then meditate on ways of mitigating the illness to an extent that they can get by while still having enough of it in order to deal with what they intended to deal with during this incarnation. Also, Indigo-ray workings by the healer might help in these cases.

Try to live day by day and moment by moment.

The archetypal mind and the associated archetypes (as seen on Tarot cards):

Archetypal mind - collection of archetypes that are specific to our solar system. Our logos (the sun) manages this and later contributes it to the over-arching cosmic mind or All.

Magician - the will (conscious mind).

High priestess - intuition (subconscious or unconscious mind).

Apparently, it is possible to call upon archetypes at will.

Discipline of the personality - the primary work of anyone who has become consciously aware of the process of true evolution.

Discipline of the personality is three-fold:

- 1) Know yourself.
- 2) Accept yourself.
- 3) Become the Creator.

When step three is accomplished, you become the most humble servant of all. You become transparent in personality and completely able to accept and know others.

To become the Creator is to become all that there is.

Sympathetic resonance - "When certain sounds are correctly vibrated, the creation sings."

The right notes or sounds (or even sung sounds) can actually allow creation to become more and more contained within the musician.

Long hair acts as a type of time/space electrical battery and antenna which improves contact with those in the time/space realm. Minimum length is 4.5 inches. No maximum length.

"Any entity may at any time instantaneously clear and balance its energy centers. Thus in many cases those normally quite blocked, weakened, and distorted may, through love and strength of will, become healers momentarily. To be a healer by nature one must indeed train its self in the disciplines of the personality."

Invoking the magical personality:

Typically invoked by meditating on the following in sequence (sequence can be repeated):

Power

Love

Wisdom

A magic user invokes his or her higher self. This creates a bridge between space/time and time/space. When done, it's important to close the session and allow the higher self to get back to its normal state of interaction with the magician (that of acting as an over-seer, instead of as a direct participant).

The reason why you see some magic users put on an article of clothing (like a cloak) when they start and remove it when they're done is as a mental reminder to close the session and restore the higher self to normal operation.

Robes aren't required for this. A simple mental or physical gesture will do.

(Again, this is stuff that's probably best not to mess with).

Part IV:

'Greetings' - even attacks by negative entities are referred to as 'greetings' by the Ra social memory complex since they don't look at anyone as an adversary.

Thought form:

They mention that "the thought-form for any thought is a form or symbol or thing that is an object seen in time/space"

So it sounds like thoughts are things in the bardo/interlife/afterlife/spirit world/world beyond.

Tarot:

This system is a combination of information given from higher sources to both ancient Egypt and Mesopotamia (Sumerian). It was an early attempt to record some of the Law of One in symbolic form.

Unfortunately, in the process of being combined and with the passage from person to person, it has some flaws now. However, the essential archetypes are intact. The Tree of Life and Astrology both attempt to do the same thing with the same root material.

The archetypal mind (archetypes) is specific to the reality that we exist in here in this solar system.

Density 1 - lasted for about 2 billion years.

Density 2 - lasted about 4.6 billion years.

Density 3 - Appears to be between 75,000 and 76,000 years (3 cycles of approximately 25,000 years). 3rd density is the first one to offer us choices (free will).

Ra actually looks at diseases, viruses, etc... as good things because they give people

the chance to die and go back to time/space.

Apparently our Logos (sun) as it exists in time/space (the spirit world) decided (as all Logoi do) to start with 1st density (planets, etc...), then 2nd density (trees, etc...), and 3rd density (humans).

Humans started out with long life spans. But they weren't dealing well with the crap that was thrown at them and were becoming jaded. Sort of a 'stick in the mud' problem. So the lifespans were shortened and the amount of disease increased in order to give them more chances in less time to confront problems from the standpoint of being pretty darned naive. After all, each time we're incarnated, our memory is wiped. If we still had very long lifetimes, we'd probably become cranky, jaded, egotists.

Pain is tricky. The natural reaction is to start thinking terrible things when in pain. This leads to thought-forms in the time/space realm. These are then used by negative entities in the time/space realm to attack the person who is in pain. This make the situation worse.

Elemental - a type of entity. Sounds like they're simpler than our type of entity.

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Two kinds of octave in this text (I'll differentiate them using a capital letter):

octave - same as density. Ra has knowledge of octaves/densities 1 through 6.

Octave - the grouping of the 8 densities into a total unity reality. This grouping repeats while evolving each time. So kind of like an upward spiral that starts with a universe forming, then ending in black holes, and then forming a new Octave. Ra has no knowledge of the previous Octave. Despite this, the universe did receive the raw information from the previous Octave and used that to kick-start itself and initiate the next Octave. So it appears to be iterative and cumulative.

Analogy:

In 3rd density, we are essentially like sculptures forged in fire. It's intense.

In 4th density, we refine the sculpture and add the little details. Hence it isn't as intense as 3rd density (thankfully).

To the best of Ra's knowledge, removing the negative component results in no free will. This still leads to the Creator eventually, although the 3rd and 4th density time frames are very long when there is only one polarity.

Once knowledge of both good and evil are introduced, entities start to work and learn.

Logoi that chose a single polarity chose only positive (service to others) polarity. There's never been a case of a Logos setting up a system that was purely negative.

It appears that the Logoi are also evolving and experimenting. In other words, the different systems of polarity that they've been setting up have been changing since they started making systems of life. As they learn more, they try different things. This suggests that each system is an experiment.

And that suggests that the balance and intensity of our good and evil dichotomy hasn't been perfected

"Questioner: In that case, as a Logos, you would have an advantage of selecting the form of acceleration, you might say, of spiritual evolution by planning what we call the major archetypical philosophical foundations and planning these as a function of the polarity that would be gained in third density. Is this correct?"

Ra: I am Ra. This is exquisitely correct."

The archetypes help to accelerate the process of increasing polarity. The archetypal mind makes the process of having experiences that lead to increased polarity very efficient. This process of polarization is the evolution of consciousness, and it's a long process of the Creator knowing itself. The archetypal mind is the product of everything that has happened before.

The archetypes are a resource of the mind complex.

The Milky Way galaxy began at the center and progressed out toward the rim. Some time after many stars were formed. Then polarization began. The earliest form of polarity was between the mover and the moved. Then it became service-to-others and service-to-self. That's when free will began.

The information that was used for kick starting this galaxy (and other galaxies) came from the previous universe or 'round' of creation.

What they knew before starting this creation or universe was: The concept of mind/body/spirit and the most efficient ways to balance the catalysts (challenges/difficulties). They were aware of consciousness and the unconscious. All of this information allows for "a vast realm of potential in the mind."

The suns at the core of the galaxy started the evolutionary process and the refinement of consciousness through the various densities. However it was the suns closer to the outer rim that conceived the idea of polarity divided into service-to-others and service-to-self.

Significator - The original significators may undifferentiatedly be termed the mind, the body, and the spirit.

Matrix of the:

Mind component = consciousness (archetype is Magician). From which things are created in reality. This might explain why magicians are seen to wave a wand and create something out of thin air.

Body component = Balanced Working. Unrestricted motion (like a motor that's always on).

Spirit = Primeval Darkness. This is based in time/space and not the space/time of our physical reality.

Potentiator of the:

Mind component = the unconscious (archetype is High Priestess). This is the 'pool' that the Matrix of the mind draws from for its various ideas that it then makes 'real'. This pool of information is also used for becoming more conscious of oneself.

Body component = Wisdom. The ability to regulate activity (to decide when to move and how).

Spirit = Lightning (as in 'lightening strikes'). Sudden awakening and illumination from darkness. This is also tied into the idea of generating things. It's based in time/space.

Each Logos and its design is the Creator experiencing itself.

The Logos is not part of time.

The Logos is part of an ever-changing entity that learns on a macrocosmic scale.

"The purpose of polarity is to develop the potential to do work."

Terraforming tools:

Earth and Water are 'sculpted' using Fire and Air until seas, land, and temperatures are suitable for hosting life.

Archetypes (full set of names and images on pages 6 through 9 of volume 4):

1st is Magician (the conscious will)

2nd is High Priestess (the unconscious)

3rd is Empress (disciplined meditation for the efficient use of catalyst). This involves using the conscious mind to tap the resources of the unconscious mind. Also the process of using catalyst in order to change the conscious mind.

4th is Emperor (the experience of the mind as the conscious mind uses the facilities of the unconscious). This also has to do with one's experiences as they relate to others, as well as their biases. These biases are determined by what's going on in the unconscious.

5th is Hierophant - The mind complex. The will to know but is lacking any idea of what to do with that knowledge.

6th is Lovers - The transformation that takes place when a person struggles to choose between light and dark.

7th is the Chariot - This is the summation of the first 6 archetypes. A way to see the fruits of appropriate travel through the mind and, to some degree, the lifting of the veil between the conscious and unconscious mind.

8th is Spirit archetype – Justice/balance. Matrix of the Body.

9th is Sarcophagus archetype - The material world (includes the entire material universe).
The material world is transformed by the spirit into the eternal.

10th is Wheel of fortune - The catalyst of the body. Offers both positive and negative experiences (including through interactions with others).

11th is Enchantress - Experience of the body. Catalyst that creates seed for growth.

12th is Significator -

13th is Death - Transfer to a higher vibrational body for additional learning.
Death offers both death and rebirth.

14th is the Alchemist (Way of the Body) – The body allows the mind to manifest its thoughts into reality. Note that "The body is the creature of the mind" and that the body acts as an alchemy furnace for the products of the mind and spirit.

15th is Matrix of the Spirit - Sometimes called the Night. Adepts working with the darker catalysts of the spirit typically have difficulty grasping the light. They often get mired in the negative. Some negative adepts embrace falsehoods and try to use them to gain power and to hide things and information.

19th is The Sun - Significator of the Spirit.

20th is Sarcopagus - Represents the material world. The material world is transformed into the infinite or eternal by the spirit.

21st - Represents contact with intelligent infinity.

Each archetype is generally referred to as a significator.

When you're incarnated, your conscious and unconscious are split. This is the essence of the process of making people forget their past lives.

When we're between lives, the Matrix (conscious) and the Potentiator (unconscious) are both 'visible' to us.

When we're incarnated, the Potentiator is shrouded in mystery. However, it's still somewhat accessible. The veil between the matrix and potentiator of the mind is what makes us forget our past lives. Another way to put it is 'a veil between conscious and unconscious mind'.

Before free will was increased, magic potential was very high, but there was little will to use it. After free will was increased to what it is now, there was more desire by entities to use magic potential. However, there's been less magic potential available since the increase in free will.

Adepts:

Part of becoming an adept is to free yourself from the constraints of the thoughts, opinions, and bonds of others. This applies to both adepts of service to self and service to others. In the case of service to self it manifests as evil. In the case of service to others, the adept disassociates with the illusory 'husks' of others while remaining connected to the hearts of others and remembering that we are all one.

An adept uses the spirit as a conduit through which to call on the power of the universe.

The service-to-others adept can investigate the darkest things and still manage to eventually reveal bright service-to-others illumination.

The service-to-self adept prefers to wander around in the shadows.

Spirit is like consciousness but with the added element of being augmented by will and faith. Once you have consciousness + will + faith, you get spirit. And when you have spirit, you gain the ability to contact intelligent infinity directly. I.e. contact with God. This contact typically results in great joy.

Intelligent energy - allows for healing, building, destroying, and transforming yourself and others.

There are an infinite number of galaxies.

In addition to our Earth, Ra has communicated with entities from Alpha Centauri, Cepheus, and Zeta Reticuli.

Some members of the Ra collective have incarnated as Wanderers in other galaxies.

The general pattern is that service-to-self only exists in the outer edges of galaxies and that toward the center, it's only service-to-others.

All galaxies initiated free will at about the same time along their evolution (it's unclear if they also mean that all galaxies started at the same time too).

This is not the first Octave (group of densities). There were others before this. Ra doesn't know the details of this, but the feeling is that there are infinite Octaves.

Ra likes to use the term 'Plenum' instead of 'Void'.

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"There is a center to infinity. From this center all spreads. Therefore, there are centers to the creation, to the galaxies, to star systems, to planetary systems, and to consciousness. In each case you may see growth from the center outward."

"In the case of the galactic systems the first manifestation of the Logos is a cluster of central systems which generate the outward swirling energies" Both the original central clusters and those farther out are stars as we know them.

The more spiritually advanced levels are toward the center. Of course, they have the advantage since they've had more time to experience and grow.

First density - planets solidify

Second density - life forms appear

Third density - mind/body/spirit combination manifests (e.g. humanoids)

To the best of Ra's knowledge, this same pattern took place for all the star systems that host life forms (right back to the core of the galaxy) -- and for all galaxies.

Early on, there was no process of making entities like us forget their other lives and higher-self thoughts when incarnated. Instead, they had all their memories intact. The disadvantage to this was that the process of learning lessons was very very slow. When they started wiping memories prior to each incarnation, the rate of learning increased dramatically.

It sounds like -- before polarization (forgetting and catalysts) -- entities were just repeating third density over and over again for many more cycles than we do.

Again, before the polarization process of making entities forget and challenging them with difficulties, there was only service to others. The idea of service to self was cooked up later as a way to motivate entities to spiritually evolve more quickly and move up the

densities faster. In other words, service-to-others is just a temporary variable that was thrown in (literally a catalyst) to move us along.

Again, it's the many sub-logoi that made these decisions to introduce evil and push us along (in an attempt to help the main logos or God mind have more experiences).

Mind/body/spirit (not complex) - The state of third density entities prior to the split into 'good' and 'evil'.

Mind/body/spirit complex - The state of third density entities after the good/evil split was introduced.

The reason it's called 'complex' is because it was split in two (conscious and unconscious). This split is what is referred to as the veil of forgetting.

In the non-complex version, entities were happy all the time. They were aware of the concept of service to others, but didn't see the need to really do that since they were keenly aware of the fact that each of them contained the Creator. Hence they just spent most of their time blissfully sitting around. Yes, they did eventually create starships and travel through space. However, their rate of development was extremely slow. The good thing is that they had their full minds to draw from so their designs and constructs were superb. They could be compared to people of our time that are nice yet incredibly wealthy. Switching to our present format is compared to cutting the umbilical cord.

We are supposed to be serving for love and benefiting from fear.

Existing in 3rd density without a concept of service-to-self still results in entities that form biases and accumulate some (albeit very minor) amounts of trauma. Hence the interlife review and healing process existed at this time too. Part of the review process is to help the entity plan their next incarnation. A review for entities in that system was like a student who finished their classes, remembered them, and was getting a re-cap -- complete with explanation by the teacher of what they did well and what areas they could improve at. The study phase is the incarnation. When school's out for summer is the bardo or interlife. Even though they had all their faculties and memories when incarnated, that still didn't stop many of them from spending too much time on some things and glossing over other things. Just as now, each person was unique and each had their own preferences and biases.

Even at this time, entities knew that the point of the incarnations was to achieve polarity. So there was some amount of polarity at that time too. Looks like they cranked it up for our reality. And Ra even describes Earth's situation as intense, compared to many other third density experiences in the universe.

"The necessity for graduation to fourth density is an ability to use, welcome, and enjoy a certain intensity of the white light of the one infinite Creator."

The threshold for this was different before the service-to-self concept was introduced.

Crossing this threshold requires both faith and willpower. This is because there's a certain amount of resistance at each density threshold. Simply being nice isn't enough to pass through this threshold and graduate to the next level. Faith (will) needs to be understood as well. The non-complex system produced plenty of nice entities, but few had the faith required to integrate with the vibrational rate of the light of the next density.

Before the veiling (i.e. non-complex or before the service-to-self concept was introduced):

- Dreams were for communicating with other spiritual teachers and students of both the inner and outer planes of existence (including those of higher densities). There was no need for the examination of the unconscious, since there was no rift between conscious and unconscious.
- Sex was for energy transfer (usually giving strength to another). Marriages (life mates) weren't as common since they saw everyone as one being and weren't able to really stick with the idea of picking one person and being of service only to them. Sexual tension was lower than it is here and thus the levels of elation and sorrow as a result of relationships were less extreme. They didn't have the master and servant sex dialectics that exist in this 'reality'.
- Society was somewhat similar to ours, except that they didn't enslave others or do the other extreme negative things that we hear on the news every day. Some disharmony was introduced though. Usually, it was stuff to do with "governmental or societal structures." In our time, there's not only overt slavery, but there are trillions of cases of unintentional slavery or 'well-meant' slavery. I'm guessing this is the dynamic of a family member or a friend coercing another into running constant errands for them, continually asking for loans, and putting pressure on them to be at their beck and call -- without giving back.

"There was no unconscious slavery, as you call this condition, at that period. At the present space/time the conditions of well-meant and unintentional slavery are so numerous that it beggars our ability to enumerate them."
- Disease existed before the veiled memory concept. However, diseases were more random then. There wasn't the added system that we now have of diseases cropping up as a result of dealing badly with emotional trauma or chronic anger.
- There was no space/time perception. There was only time/space. In other words, our linear concept of time didn't exist before the conscious/unconscious split.

The veil of forgetfulness is semi-permeable.

Some techniques for penetrating this veil:

- examining your dreams.
- meditating.
- asking questions of teachers or adepts who can see past the veil.
- hypnosis.
- interacting with others (people of the same polarity to you will often give you clues through their actions and your intuition toward them). It's like when two similar waveforms are stacked; they double their amplitude.
- Giving love without expectation of anything in return.

Before the veiling, "all facets of the Creator were consciously known. After the veiling, almost no facets of the Creator were known to the mind. Almost all was buried beneath the veil."

The process of splitting the mind into conscious and unconscious also created the same split for the body and for the spirit.

Prior to the veiling, entities could control all of their autonomic processes. E.g. They could control blood pressure, pain intensity, and all involuntary processes.

Interestingly, they used trial and error to figure out which of these processes should be set as autonomic.

In other words, the first few batches of entities that they incarnated died in the process of figuring out what works and what doesn't in this regard. It sounds like we're in a grand lab experiment and that those doing the research are not infallible.

Pain was originally devised as a warning system for those not paying attention. The idea is to reconfigure yourself or change your position so that the pain goes away.

In our current scheme, pain offers a way to eliminate some of the catalyst (challenge) that we have to deal with in order to spiritually evolve faster. Adding the veil made us (mostly) unable to control pain and added a system of catalyst that wasn't available before.

Those who have a huge amount of pain are entities who planned too much catalyst into their incarnation. They were too eager to evolve quickly and put too much on their plate. Note: reprogramming can be done by your higher self WHILE in an incarnation. I'm hoping that this means that if you tell it that it's too much and ask it to dial back the pain in your life that it will comply.

Martyr - one who lays down their life in the service to others.

This results in strong polarity toward good. No wisdom accumulated in this action. Technically, wisdom falls into the category of negative energy so not accumulating any isn't a bad thing for someone on the path toward love/light. Keep in mind that this is martyrdom that doesn't cause harm.

Blockages - typically the result of not fully being aware of your connection to the Creator.

Solution: meditate on the connection of you and others to the Creator/All.
Try to become more aware of that connection.

The chakras are a circuit:

Light energy enters through the feet (or base); the potential difference is measured between the base and one of the energy centers (e.g. green).

Then the current travels to the various energy centers (chakras). If it runs into a snag, it stops at the orange chakra. If not, it moves on to the yellow energy center. If all goes well, it continues on to the green energy center (green is the realization of love/light).

Catalyst and the veil of forgetting (conscious/unconscious split) is a way of crystallizing the energy centers.

"We might most closely associate your query with the concept of voltage. The uncrystallized, lower centers cannot deliver the higher voltage. The crystallized centers may become quite remarkable in the high voltage characteristics of the energy transfer as it reaches green ray and indeed as green ray is crystallized this also applies to the higher energy centers until such energy transfers become an honestation for the Creator."

So if a couple is having sex, the energy at the various chakras is transferred between the two people at each energy center (in particular, the green chakra). Equal energy is transferred to each person. This energy is primarily in the time/space realm. Tantric Yoga gets into some of this material.

If one person doesn't have any blockages in their energy centers and the other person does have blockages, the one who has blockages will desire sex in order to try to repair the blockage. The one without the blockage will end up getting no energy and just have the same energy they started with before the two had intercourse. An example of an archetype with an orange chakra blockage is depicted in some statues of Lucifer.

All interactions between people have their primary substance in the time/space realm. This was known before the veil but has been forgotten by us in this particular illusory 'reality'. Each interaction has some kind of energy transfer in the time/space realm (metaphysical realm). Present day science has not yet mapped the phenomenon of bodily stimuli from metaphysical energy.

Unconditional love is the best energy transfer there is. This is the level of the violet energy center.

A way to get to this is through the blue energy center which focuses on honest communication.

If through interaction two entities find that faith and the will have been kindled and sustained for a long time then the indigo energy center has likely transferred energy between the two of them.

Again, even a positive polarity neophyte can overcome a negative adept of even 5th level (the highest level of either polarity) by having faith, a strong will, and by calling on the light. Having one's hand held by another positive person helps.

There is weight to knowing one's name:

"If one wishes to have power over an entity it is an aid to know that entity's name. If one wishes no power over an entity but wishes to collect that entity into the very heart of one's own being it is well to forget the naming."

That which is not = self-imposed darkness.

An example is the state of mind of a 5th level negative entity. This entity focuses on wisdom and has no compassion and no acceptance of the concept of universal love.

To potentiate something is to make it more likely to happen.

Hence when a service to self entity uses the veil of forgetfulness to potentiate that which is not, they are using the conscious/unconscious split to put themselves into a self-imposed darkness as a way to gain self-knowledge. They're about pure freedom of choice. They exist in a world of pure disharmony. Eventually, however, darkness eventually calls the light.

The unconscious mind is concept-based and not word or terminology-based.

Analogy: The meaning that a song has for someone would be the unconscious. The description of the song in notation would be the conscious version.

Dreams:

"Dreaming is an activity of communication through the veil of the unconscious mind and the conscious mind. The nature of this activity is wholly dependent upon the situation regarding the energy center blockages, activations, and crystallizations of a given mind/body/spirit complex."

"In one who is blocked at two of the three lower energy centers dreaming will be of value in the polarization process in that there will be a repetition of those portions of recent catalyst as well as deeper held blockages, thereby giving the waking mind clues as to the nature of these blockages and hints as to possible changes in perception which may lead to the unblocking."

"For those whose green-ray energy centers have been activated as well as for those whose green-ray energy centers are offered an unusual unblockage due to extreme catalyst, such as what is termed the physical death of the self or one which is beloved occurring in what you may call your near future, dreaming takes on another activity. This is what may loosely be termed precognition"

"the terms of present and future and past have no meaning. This will, if made proper use of by the mind/body/spirit complex, enable this entity to enter more fully into the all-compassionate love of each and every circumstance including those circumstances against which an entity may have a strong distortion toward what you may call unhappiness."

Once there's even minimal balancing of the energy centers, "dreaming becomes the most efficient tool for polarization"

Before you go to sleep, feel free to call on your spirit guides and your higher self. These affirmations increase the potential for your dreams to increase your polarity. YOU are the one who can make use of this. Your unconscious is the 'screenwriter' for the dream you're about to have.

"This faculty may be learned by virtue of a discipline of the recording immediately upon awakening of each and every detail which can be recalled. This training sharpens one's ability to recall the dream. The most common perception of a mind/body/spirit complex of dreams is muddled, muddled, and quickly lost."

Tip: Keep a notebook next to where you sleep and log the dream, including the date of the dream.

In remembering dreams, you can find clues as to which energy centers are blocked. Keep a list of chakras and what each symbolizes.

In addition to the above, dreams help keep you sane by 'healing' your mind. I'm guessing it helps deal with big and little traumas and troubling experiences.

There are also prophetic dreams. If one uses these in a desire to serve, then they may increase their positive polarity.

Dreams also allow mystics to tap into time/space (the metaphysical) and can be used for healing.

What seems like a few minutes in our space/time realm can actually be a bridge between space/time and time/space that is open for a very long time. Hence healing can then occur for quite a duration.

Things that can aid in accelerating polarization:

Far-seeing - By this they are not referring to far-seers. Instead, they're referring to trying to envision that which you have been made to forget. It's a valuable way of increasing polarization. From what I can tell, this involves studying the unconscious.

Dreams - decoding them can help a lot.

Control of the body - even gaining a bit of the control that was available to those prior to the conscious/unconscious split is of great value.

Will or pure desire - make use of this. It's powerful.

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By hiding the memories of our higher selves and past lives, it creates a desire to know more.

This desire for knowledge creates strong biases. And those cause a faster increase in polarity.

So it's in the interest of the Logos to keep us confused and 'in the dark'.

The main blockage to sexual energy transfer is the lack of love. A way to resolve this problem is to keep in mind the fact that the Creator exists in us all.

Archetypes are a way to accelerate the path to the Creator.

It's best to study each archetype individually (i.e. no need to compare one archetype to another).

Tarot is a way of streamlining this process of studying archetypes.

Each archetype helps one to study the mind, the body, and the spirit. And each component (mind, body, spirit) are transformed by understanding the archetypes. Note that the direct application is to the mind. Once that's understood, the application of archetypes to body and spirit can be figured out.

Study of the archetypal mind is useful because it helps us see beyond the veil of forgetting. As long as the conscious and unconscious are separated, archetypes will help us understand what's going on better.

In other words, archetypes aren't useful for higher densities since from 4th on up, there's no longer a split between conscious and unconscious.

The correct order to view the Tarot cards in is:

"one, eight, fifteen; two, nine, sixteen; three, ten, seventeen; four, eleven, eighteen; five, twelve, nineteen; six, thirteen, twenty; seven, fourteen, twenty-one; twenty-two. In this way the fundamental relationships between mind, body, and spirit could begin to be discovered, for as one sees, for instance, the Matrix of the Mind in comparison to the Matrices of Body and Spirit"

"When, at length, the student had mastered these visualizations and had considered each of the seven classifications of archetype, looking at the relationships between mind, body, and spirit, we then suggested consideration of archetypes in pairs: one and two; three and four; five; six and seven. You may continue in this form for the body and spirit archetypes. You will note that the consideration of the Significator was left unpaired, for the Significator shall be paired with Archetype Twenty-Two."

"learn to become each archetype and, most importantly, to know as best as possible within your illusion when the adoption of the archetype's persona would be spiritually or metaphysically helpful."

The most accurate Tarot cards are the ones based on the images on the walls of the Great Pyramid of Giza.

5th density positive and negative entities transmit at the same frequencies. This can be confusing to mediums. It's a good idea for a medium to find some way of authenticating those who contact them.

Ra went to 4th density 2.6 billion years ago. Note that there's a differential between time passing in our space/time realm and 'time' passing in the time/space realm. Another way to view the timeline is that Ra went to 4th density when Earth just started to host life forms (2nd density).

Ra's culture had a couple of entities that went toward the negative. They did so initially because they felt the whole 'peace brother' thing to be kind of sickening.

The ones who went toward the negative actually felt that a more wisdom-oriented approach would be a better way to seek love and bring people out of darkness. I suppose this started out as good intentions.

Those who collected around these two started thinking that the negative occult might speed things up. And that's when problems began and things started to slide toward the actual negative. The two that went officially to the negative were a male-female couple. So they were likely enabling one-another.

Interestingly, they were remorseful when the veil of forgetfulness was lifted and they came back to their senses. They then -- with great effort -- managed to reverse their polarity from 4th density negative to 4th density positive.

5th density entities can shape-shift. 4th cannot. It's much easier for a 5th density negative entity to infiltrate our population.

Third density humanoids exist on other planets. However, only about 15% of them would physically pass as humans and go undetected. Culturally, many of those would seem pretty strange, since they're from a totally different culture from anyone on Earth.

Two factors in the adoption of the humanoid form were:

- 1) Giving us opposable thumbs so that we'd focus on building with our hands and the tools that we'd create, instead of telepathy and telekinetics.
- 2) Taking away our telepathic and telekinetic skills.

After the physical forms were 'hammered out', the archetypes were created.

The archetypes are the custom refinements made by the sub-logos (the sun) to the original cosmic All.

I.e. The archetypal mind is a customization of the All mind that is particular to this specific sub-Logos.

The archetypal mind is a root mind.

The other root mind is the planetary mind (also referred to as 'racial mind' in some documents).

Each Logos is trying to make the experience of the Creator by the Creator a better one. Hence they keep tweaking things. The archetypal mind is an attempt to make it easier to express the Creator by using patterns. I suspect this is something like using templates.

A different sub-logos will come up with a different set of archetypes. For us to look at a different set of archetypes is a brain-twisting experience. So if this is a star by star phenomenon, I can see this as being a bit of a road-block to interstellar communication.

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The more efficient path is the service to others path. Another reason to be good -- as if you needed one.

This sub-Logos (Sol) has also set up permeability between densities so that entities of different levels can communicate with each other.

"in unity all paradoxes are resolved"

The humans here are incarnated from three main planets with the balance made up of people from thirteen other planets.

The archetypal mind is a blueprint to all of the different types of energy expenditures and all the different types of seeking that people do.

The Tarot cards:

Note: When looking at the images, remove the cultural baggage (even for the Egyptian ones).

Instead, focus on the universal core idea that they're trying to get across. Don't get distracted by clothing styles or images of creatures that are not of your time or culture.

Tarot card #1 (Matrix of the mind):

This is the new mind of a baby. It's undistorted and is newly veiled (the conscious/unconscious split is in effect) and it's ready to experience its incarnation.

Man = creative energy, intelligently directed.

Wand - The astrological version of the hand doing a magical gesture. Represents the will.

Sphere - Spiritual nature of one wishing to do magical acts.

Downward hand - reaches to that which is locked away from it.

The rectangle (shape or cage) - represents the third density (our world). The unmagical. The material world.

The dark area around the square is the unconscious mind.

The checkerboard = polarity.

The star was added by astrologers and is not part of what Ra provided for the archetype imagery.

The cup represents the polarity that the Matrix of the Mind will eventually taste (and choose).

Sword or caged bird - either one represents struggle.

Sword = struggle.

Caged bird wanting to fly = struggle.

Coin - represents work accomplished.

Magician = conscious mind.

- This can help you to grasp the nature of the preincarnative and incarnative choices.

- Prior to incarnating, choices are made as to how much of the life will be random and how much will be 'scripted' lessons.

An example of how to use these archetypes.

Let's say you studied so much that you over-loaded your brain with ideas to the point where you started to experience a blockage. You could then call on the New Mind (fresh/virgin) and contemplate that unbiased, unpolarized, and unblemished mind. This would help you tune in to the 'magic' of the Logos.

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The Significator of the mind represents the interaction of the conscious mind (Matrix), unconscious (potentiator), catalyst (life difficulties), and the resulting experiences. The Significator of the mind acts and is acted upon.

Before incarnating, the entity is aware of all of this. And with that clarity, it plans or programs activities for its next life.

This experiential process that each entity goes through is NOT the archetypal mind. The archetypal mind is just a resource that's available to everyone.

Free will, and the fact that people don't have perfect memories when incarnate, means that catalyst (life challenges) are only partially utilized and experience is skewed.

You use free will to decide what to do and then that decision is 'recorded' in your conscious mind.

All of these experiences you have create biases. The combination of biases is unique for each person -- hence each person is different. Through the unconscious, experiences (and their resultant biases) from past lives also influence each of us.

But you can't just predict behavior based on what's listed above because the body (e.g. hormones) and the spirit also influence a person's actions in life as well. As one becomes more aware of the process of spiritual evolution, the ideas behind the archetype of Transformation apply more and more. Going back to the influence of the body and hormones, even our perception of events can be skewed and not much information is exchanged in certain cases (the example of a teenage boy talking to a very attractive girl was given as an example).

Conscious/That which reaches = male

Unconscious/That which awaits the reaching = female

The Tarot cards cont'd:

Tarot card #2 (The Potentiator of the mind):

- The priestess sits atop a block, suggesting that the unconscious doesn't actually manifest in this world. Despite this, it is available for us to draw information from.
- The veil is the split between the conscious and unconscious.
- The dark and light columns between which the priestess sits represent positive and negative polarity. It isn't in her power to choose, since she represents the unconscious (waiting) mind. The polarities will act upon her (since she's the unconscious and not the conscious). The polarities shown here are the polarities of the foundation of the incarnation illusion in which we all live. The newborn person experiences positive and negative thoughts. Later as they advance, they make decisions on positive or negative action.
- The symbols on the two columns are the same because the experiences she'll encounter are the same either way. It's how she interprets those experiences that makes the difference.

- Spirit is shown on each pillar because the Creator offers both to us, unbiased. It's for us to eventually choose which path.
- The robes shield these principles and must be removed before one can become aware of the knowledge available to us.
- Book/scroll - The male aspect cannot use this principle (the book) until it has 'penetrated' the inner secrets of this feminine concept.
- The symbol on her chest represents spirit animating matter.
- The grapes represent the fertility of the unconscious. The sub-logos (our Sun) has decided to offer some protections to the positive path (biased toward positive a bit). Hence, the grapes are on the right-hand side.

Note: The astrological symbols and the half-moon were not provided by Ra and were added by humans later.

Tarot card #3 (Catalyst of the Mind - The Empress):

- The first of the cards after the veiling process (conscious/unconscious split).
 - Polarization can now begin.
 - The black and white on each cup indicates that each experience has within it the possibility of positive or negative.
 - The figure stands on an unstable platform and could sway to either the positive or negative direction. In this case, she sits with her feet on an unstable platform.
 - Bird - the person has made contact with their unconscious and has taken flight toward the Creator/Great Logos.
 - The wand was not provided by Ra and can be ignored.
 - The sphere represents the potential of magical possibilities for the adept.
 - The semi-transparent clothing = catalyst begins in the unconscious mind, passes through the veil, and on to the conscious mind. However, only some of it gets through, because the veil filters it.
 - Serpents - To the Egyptians, serpents represented wisdom. In this case, they're positive powerful magic (since they're located at the top or head (indigo chakra). If they were at the solar plexus energy center, they'd be negative.
The serpent can also represent the kundalini.
-
- Crux ansata:
 - circle = magic of the spirit.
 - cross = nature of manifestation.

I.e. The symbol of the eternal spirit manifested, going beyond manifestation via transformation.

"All uses of catalyst by the mind are those consciously applied to catalyst. Without conscious intent the use of catalyst is never processed through mediation, ideation, and imagination."

"All that assaults your senses is catalyst."

"the archetype for the Catalyst of the Mind is the Logos's model for its most efficient plan for the activity or use of the catalyst of the mind"

"Ra presented the images which we know now as the tarot so that the Egyptian adepts of the time could accelerate their personal evolution."

The Tarot images offer a resource for learning the processes of evolution (and teaching them as well, if one chooses to).

Ra did not intend the Tarot to be used for divination.

Catalyst is processed by the unconscious and then makes its way to the conscious. So you end up with bias being formed at two levels. The more the person chooses one of the polarities, the more likely they will interpret each new event from that standpoint. E.g.) If a person has chosen the positive path, they're more and more likely to see the positive in each situation. In this way, it's kind of self-accelerating.

Tarot card #4 (Experience of the Mind - The Emperor):

- The man faces to his left, indicating that the negative catalyst has more weight by default.

Aside: This is similar to the writings of the Mahayana Buddhist tradition (and modern day personal trainers) that negative comments outweigh positive ones by a ratio of approximately 3:1. Hence it's important to give at least three positive affirmations to a person for each criticism.

- The magical shape is on the right-hand side of the man suggesting that, although the person is distracted by the negative; the power is available on the positive path.

"The nature of experience is such that the attention shall be constantly given

varieties of experience. Those that are presumed to be negative, or interpreted as negative, may seem in abundance. It is a great challenge to take catalyst and devise the magical, positive experience."

To someone in time/space where there is no division between conscious and unconscious, the things that we call 'catalyst' don't appear to be catalyst to them because they see the experience of the one Creator and not the fragmented way that we see things.

Card 4 is farther along the polarization process than card 3. Hence there's more of a difference between the light and dark areas on the image.

The crossed legs are similar to the crux ansata and represents that each experience requires effort. They are at a right angle to each other -- similar to the tesseract. In both cases it represents the 90 degree angle of opportunity for transformation by using the spirit as a conduit to the Creator.

The bag on the left symbolizes the collection of material things (collection of wealth).

The shape of the skirt indicates that if the person takes the negative path (to his/her left), they'll become less and less approachable, and if they take the positive path (to the right), there would be much less separation between them and others.

The dark square upon which the person sits represents the material illusion.

The cat is that which guards those who choose the positive path from the negative effects of materialism.

The more you move toward the positive/good path, the more impervious you are to the effects of the negative polarity. You still are met with tough challenges. However, they are interpreted more as opportunities to evolve than as awful experiences.

Those who choose the negative path are more likely to be hit by random catalyst and the suffering that results from them. Hence another reason why people who think like that go to great lengths to seek shelter and places of survival.

Going back to the example of the two teenagers meeting:

"For the condition of meeting after the veiling process, either entity will choose, as a function of its previous biases or Card Four, the experience and the way in which it will handle the situation with respect to polarity, therefore probably producing more catalyst for itself along the chosen path of polarization."

The events that take place in a space actually can raise or lower its vibrations (and attract the matching level of entities). So if something bad happened in a room or building, that

can attract lower entities. The solution is to use salt or blessed water to cleanse all exterior windows and exterior doorways. It also helps to hang a cut garlic clove in the part of the room where the bad event took place (hang the garlic and consider saying something that forbids negative entities from entering that space. Do this for 36 hours). The 'cleaning' of the doors and windows is actually just shaking water from your fingers in those places after first trailing salt along the sills (straight lines without gaps). You can remove the salt after 48 hours using a new broom. After you're done, clean the broom and burn the garlic.

It's okay to salt and sprinkle interior doorways too (although you don't have to).

"We cannot express the nature of salt and water and garlic with clarity enough to inform you as to the efficacy with which salt absorbs vibrations which have been requested to move into salt when salt has been given water. We cannot express the full magical nature of your water, nor can we express the likeness and attractiveness of the garlic cut to lower astral forms. The attractiveness is negative and no service-to-self astral form will accept coexistence with the cut garlic."

"We might suggest the following.

When the salt is laid you may repeat "We praise the one Creator which gave to salt the ability to enable those friends, to which we wish to bid farewell, to find a new home."

As the water is sprinkled you may say "We give thanks to the one Creator for the gift of water. Over it the Creator moves Its hand and stirs Its will to be done."

The hanging of the cut garlic may be accompanied by the words "We praise the one Creator for the gift of garlic and bless its ability to offer to those friends to whom we wish to bid farewell the arrow which points their way of egress."

When the sweeping is done you may say "We praise the one Creator and give thanksgiving for the spiritual cleanliness of this dwelling place."

As the garlic is burned you may say "We give thanks to the one Creator for the gift of spiritual cleanliness in our dwelling place and seal the departure of all those who have left by this exit by the consuming of this substance" ."

There actually is a universal language of symbolism that allows us to interpret dreams. This language becomes even more clear and universal as you interpret dreams of people who are farther along in their spiritual evolution.

It's a good idea to keep your home clean (or at least make a good attempt). It doesn't have to be immaculately clean. Tidy is good though. Even mentions the possibility of negative entities sometimes being imbued into dust.

While cleansing with salt and water, don't cross the thresholds.

Sprinkling of blessed water is just enough to dampen the salt a bit. The water enables the salt (at -- what appears to be -- the time/space level).

The archetypal mind doesn't resolve any paradoxes or bring all into unity (nothing in the 3rd density can do that; you have to look inward for that type of information). The archetypal mind is just a loose guideline for helping people develop faith and will.

Tarot card #5 - Significator of the mind:

- The body enables the mind in a number of ways (the mouth speaks the mind and the limbs allow one to put into action much of what the mind thinks).
- The figure looks to the left, indicating that mind more easily notices negative catalyst.
- The dark entity to the figure's right is actually supposed to be red. It indicates that negative experiences tend to help to accelerate one on the path of service to others. And in many cases, positive experiences seem to promote the negative path or service to self. Aside: I'm guessing the idea of a spoiled person becoming a wealthy brat is one example of this.
- The right hand gestures in service to others.
- The left hand is trying to absorb the power of the spirit and use it for itself.
- The 8 scrolls symbolize the energy centers (chakras) and the evolution through them. The white and black areas on the scrolls represent the possibility for positive or negative polarization.
- The birds and other characters are Egyptian writing and roughly translate into, "And you shall be born again to eternal life."
- The wings at the top are the wings of spirit drawing the caged mind onward.

Note: Some of the described details appear to be missing from the example card #5.

Tarot card #6 Transformation of the mind (The Lovers or The Two Paths):

- Crossed arms depiction represents transformation (the triangular shape made by the shoulders and crossed elbows). There's also a creative element to this.
- The female to the left represents an emphasis on the physical. The one on the right represents emphasis on the mental. Beyond this, they also include the idea that the left and right transformations differ based on the attitude of the conscious mind toward itself and others. Both females are the unconscious mind. Both females point in the direction that they will go if the conscious mind enables them to.
- The creature shooting the arrows - These are arrows of protection. Those who choose service-to-self are protected by others due to their aloof minds (for example, a powerful, and possibly paranoid, person having bodyguards around at all times. Those to the right, or positive, don't generally have that kind of protection.

Tarot card #7 - Great Way of the Mind:

- Curtain at the top = the partially-lifted veil. The person is making strides at removing the split between the conscious and unconscious. However, to complete this, they must go beyond the 3rd density. The curtain is sometimes depicted as higher on the right side, because the positive adept is making greater progress at this due to the Sub-Logos biasing things toward the positive.
- The negative polarity depends on the illusion of separation between it and others.
- The positive polarity tries to see through the illusion to the Creator when they look at others, while being aware of behaviors and thoughts directed toward others (in order to be of service).
- The crown of three stars is astrological and not provided by Ra.
- The Sphinxes represent time. The chariot represents movement (a transformation operation). Together they represent the mental/emotional complex ripening and moving and transforming in time.
- The sword and the scepter are astrological and not what Ra provided (and can be ignored).

The mind has a level of protection. Negative entities tend to make use of that, whereas positive entities generally gravitate to light and truth.

- The Tau symbol and the architect's square represent the proximity of space/time to time/space as it relates to the Great Way. I.e. The lower 'T' shape represents the possibility of choosing either path. The 90-degree symbols above the 'T' symbolize the choice of paths as they relate to the Great Way and the associated change from space/time to time/space.

Technically, the sword in the right hand should be a radiant sphere and the left hand should be holding a downward-facing scepter (like in card #5).

Time/space is brought close in the veiling process and is effective at producing entities that wish to use the resources of the mind to spiritually evolve.

- Skirt skewed to left - Service-to-self distancing themselves from others.

The sideways-facing heads are characteristic of Egyptian imagery and usually have no actual meaning.

Square that figure sits on represents material illusion. The offering of this material illusion favors the service-to-self path.

I'm guessing that Intelligent Energy is the power and that the Spirit is the connector (or harness) that connects to Intelligent Infinity and receives energy.

p. 187 is the last page of communication with Ra as one of the group died in 1984 and communication stopped.

P. 188 is where the Tarot images begin.

End of book 4 and the 1980s communications from Ra.

Book 5: (additional material)

Date of session is January 1981:

U.S. government/military industrial complex builds UFO-type craft in both New Mexico and Mexico.

Max speed = half the speed of light (could go faster if they worked out the current design imperfections of the human-built ships). Diameter = 23 feet.

As of 1981, over 1500 US personnel were aware of these craft. At that time, all were remote-controlled drones. Aside: There's been quite a bit of information lately about manned vessels. Looks like they've made quite a few advancements.

They are intended to be used as weapons.

Bases are located:

- undersea near the Bahamas, Chile, and in the Pacific.
- on the moon.

The early information was from Tesla and from the Confederation of which Ra is part of. The Confederation shared this information back in 1954 in an attempt to ensure peace and give us the tools to solve many of our problems through technology.

One of the energy sources is the Earth's electromagnetic field.

Weaponry types:

- psychometric/psychotronic
- particle beams

Psychotronic technology can be used for weather control.

Multiple governments have this technology (including the Russians) and all have decided to keep it quiet, in case of hostile actions from other nations or from the Orions.

As of early 1981, the USA had 573 UFO-type craft.

Orion entities abduct humans and 'reprogram' them:

- for research
- triggered programming
- deep triggering programming (this can be fatal)

Orion bases are typically under water. They enter the water and then descend into a base below the sea/ocean bed. Also have bases in South America and near the North Pole.

The goal of the Orions is conquest (and enslavement).

In contrast, the Confederation use thought-form craft to transport people.

A thought form (like a man in black) could technically be held captive (briefly); 'he' would likely disappear at some point.

You can help yourself heal by:

- being aware of intelligent infinity within you.
- being aware of the spiritual nature of reality and the pourings of this spiritual reality into you.

One of the reasons Ra refers to psychic attacks as 'greetings' is that if you think of it as an attack, it will be. But if you think of it as a hacker exposing a weakness that you can then fix, it then becomes something that can be turned around and used as a positive experience. The result is that your spiritual armor is now stronger.

To see a negative entity as someone to battle against frames that entity as 'other' and separate from you. Separating others is part of the negative path and -- ironically -- makes it easier for them to damage you. "The positive path sees and loves all as the self and the One."

When presented with fearless love, negative powers melt away.

LSD - yes, it expands perception. However, it greatly depletes vital energies.

The Confederation assisted Atlantis, 13,000 years ago.

Those who learned from them then assisted Egypt, 12,000 years ago.

The Ra collective created humanoid thought forms which then built the Great pyramid of Giza.

These thought forms were generated by creating intelligent energy from intelligent infinity.

Ra also assisted in South America.

Quite a few of the Wanderers here on Earth are volunteers from the Ra collective. All from Ra are 6th density. Some from Ra chose to incarnate here as 3rd density, in order to help us. Their memories were wiped though.

Other Wanderers are generally 5th density that could go to 6th, but decided to come back and help.

The left side of a human head correlates to the time/space continuum of the negative. Hence negative messages would arrive there (if ever someone gets a message or sound from negative entities). The right side is the side that would receive messages from positive entities.

Ra said that one of the author's cats is harvestable into 3rd density. Looks like it's because he's a pet and has been around humans so much. That and he's positive (rarely gets angry too). And the fact that he has a good temperament means that the growth on one of his legs doesn't present a significant threat to his health. So looks like he'll be a human in his next life. Currently, he's a 2nd density being that's ready to graduate to 3rd.

Channelers: Sexual intercourse boosts the female channel's abilities and vitality because she experiences sex on a spiritual level. Those who are more carnal would not gain the vitality/ability boost she gets.

A guidebook to magical practices that works is The Order of the Golden Dawn.

It's possible to add to your 'reservoir' of spiritual energy through sheer determination.

Every one of us has more than one spirit guide available to assist us.

The Confederation goes to the Council of Saturn for any approvals for contact with humans in this solar system.

An example was given of 'ball lightning' forms that people were seeing. These were positive visitors (from the same place as the people they appeared to).

One of the people who compiled this information was told by Ra that that person was a 6th density entity that returned as a Wanderer. That person's goal was to balance wisdom and compassion. However, that member of the team had plenty of wisdom but not much compassion (including for himself). This imbalance and lack of compassion for himself manifested as anger at himself every time he failed at something. In other words, he needed to learn to give himself a break and understand that failure isn't terrible and that it's a chance to learn and get better at things. Accept your limitations and work with them. Limitations are purposely imposed on incarnated entities -- partially in order to ensure proper 'tuning' in that lifetime.

Two more things for this entity to learn are:

- 1) to give love without expecting any in return.
- 2) to accept love from others.

If he can do this, it will actually reduce his pain quite a bit.

It's good to look at your thoughts and actions and your reactions to situations and people. Then figure out what the root cause of each reaction was. By doing so, it makes it easier to both understand yourself and accept yourself. Aside: Essentially, being aware of your behavior (not as easy as it sounds). There are things that are tough for a person to see about their own personality that others can easily observe about them. Of course, the opinion of others isn't always correct either. At least it's food for thought.

Try not to be judgmental.

A banishing ritual (tracing the circle to create a sacred space) can be done a variety of ways:

- Physically, in person. Actually walking the circle (make sure you end up exactly where you began).
- Visualizing yourself or your group walking the circle.
- Leave your body and astral travel to the location and 'walk' the circle.

Some people put out an electromagnetic field strong enough to interfere with some types of electronic equipment.

Elementals and other astral entities exist. Some are malicious. However, your will and a level head can keep them from being any sort of threat.

Ra essentially sees all by moving through time/space to get the information they need to answer each question.

An example was given of a hawk that landed just outside their kitchen window and the idea of birds being messengers. Ra confirmed that this hawk's appearance had significance.

Apparently, the root cause of allergies are the rejection of one's environment by one's own deeper self. So there's a mental component that sets people up for their own immune system to then attack certain things that it shouldn't be attacking.

Visualizing white light around yourself or around others is indeed a way to help them with their health and help to protect them during surgeries. A person with cancer can ask for the growths to be removed (also referred to as cell distortions).

To unblock the yellow ray energy center/chakra:

- send love to all who you are in a relationship with and wish joy, peace, and comfort to them.

It's important to include leisure time in your life and not work all the time.

From what I can tell, there's a section that 'translates' into "Everything in moderation."

Some illnesses are simply the product of aging and have no metaphysical cause.

Comparing life before and after the conscious/unconscious mind split:

"The anger of separation is impossible without the veil. The lack of awareness of the body's need for liquid is unlikely without the veil. The decision to contemplate perfection in discipline is quite improbable without the veil."

"without the veil it is clear that the mind/body/spirit continues. Thusly, the experiences, both good and bad, or joyful and sad, of the mind/body/spirit before veiling would be pale, without vibrancy or the keen edge of interest that such brings in the post-veiling mind/body/spirit complex."

Gradual destruction of the physical vehicle (aging) is built-in by design in the 2nd, 3rd, and 4th densities.

It's no longer used in the 5th and densities above that.

Aging and death (and the set life-span ranges) exist because entities in 2nd, 3rd, and 4th, are not aware of when they have completed the lessons for each life period. From experience they found that those who didn't learn their lessons and just kept going on and on didn't really accomplish much after a certain point. They just became sort of 'stick-in-the-muds.'

Closing comments:

'Density' is not the same as 'Dimension'. You may hear people refer to themselves as 5th, 6th, or even 12th-dimensional entities. This is not the same as Density.

Meditation is as simple as 6 seconds to breathe in, hold for 4 seconds, and 20 seconds to breathe out (or thereabouts). Nothing else is required in order to attain a meditative state.